

Mental Health Resources Provided in Bemidji, MN for Adults

| | Diagnostic Assessment | Therapy | Trauma | Financial | Med Prescriber | Case Mgmt | Adult Foster Care | Support Group | Housing/Jobs | Chemical Dependency | Crisis Line | Hospital | Registered Nurse | CSP | ARMHS | Other |
|--|-----------------------|---------|--------|-----------|----------------|-----------|-------------------|---------------|--------------|---------------------|-------------|----------|------------------|-----|-------|--------------------------------|
| Advocates of the Bemidji Area Contact: 218-760-7889 522 Beltrami Ave NW Bemidji MN 56601 Advocacy Services 218-209-7000 BemidjiAdvocates@gmail.com | X | X | X | | | | | | | | | | | | | Advocate: Violence or Abuse |
| Assessments & Counseling Assoc. Contact: 218-444-3631 522 Beltrami Ave, Suite 108 Bemidji, MN 56601 Kathy Favor | X | X | X | | | | | | | | | | | | | |
| Balanced Counseling & Consulting PLLC Shawn Whiting, Counselor, LPCC 522 Beltrami Ave NW Suite 116 Bemidji MN 56601 218-308-9357 Fax: 855-218-8557 admin@balancedcounselingpllc.com | X | X | X | | | | | | | | | | | | | EMDR Trained |
| Beavor Psychiatry Contact: 218-444-8090 1002 Washington Ave S Bemidji, MN 56601 | | | | | X | | | | | X | | | X | | | |
| Beltrami Health and Human Services Contact: The Mental Health Division Adult Intake 218-333-4233 616 America Avenue NW Bemidji MN 56601 www.co.beltrami.mn.us | | | | X | | X | X | | | | | | | | | Rule 25 Assessment |

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| Beltrami County Local Advisory Council Meetings are held monthly, 12:30-1:30pm at Hope House Contact: Dan Brouse, Beltrami Co 218-333-4223 daniel.brouse@co.beltrami.mn.us | | | | | | | | | | | | | | | | Resources for students with disabilities |
| Bemidji State University Accessibility Services *Enrolled students only* Contact: 218-766-2139 Office 202, Decker Hall 1500 Birchmont Dr NE #43 Bemidji, MN 56601 accessibility@bemidjistate.edu | X | X | X | X | X | | | X* | | | | | | | | *see website for current groups |
| Bemidji VA Contact: 218-755-6360 1217 Anne St NW Bemidji MN 56601 | X | X | X | X | | | | X | X* | X | | | X | | | Primary Care, Mail Prescriptions, Lab Draw *Housing Assistance |
| Bi-County Community Action Program, Inc (Bi-CAP) Contact: 218-751-4631 PO Box 579 Bemidji MN 56619 | | | | | | | | | X* | | | | | | | *Housing Assistance |
| Bridges Housing Program for People with Mental Illness Contact: 218-444-4522 619 America Ave NW Bemidji MN 56601 hradw@midconetwork.com http://www.mnhousing.gov/ | | | | | | | | | X* | | | | | | | *Housing Assistance |

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| Cardinal of Minnesota Adult Foster Care Contact: 218-751-1264 3306 Cedar Lane NW 5809 Annalee Lane NW 5091 Feeling Right Lane NW Bemidji MN 56601 AmandaH@cardinalofminnesota.com | | | | | | | X | | | | | | | | | |
| Community Behavioral Health Hospital Contact: 218-308-2400 800 Bemidji Ave Bemidji MN 56601 Central Pre-Admission: 1-866-966-BEDS | X | X | | | X | | | | | X | | | X | | | Assessment of mental social, functional and physical health 24-hour nursing staff Transitional services |
| Crisis Line (24-Hour) for Beltrami County Contact: 1-800-422-0045 Crisis Text Line- Text "MN" to 741741 | | | | | | | | | | | X | | | | | |
| Disability HUB Contact: 1-866-333-2466 Bemidji MN 56601 www.disabilityhubmn.org | | | | | | | | X* | | | | | | | | Resources for indiv. with disabilities <i>*see website for more</i> |
| Eagles Wing, Inc. Contact: 218-444-3036 523 19th Street NW Bemidji MN 56601 www.eaglewinginc.net | | | | | | | X | | | | | | | | | |
| Eagle Vista Ranch Contact: 218-760-0656 16150 Golden Eagle Ct NW Bemidji MN 56601 www.eaglevistaranch.com | | X | | | | | | | | | | | | | | Equine-Assisted Therapy |

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| Evergreen Youth & Family Services 24 Hr. Youth Hotline: 218-751-4332 Drop-in Center: 218-751-8223 610 Patriot Dr NW (Drop-in) PO Box 662 (Shelter) Bemidji MN 56619 www.evergreenyfs.org | | X | X | | | X | | X | | | X | | | | | See website for current groups |
| Face It Together Contact: 218-444-8753 Contact: Christopher Erle, Ex. Director 408 Beltrami Ave NW, Suite 100 Bemidji MN 56601 www.faceittogetherbemidji.org | | | | | | | | X | X | X | | | | | | Peer support to help individuals & families manage addiction. Re-entry services. |
| Great North Counseling Services, LLC Contact: 218-214-6096 426 Bemidji Ave N, Suite 1 PO Box 1712 Bemidji MN 56619 info@greatnorthcounseling.com www.greatnorthcounseling.com | X | X | X | | | | | X* | | X | | | | | | Re-entry & Transitional services *MRT, Anger Mgmt Co-dependency |
| Grief Support Groups Contact: 218-308-0460 Sanford Health Neilson Place Trillium Conference Room 1000 Anne St NW Bemidji MN 56601 | | | | | | | | X* | | | | | | | | *Call for information |

