Mental Health Resources Provided in Bemidji for Adults

Beltrami County Health and Human Services  
www.co.beltrami.mn.us  
Case management, financial support, adult protection, commitments  
List of adult foster care homes also available  
Contact the Mental Health Division adult intake 333-4223  
616 America Avenue NW, Bemidji, MN 56601

Beltrami County Local Advisory Council  
Consumers, families, and providers advise the county on local mental health service gaps  
Meetings are held monthly, 12:30 to 1:30 pm in the Hope House garage  
If interested, contact Dan Brouse, Beltrami County  333-4223  daniel.brouse@co.beltrami.mn.us

Bemidji State University Disabilities Services,  
755-3883  
For enrolled Students, includes therapy  disabilityservices@bemidjistate.edu  
Office 202, Decker Hall, 1500 Birchmont Drive, Bemidji, MN 56601  
www.bemidjistate.edu//student/services/disability

Bemidji State University Student Center for Health, and Counseling  
755-2053  
For enrolled students  
Yvette Anderson, MS, LPCC  yvette.anderson@bemidjistate.edu  
Amanda Gartner, MA, LPCC, Hannah Wilson, MS, LPCC, Dr. Brian Paramore, DNP, CNP, Prescriber  
Office 202, Cedar Hall; 1st Floor, 1500 Birchmont Drive, Bemidji, MN 56601  
www.bemidjistate.edu/students/services/health_counseling

Bemidji VA-Community Based Outpatient Clinic, includes Therapy  
Contact main desk: 755-6360  
1217 Anne St. NW, Bemidji, MN 56601

Bi-County Community Action Program, Inc. (Bi-CAP)  
www.bicap.org  
Permanent supportive housing for people with disabilities and federally homeless; or chronically homeless, and transitional housing- state homeless families with children; Housing locator  
PO Box 579, Bemidji, MN 56619  
Contact: Kirk Karstens, 751-4631

Bridges Housing Program for People with Mental Illness  
Must be assessed by a mental health professional to use the service  
Contact: Housing and Redevelopment Authority of Bemidji (HRA)  218-444-4522

Cardinal of Minnesota Adult Foster Care  
Contact: Marshall Goughnour, Administrator  755-9530  marshall@cardinalofminnesota.com  
Cedar Lane, 3306 Cedar Lane NW, Bemidji, MN 56601  cindy@cardinalofminnesota.com  
Annalee, 5809 Annalee Lane NW, Bemidji, MN 56601  www.cardinalofminnesota.com  
Feeling Right, 5091 Feeling Right Lane NW, Bemidji, MN 56601

Community Behavioral Health Hospital  
Larry Loudon, Administrator  
218-308-2400 (Bemidji)  
800 Bemidji Avenue, Bemidji, MN 56601  
Central Pre-Admission: 1-866-966-BEDS
Crisis Line (24-Hour) for Beltrami County, Mobile Crisis Team, Hope House staff
1-800-422-0045

Crisis Text Line-Text “MN” to 741741

Disability HUB 1-866-333-2466; M-F, 8:30 a.m.-5 p.m. www.disabilityhubmn.org
And Disability Benefits 101 - information on health coverage, benefits, and employment
Metropolitan Center for Independent Living http://www.mn.db101.org/
3124 Hannah Ave. NW, Bemidji, MN 56601 www.minnesotahelp.info

Eagles Wing, Inc. Adult Foster Care available to people with mental illness 218-751-2151
Contact: Robert Nemgar bnemgav@eagleswinginc.net
5603 Tall Pines Road NE, Bemidji, MN 56601 www.eagleswinginc.net

Eagle Vista Ranch 218-760-0656 eaglevistaranch@gmail.com
Strengths-Based Equine-Assisted Learning and Psychotherapy
Liz Letson, M.S, LPCC Angie Fournier, PhD, LP & Jen Laitala, BS, ES (Equine Specialist)
16150 Golden Eagle Ct NW, Bemidji, MN 56601 www.eaglevistaranch.com

Evergreen Youth and Family Services www.evergreenyfs.org
Free counseling for youth up to age 25 & parents, 24 Hour Hotline: 751-4332
Youth and Family Counselors 751-8223
610 Patriot Drive NW (Drop In)/ PO Box 662 (Shelter) Bemidji, MN 56619
Evergreen Suicide Prevention contact: Kelly Brevig at 218-441-4565, or kbrevig@evergreenyfs.org

Face It Together 218-444-9494
Hope to reduce Chemical Dependency Amber Whelan, Lead Couch
408 Beltrami Ave NW, Suite100, Bemidji, MN 56601 faceitbemidji.org

