



**If you are in crisis call the Becker County and White Earth Mental Health Crisis Team. They are available 24/7 to assist you by phone or in person.**

**Call 1-218-850-4357 for help now**

**If you are in crisis and want to text instead- contact the MN Crisis Text Line by texting “MN” to 741741 to connect with a counselor who can help**

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## **Mental Health & Addiction Crisis Services**

### **Addiction Hotline:**

*Phone: 888-663-3239*

### **Becker County and White Earth Mental Health Crisis Line**

*Phone: 877-380-3621 or 218-850-4357*

24 hours per day 7 days per week

Will talk by phone or travel to any location in Becker County or White Earth Reservation.

### **Crisis Text Line**

*Text: MN to 741741*

*Phone: 877-754-9683*

24 hours per day 7 days per week

### **Child Abuse**

*Phone: 218-847-5628*

To report or get assistance from Becker County Social Services.

### **Firefighter and EMS Crisis Line**

*Phone: 866-965-3074 or 888-731-FIRE (3473)*

Text:

### **Kids' Crisis Line**

*Phone: 218-850-4357*

### **Mental Health Crisis Hotline**

*Phone: 218-850-4357*

### **Lakes Crisis & Resource Center**

*Phone: 218-847-7446*

A community advocacy program providing direct service to the victims of violence in Becker County, domestic violence, sexual assault and general crimes. They also offer a complete child advocacy program.

### **Self- Harm Hotline**

*Phone: 800-334-4537*

**Trans Lifeline**

Phone: 877-565-8860

<https://www.translifeline.org/>

**Veterans Crisis Line**

Phone: 800-273-8255, Press 1

Text: 838255

24 hours per day 7 days per week

**White Earth Crisis Line & Dispatch**

Phone: 218-983-3201 or 983-3281

This 24-hour crisis line is available for men and women with chemical dependency problems.

**Crisis Beds****Willow Tree Crisis Bed**

Phone: 218-847-4357

Screenings by the mobile mental health crisis team. Beds available for individuals who are experiencing mental health crises.

## Outpatient Mental Health Services

**Essentia Health St. Mary's Behavioral Health**

1027 Washington Ave

Detroit Lakes, MN 56501

Phone: 218-844-2347

<https://www.essentiahealth.org/find-facility/profile/behavioral-mental-health-outpatient-essentia-health-st-marys-detroit-lakes-clinic/>

Work through everyday challenges, navigate life changes, or get ongoing support for a mental health condition with outpatient therapy and counseling at Essentia Health. You'll find mental health professionals near you that can help you develop tools to live your best life.

**Providers:**

- Jodi Boerger Wilder, child psychologist
- Michelle England, LICSW
- Kathryn Hart, LGSW
- Joel Kirchner, PsyD
- Susan Welnel, LP, PsyD
- Nancy Trickey, LICSW
- Michael Stewart, Psychiatrist
- Dr. Emily Welle, Psychiatrist

**Lakeland Mental Health Center**

928 8<sup>th</sup> St SE



Detroit Lakes, MN 56501

<https://lmhc.org>

Phone: 218-847-1676 or 1-800-223-4512

Lakeland Mental Health Center services people in need of individual, group, and family counseling, Psychological Evaluations, Community Support Program/CTSS/ARMHS/Adult and Children's mental health Case Management, Psychiatric services including assessment and medication follow up, Emergency services, Employee Assistance Program, Educational services to the community and Mental health consultation services to agencies.

*Providers:*

- Shelley Guida, MS LMFT
- Wanda Dahlen, PhD
- Audrey Kolnes, MSW
- Melissa Cook, MSW
- Chad Erickson, psychiatrist
- Lori Brownshield, APRN
- Kaila Vennes, BSW, CSP, ARMHS, CTSS, TCM
- Mary Lewis, BA, CSP, CTSS, TCM
- Josh Sayler, MS, CSP, ARMHS, CTSS, TCM
- Jess Benson, BA, CSP, ARHMS, TCM

**Lakes Crisis & Resource Center**

1339 Pelican Lane

Detroit Lakes, MN 56501

24 Hour Crisis Hotline: 877-754-9683

Phone: 218-847-7446

<http://Lakescrisis.com>

Striving to break the cycle of violence. LCRC is uniquely qualified to provide comprehensive services in a manner that addresses the unique needs of our served population. By providing an array of services (advocacy, shelter services, parenting assistance and mental health care) under one roof, our clients are allowed the ease of a "one-stop-shop."