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| Hope House Community Support Program Contact: 218-444-6748 PO Box 1097 Bemidji MN 56619 | X | | | | X | | | X | X | | | | X | | | |
| Integrative Health and Wellness Inc Contact: 218-444-3161 819 Paul Bunyan Dr S Bemidji MN 56601 contactus@getintegrative.com www.getintegrative.com | | X | X | | | | | X | | X | | | | | | Telehealth |
| Kai Shin Clinic & Treatment Program Contact: 651-447-3755 705 5th Street NW Suite D Bemidji, MN 56601 www.kaishinclinic.com Fax: 218-497-0171 | | X | | | X | | | | | X | | | X | | | |
| Journey, Inc. Contact: 218-333-8930 1630 Forest Lane SE Bemidji MN 56601 journey@paulbunyan.net | | | X | | | | X | | | | | | | | | Support in Homes |
| Lake Country Associates Contact: 218-444-2233 1426 Bemidji Ave NW, Suite 1 Bemidji MN 56601 admin@lakecountryassociates.com www.lakecountryassociates.com | X | X | X | | | X | | X* | | X | | | | | X | <i>*Parenting & other groups contact for more info.</i> |
| Lighthouse Lodge, Inc Contact: 218-444-1927 3217 Johnson Street NW Bemidji MN 56601 | | | | | | | | | | | | | | | | |
| Mental Health USA Contact: 815-670-4173 7899 Grant Creek Rd NW Bemidji MN 56601 www.mentalhealthusa.org | | | | | | | | X* | | | | | | | | <i>*Lived experience Support group. See website for more information</i> |

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| MSOCS (MN State Operated Community Services) Contact: 218-755-2619 810 Claussen Ave Bemidji MN 56601 | | | | | | | | | | | | | | | | |
| NAMI Northwoods Beltrami Contact: Jim Aakhus 218-214-1681 Email: gymaakhus@gmail.com See Facebook page for monthly meeting times: https://www.facebook.com/NAMI-NorthwoodsBeltrami-902579149788019 | | | | | | | | X | | | | | | | | <i>*Online Family Support. See website for updated information.</i> |
| North Homes, Inc. Contact: 218-751-0282 4225 Technology Dr NW Bemidji MN 56601 www.northhomesinc.org | X | X | X | | X | X | | | X* | X** | | | | | X | Peer support Family resources <i>*Housing assistance</i> <i>**substance</i> |
| Northwoods Caregivers Contact: 218-333-8264 www.northwoodscaregivers.org 616 America Ave, Suite 170 Bemidji MN 56601 | | | | | | | | | | | | | X | | | Medication reminders & set-up |
| Nystrom & Associates 112 1st St West Bemidji MN 56601 218-888-8032 Fax: 218-888-8033 | X | X | X | | X | | | | | | | | | | | |
| Park Place of Bemidji Contact: 218-444-8717 600 3rd St NW Bemidji MN 56601 | | | | | | | | | X* | X | | | | | | <i>*housing assistance</i> |

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| Sanford Behavioral Health Headwaters ACT Contact: 218-333-2220 1705 Anne St NW Door 3 Bemidji, MN 56601 | X | X | X | X* | X | X | | X | X** | | X | | | | | Rule 25, Cultural & Needs assessments Re-entry & transitional <i>*Finance Mgmt</i> <i>**Housing & Employment</i> |
| Sanford Health Integrated Health Contact: 218-333-5643 1233 34th St NW Bemidji, MN 56601 Support Group Location: Beltrami Electric Coop 4111 Technology Dr NW, Suite 201 Bemidji, MN 56601 | X | | | | | | | X* | | | | | | | | <i>*Grief and loss support groups.</i> <i>2nd Tuesday from 4:30 - 6pm</i> |
| Sanford Behavioral Health Contact: 218-333-2035 1705 Anne St NW Door 4 Bemidji, MN 56601 | X | X | | | X | | | | | | | | | | | |
| Schackman, Kramer, and Associates Contact: 218-751-0887 1526 30th St NW Bemidji, MN 56601 | X | X | X | | X | | | | | | | | | | | |
| Social Finance Services Contact: 218-556-9247 PO Box 166 Park Rapids, MN 56470 <i>*Serves the Bemidji Area*</i> amber@hotmail.com | | | | X* | | | | | | | | | | | | <i>*only payee for Bemidji</i> |

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| Thrive Behavioral Network Bemidji Locations: Sprucewoods 718 15th St. 218-444-9747 Briar Rose 3530 St. Onge Dr NE 218-444-0076 Odayin 3524 St. Onge Dr. NE 218-444-0079 | | | | | | | X | | | | | | | | | |
| Stellher Human Services Contact: 218-444-2845 PO Box 430 519 Anne Street NW, Suite B Bemidji, MN 56601 www.stellher.com | X | X | X | | | | | | | | | | | | | DMDR Therapy |
| Support Within Reach Contact: 218-444-9524 1510 Bemidji Ave Bemidji, MN 56601 p.korei@paulbunyan.net www.supportwithinreach.org | | | X | | | | | X* | | | X | | | | | Victim support Advocacy <i>*see website for updated info</i> |
| Wellness In The Woods Contact: 844-843-9489 738 3rd Ave NW Eagle Bend, MN 56446 info@mnwitw.org <i>*Virtual self-help, including Bemidji residents</i> | | | | | | | | X* | | | | | | | | <i>*Virtual group. See website for info</i> |
| NOTE: This list is updated and posted by Hope House at www.hopehousebemidji.org . It is linked to Community Resources as a collaborative effort to provide resources to the public | | | | | | | | | | | | | | | | |
| To add or change items, contact Jolene Lundin @218-444-6748 , hopehouse@paulbunyan.net or Robin Wold at rwold@paulbunyan.net | | | | | | | | | | | | | | | | |