Great North Counseling Services, LLC 218-214-6096 www.greatnorthcounseling.com
Outpatient Therapy-Mental Health, Dual Diagnosis, Chemical Dependency
Contact: Kimberly Carroll, MA, LPCC, LADC; Owner, Primary counselor
Heather Frach, LPCC, LADC info@greatnorthcounseling.com
426 Bemidji Ave. N, Suite 1, Mailing Address: PO Box 1712, Bemidji, MN 56619
(Downtown in the historical Carnegie Library) Hours: Tuesday-Friday 9 am-7pm

Grief Support Group 218-333-5864
For those grieving the loss of a spouse or partner
First and Third Thursday of each month 4:30-6 p.m.
Sanford Health Neilson Place-Trillium Conference Room
1000 Anne St. NW, Bemidji, MN 56601

Hope House Community Support Program 218-444-6748
Serving people with long-term mental health needs and their families: ARMHS, Diagnostics, CSP
Available through the crisis line 24 hours/day, seven days/week 1-800-422-0045
REACH family support group, 3rd Tuesday of the month, 7-8:30 p.m.
Robin Wold, Director ronaldbunyan.net
PO Box 1097, Bemidji, MN 56619 www.hopehousebemidji.org
Integrative Health and Wellness, Inc. 218-444-3161
Therapeutic services for adults and adolescents, including EMDR therapy
Jody Anderson, LICSW, SEP (Somatic Experience Practitioner) contactus@getintegrative.com
819 Paul Bunyan Dr. S. www.getintegrative.com
Bemidji, MN 56619

Journey, Inc. Adult Foster Care, Consultation, and Community Services
Contact: Gloria Rixen, MS 218-333-8930
PO Box 845 journey@paulbunyan.net
Bemidji, MN 56619

Lake Country Associates 218-444-2233 admin@lakecountryassociates.com
Individual, Family, Couples Therapy, & ARMHS www.lakecountryassociates.com
Jessica Croatt Niemi, MSSW, LISCW, IMH-E(IV), Alicia Z. Holley, MA, LPCC, APR-BC,
Laura Hansen, MSW, LISCW, Danielle Thomas, Clinical Trainee. MA,
Vanessa Wananu, MDW. LICSW
1426 Bemidji Ave NW, Bemidji, MN 56601

Lighthouse Lodge, Inc. Adult Foster Care 218-444-1927
Contact: Bryan and Shelly Edwards
3217 Johnson Street NW
Bemidji, MN 56601

Lindell Consulting LLC 218-444-3151
Contact: Tami Lindell, APRN, CNP, Primary Mental Health Nurse Practitioner
Prescribing, Therapy, Diagnostic Assessments
702 5th Street NW, Bemidji, MN 56601

Mental Health USA www.mentalhealthUSA.org
Mental Health First Aid Training, Community Crisis Response, Support Group Leader Training
Living Hope Support Group, for adults struggling with depression. Meets the 2nd & 4th Thursday of
each month from 6:30-8:30 pm at 1015 4th St. SE, Bemidji First Assembly Church. Faith based, peer
led & open to the public.
Contact: Valerie Saviano, President, 815-670-4173, valeries@mentalhealthUSA.org

MSOCS (MN State Operated Community Services)
Corporate foster care for adults
Adam DeVries, Community Residential Supervisor 218-755-2619
810 Claussen Avenue, Bemidji, MN 56601

NAMI (National Alliance for Mental Illness) Facebook Page: NAMI-Northwoods/Beltrami
Contact: Jim Aakhus, 218-214-1681 for monthly meeting times gymaakhus@gmail.com

Nightlights Family Support Group
Contact: Mary Eaton, (218) 751-8153 or 556-5295 meaton@theideacircle.com
Meets at St. Phillip’s Church, St. Elizabeth Room, Bemidji (Last Monday of the month, 7-8:30 pm)
Non-denominational and non-religiously affiliated group
702 Beltrami Avenue NW, Bemidji, MN 56601
North Homes, Inc.  218-751-0282
Outpatient Therapy, Diagnostic Assessments, ARMHS
Bill Faver, MA, LP, Clinical Director
4225 Technology Dr. NW, Bemidji, MN 56601  www.northhomesinc.org

Northwoods Care Givers  northwoodscaregivers.org
CAT, Medication Reminders & Coordination
616 America Ave, Suite 170, Bemidji, MN 56601
Contact: Christina Knecht, 218-333-8264

Occupational Development Center (ODC)
Employment for people with disabilities
Contact: IPS Coordinator  218-751-6001, extension 20
1219 Naylor Drive SE, Bemidji, MN 56601  www.odcmn.org

