

Outpatient Counseling

Most provide individual and family therapy, diagnostic assessments, some also offer psychiatric evaluations and crisis intervention.

Madelia

Madelia Health..... 507-642-5200

New Ulm

New Ulm Medical Center (Allina),
Outpatient Mental Health..... 507-217-5168

Eunoia..... 507-359-2080

Hoffmann Counseling..... 507-354-2444

Huseby Counseling Services..... 507-354-1144

Inspirations Child & Family Therapy.... 507-469-3250

Jamie Rieser Counseling & Consulting.. 507-354-0248

Kuhlmann Psychology..... 507-200-0875

Mangata Counseling Services..... 507-353-0077

Prairie Family Counseling..... 507-766-7685

Serenity Family Counseling..... 507-338-5600

Meraki Legacy Counseling..... 507-328-0690

Hypnotherapy With Kelly..... 507-291-8444

Omni Mental Health..... 507-359-2080

Rising Hope..... 605-494-1500

Lake Crystal

Madelia Health (Lake Crystal Clinic).... 507-726-2136

Empowered Insights..... 507-837-0497

Mankato

Catholic Charities..... 866-670-5163

Christian Family Solutions..... 800-438-1772

Mankato Clinic, Department of Psychology and
Psychiatry..... 507-387-3195

Blue Earth County HUB 507-304-4319

Open Door Health Center 507-388-2120

Nystrom & Associates, Ltd..... 507-225-1500

Prairie Care..... 507-322-5464

Mankato Marriage & Family Therapy... 507-625-4884

Telehealth Services

Better Help..... www.betterhelp.com

Intensive Outpatient Partial Hospitalization

New Ulm

Allina Medical Center..... 507-217-5168

Mankato

Prairie Care..... 507-322-5464

Christian Family Solutions..... 800-438-1772

Spiritual Guidance and Life Consulting

New Ulm

Healing Routines..... 507-353-0520

Living Well Energy Healing..... 651-283-1436

More Than Music..... 507-469-9035

Crisis Services

Nationwide Suicide and Crisis Lifeline..... 988

Yellow Ribbon Suicide Hotline..... 800-784-2433 or
800-273-8255

Crisis Text Line..... Text to: 741741

New Ulm

NUMAS Haus – (Emergency Shelter for Women and
Children)..... 507-359-2202

Southern Minnesota Crisis Nursery (Ivy
House)..... 507-766-6925

Mankato

South Central Crisis Center (Residential Crisis
Stabilization) and Mobile Crisis Team... 877-399-3040

Lutheran Social Services, Mankato Area Crisis
Nursery..... 507-995-9259

Domestic Violence Resources

Committee Against Domestic Abuse (CADA)
507-233-6663
or 24 hour crisis line..... 800-477-0466

Keep Me Safe Parenting Time Center.... 507-354-2076

Hospital Psychiatric Units (In-Patient)

New Ulm Medical Center
Psychiatric Unit..... 507-217-5378
1324 Fifth North St.
New Ulm, MN 56073

Hutchinson Mental Health Hospital
Inpatient Mental Health..... 320-234-5000
1095 Highway 15 South..... 800-454-3903
Hutchinson, MN 55350

Mayo Clinic Health System, Mankato
Inpatient Behavioral Health..... 507-625-4031
1025 Marsh St..... 800-327-3721
Mankato MN, 56001

Case Management

Brown County Human Services..... 507-354-8246
Blue Earth County Human Services..... 507-304-4319
Faribault County Human Services..... 507-526-3265
Martin County Human Services..... 507-238-4757
Nicollet County Human Services..... 507-934-8559
Redwood County Human Services..... 507-637-4050
Renville County Human Services..... 507-523-2202
Sibley County Human Services..... 507-237-4000
Watonwan County Human Services..... 507-375-3294

Addiction Services

Inpatient/Residential

Hazelden Betty Ford Foundation..... 855-398-9132
Center City, MN

Wellcome Manor Family Services (For Women).....
507-546-3295.....Garden City, MN

Outpatient

Mankato

Christian Family Solutions..... 800-438-1772
Fountain Centers..... 507-625-3372
Kato Project 3..... 507-327-9890
House of Hope 507-625-4373
Mankato Chemical Health..... 507-229-0350
Nystrom & Associates..... 507-225-1500
NuWay- Mankato Counseling Center.... 507-295-4940
Stages of Change..... 507-514-8057
Counseling Services of Southern MN..... 507-931-8040

St. Peter

New Beginnings- St. Peter..... 507-931-0918
Counseling Services of Southern MN..... 507-931-8040

Detox

Brown County Evaluation Center
New Ulm..... 507-359-9111

Other Services

Allina Health Teen Resources.. www.changetochill.org
Allina Mental Health and Addiction Connection
..... 866-603-0016
Brown County Yellow Ribbon.....
..... browncoyellowribbon@gmail.com
Crime Victim Services..... 507-233-6665
Disability Linkage Line..... 1-866-333-2466

❖ **If you are experiencing a
mental health emergency,
please call 911 or present
at your nearest
emergency room**