

## MN MENTAL HEALTH CLINICS

### Urgent Care:

For clients who have urgent need for assessment and care:

- an initial assessment can be arranged within 24 hours excluding weekends and holidays,
- a diagnostic assessment within 48 hours.
- immediate admission to Adult or Adolescent Short-term Assessment and Treatment Program, or
- referral to a less urgent option as soon as possible.

### Therapy Services:

- Individual Therapy
- Marriage and Family Therapy, Relationship Therapy
- Child and Adolescent Therapy, Child Play Therapy
- Psychiatric Services for Adults, Adolescents and Children coordinated with Psychotherapy
- Psychological Evaluations, Testing and Assessment
- Attention Deficit-Hyperactivity Assessment and Treatment
- Parenting Skills Training
- Group Therapy for Adolescents and Adults.
- Dialectic Behavior Therapy (DBT) for Adults and Adolescents.
- Divorce Adjustment, Grief and Loss Issues
- Biofeedback Stress Reduction and Relaxation Training
- Wellness and Growth Counseling

### Day Treatment Services:

- Short-Term Assessment and Treatment Programs for Adolescents and Adults
- DaTRAC Adult Day Treatment

### Horizons Community Support Program:

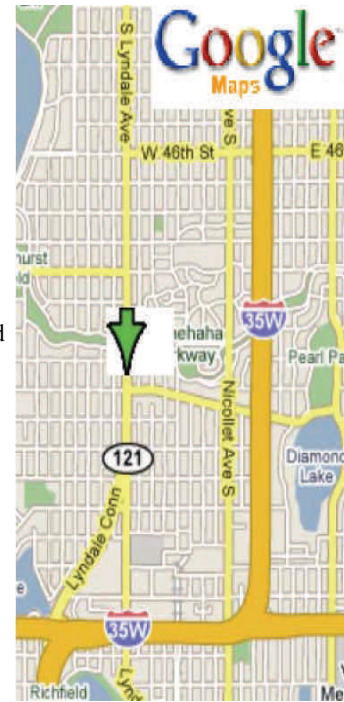
- Support services for Dakota County
- Adults who have a serious and persistent mental illness.
- Includes Housing Support, Case Management, and Drop-In Center.

### Minneapolis Counseling Clinic

5346 Lyndale Avenue South  
Minneapolis, 55419

#### From I-94

- 35W South
- Exit Diamond Lake Road (12B)
- Right onto Diamond Lake Rd
- Cross Lyndale Avenue
- Take immediate right into parking lot



#### MN Mental Health Clinics

MMHC Eagan Clinic  
3450 O'Leary Lane  
Eagan, MN 55123

Phone: 651-454-0114 Fax: 651-454-3492

MMHC Edina Clinic  
Drew Professional Building  
6525 Drew Ave  
Edina, MN 55435

Phone: 612-746-5888 Fax: 651-454-3492

MMHC Lakeville Clinic  
18586 Joplin Ave  
Lakeville, MN 55044  
Phone: 952-435-8700 Fax: 952-435-0599

MMHC Maplewood Clinic  
2785 White Bear Ave. Suite 403  
Maplewood, MN 55109  
Phone: 651-365-8289 Fax: 651-365-8283

MMHC Minneapolis Clinic  
5346 Lyndale Ave. S.  
Minneapolis, MN 55419  
Phone: 612-746-5888 Fax: 612-746-5518

MMHC Woodbury Clinic  
Radio Drive Professional Building  
1000 Radio Drive, Suite 210  
Woodbury, MN 55125  
Phone: 651-365-8209 Fax: 651-739-0272

# MINNEAPOLIS COUNSELING CLINIC



# MINNESOTA MENTAL HEALTH



- A private practice association of mental health professionals committed to providing the highest quality outpatient mental health services.
- Licensed by Minnesota State Department of Human Services as a Mental Health Clinic.
- Our Staff is experienced, professional, respectful, non-judgmental, active, positive, and empathetic.
- Individualized Treatment Planning in partnership with our clients, with goal setting and review.
- Interdisciplinary staff licensed in adult psychiatry, child psychiatry, psychology, clinical social work, marriage and family therapy, and nursing.
- We serve seniors, adults, adolescents, and children. We provide comprehensive services and maintain referral resources for specialized needs.

- Assessment for all new clients with diagnostic personality testing and computerized psycho-social history when services begin.
- Our administrative support staff are friendly and service-oriented. We are able to coordinate with most insurance plans and to submit required forms for our clients.

### **Therapy Services Provided**

- Individual Therapy
- Marriage and Family Therapy
- Relationship Therapy
- Pre-marriage
- Divorce
- Eating Disorders
- Child and Adolescent Therapy
- Child play therapy
- Psychiatric services for adults, adolescents and children coordinated with psychotherapy
- Psychological Evaluations, Testing, and Assessment
- Depression
- Anxiety and worry
- Biofeedback
- Attention Deficit-Hyperactivity Assessment and Treatment
- Parenting skills training
- Group Therapy for Adolescents and Adults.
- Grief and Loss Issues
- Wellness and Growth Counseling

- Behavioral management programs
- Consultation to Counselors, Churches and Organizations
- Training seminars/workshops, education and speakers

### **Appointments**

Appointments are made by calling the clinic at **(651) 454-0114**. Daytime, evening and Saturday appointments are available. Most sessions are 50 minutes in length. Professional standards of confidentiality are maintained.

### **Fees**

Most health insurance plans provide coverage for services provided at a state approved Mental Health Center. Clients are fully advised on their first visit as to therapy fees and possible payment plans. We will contact your insurance plan in advance of your initial visit and advise you regarding coverage before services begin.