Park Place of Bemidji
Contact: 444-8717, Brittany Bennett, Site Director
Permanent Supportive Housing-substance use/alcohol/mental health
600 3rd St. NW, Bemidji, MN 56601

Recover Health  218-210-7700
Providing home and health care services  www.recoverhealth.org
615 Anne St. NW, Suite A, Bemidji, MN 56601

Region II Mental Health Initiative
A four county consortium (Beltrami, Clearwater, Hubbard, Lake of the Woods) for improving the path of mental health in the region; consumers, families, and providers participate.
Meetings are the first Monday of each month, 1-3 pm, at the Beltrami County Law Enforcement Center. Beltrami residents call Jeff Lind, 333-4223 - jeffrey.lind@co.beltrami.mn.us

Rural Psychiatry Associates (Formally Center for Psychiatric Care)  218-444-7013
Appointments are in-person or video conference; Includes Prescribing & Therapy
Thomas Peterson M.D, Board-Certified Psychiatrist, President
Psychiatrists:; Matthew Pitera M.D; Muhammed Azar M.D; & Tim Peterson M.D. Psychotherapist:
519 Anne Street NW, Suite A, Bemidji, MN 56601

Sanford Behavioral Health Children's and Adults Mental Health, Substance Use Disorders, Crisis, ACT (Assertive Community Treatment), Access Clinic, ARMHS, Sexual Assault Treatment, Therapy, Diagnostic Assessments, Peer Support
Contact Main Desk for all programs: 218-751-3280
Applications and access hours on website  www.ummhcmm.org
722 15th Street & 3124 Hannah Ave. NW, Bemidji, MN 56601
Sarah Weinzerl, Psy D, LP,LMFT, Michael Hill,PhD, LP

Sanford Medical Center  218-333-5000
Sanford Behavioral Health: Includes Therapy & Diagnostic Assessments
Danae Lund, PhD & Pam Samson PhD, LP  pamela.samson@sanfordhealth.org
1233 34th Street NW & 1611 Anne Street, Bemidji, MN 56601
Telehealth: 218-333-2105  Mark Tsibulsky, MD, Psychiatrist, includes prescribing
Social Finance Services
Local Payee Services for people with mental illness & others
Amber Gamache ambergamache761@gmail.com
11660 Far Portage Dr., Park Rapids, MN 56470
Phone: 218-556-9247, Fax: 218-319-4048

Spruce Woods Apartments, Briar Rose and Odayin Adult Foster Care
Program Directors: Katie Zwak, 444-9757; Sina, 444-0076, Stephanie, 444-0079
718 15th Street sprucewoods@rule36ofduluth.com
Bemidji, MN 56601 katieprnzwak@thrivebehavioralnetwork.org

Stellher Human Services 218-751-5919 www.stellher.com
Providing outpatient therapy, diagnostic assessments
Director: Mark Miller
P.O. Box 430, 516 Beltrami Ave., Bemidji, MN 56619

Support Within Reach 1-800-708-2727 sapbchc@paulbunyan.net
Free emotional support and peer counseling regarding sexual assault
1510 Bemidji Ave., Bemidji, MN 56601 www.supportwithinreach.org

Tamara Mason, MSW, LICSW, outpatient therapy & diagnostic assessments
tamara@tamaramason.com
218-444-0899 www.tamaramason.com
522 Beltrami Avenue, Suite 108, Bemidji, MN 56601

The Clubb House, Adult Foster Care 218-444-9684
Contact: Debra Beckstrand
1214 First St. East, Bemidji, MN 56601

VA Veteran’s Support Group 218-755-6360
Open to any combat veteran with PTSD (Wednesday, 4:30-6 pm)
Mood Group every other Tuesday, 4:30-6pm grant.bauer@va.gov
VA Clinic, 5th Street, Bemidji
Contact: Grant Bauer, MSW, LICSW

Wellness in the Woods
WRAP training and other mental health supports for rural MN
Contact: Jode Freyholtz-London 218-472-3091
mnwellnessinthewoods@gmail.com www.mnwitw.org

Wildgen, Wilimek, & Associates 218-751-0887
Mark Wildgen PhD; Jay Wilimek, PhD, LP; Geri Wilimek, LICSW, Robin Hewitt, LMFT, Mark
Haugen, John Parkin, Miriam Tell
1526 30th Street NW, Bemidji, MN 56601

NOTE: This list is updated and posted by Hope House on its website at www.hopehousebemidji.org. It is linked to Community Resource as a collaborative effort to get more resources to the public. To add or change items, please contact Jody Yerbich at 218-444-6748, hopehous@paulbunyan.net or Robin Wold at rwold@paulbunyan.net.