*Providers:*

- Julie Smith, Psychologist, Trauma-Focused CBT
- Emily Sargent, MA, Clinical Psychology Doctoral Training Student
- Abigail Tan, MS, NCE
- Courtney

### **Lutheran Social Services**

211 Holmes St W, Ste 302

Detroit Lakes, MN 56501

Phone: 1-218-847-0629

<http://www.lssnd.org>

Providers here specialize in Depression, anxiety, bipolar, stress management, family reunification, relationship counseling, family counseling, PTSD, behavior modification, emotion regulation, ADD/ADHD, trauma and abuse recovery

*Providers:*

- Erica Hanson, MS, LPCC
- Sarah Shroeder, MSW, LICSW
- Jan Haugrud, MSW, LICSW

### **Sanford Clinic Behavioral Health**

1245 Washington Ave.

Detroit Lakes, MN 56501

Phone: 218-846-2000

Sanford Behavioral Health focuses on helping individuals in the workplace and community who are struggling with anxiety, depression, psychological, emotional stress reactions and behavioral needs.

*Providers:*

- Brian Gatheridge, PhD (child psychology)
- Jon Aligada, PhD
- Donald Preussler, PhD (children & adults)
- Samantha Beauchman, PhD (older adolescent & adult)
- Jeff Leichter, PhD
- Lucy Johnson, CNS

### **Solutions Behavioral Health**

1104 West River Rd

Detroit Lakes, MN 56501

Phone: 218-844-6853

<http://www.solutionsinpractice.org/new-page-3>

Aimed towards providing high quality mental health and human services to people in the community.

*Providers:*

- Tessie Blake, PhD
- Julie Starkey, MSW
- Courtney Peterson, M.Ed,
- Irene Kruger, MA
- Nick Roussling

**Stellher Human Services**

28579 US Hwy 10

Detroit Lakes, MN 56501

<http://Stellher.com>

The mission of Stellher Human Services, Inc. is to make a positive and healthy difference in the lives of individuals, families and children. They strive to provide the most appropriate level of care to our program participants and to ensure that care is effective, respectful and individualized to meet the unique needs of each participant.

*Providers:*

- McKenzie, youth therapy

**Summit Guidance Center**

Phone: 218-227-5376

Email: [moorhead@summit-guidance.com](mailto:moorhead@summit-guidance.com)

<https://summit-guidance.com/>

Summit Guidance directs services towards patients who are severe and persistent with mental health illnesses. They provide outpatient clinic, community-based support and rehabilitative programs, hospital liaison services, intensive family services and long-term services to anyone in the community.

*Providers:*

- Jim Knutson, psychologist
- Ben

**The Village**

910 Lincoln Ave

Detroit Lakes, MN 56501

Phone: 1-800-627-8220

<http://www.thevillagefamily.org>

Counselors here are trained to assist couples, individuals, children, and families with a range of services such as mental health and relationship problems.

*Providers:*

- Alexis McMullen, LMFT
- Darrin Tonsfeldt, MS, LP, LPC,  
NCC, CEAP, SPHR, SHRM-  
SCP
- Jerilyn Fischer- Arnold, MA,  
LMF



### **White Earth Indian Health Center**

40520 County Highway 34

Ogema, MN 56569

Phone: 218-983-4300

<https://www.ihs.gov/Bemidji/healthcarefacilities/whiteearth/>

<https://www.facebook.com/WhiteEarthIndianHealthService/>

The agencies mission is to raise the physical, mental, social and spiritual health of American Indians and Alaskan Natives to the highest level.

#### *Providers:*

- Mark F. Wildgen, Psychiatrist
- Darryl R. Zitzow

### **White Earth Mental Health**

216 North Main Street

Mahnomen, MN 56557

Phone: 218-983-4703

[https://whiteearth.com/programs/behavioral\\_health/services#mental-health](https://whiteearth.com/programs/behavioral_health/services#mental-health)

The White Earth Tribal Mental Health Program is designed to meet the mental health needs of White Earth Tribal members and their families who reside on, or near the White Earth Reservation. Our program provides a comprehensive plan for counseling, education and support. We strive to provide culturally appropriate services with the goals of increasing positive family interactions, and the ultimate goal of healthier lifestyles and positive communication for all members of the community

## **Chemical Dependency Services**

### **Alcoholics Anonymous/ Alano Club**

827 Summit Ave.

Detroit Lakes, MN 56501

Phone: 218-844-9970 or 1-877-833-2327

<https://aaminnesota.org/locations/alano-club-3/>

Detroit Lakes Alcoholics Anonymous Help Line

**Drake Resource Center**

28579 US-10

Detroit Lakes, MN 56501

Phone: 218-847-1329

<https://www.drakecounselingservices.com/>

Drake counseling provides recovery services, assessments, licensed clinical counselors, licensed addiction counselors, licensed drug and alcohol counselors who aim to provide a change in people's lives.

**Lakes Counseling Center**

1000 8<sup>th</sup> Street SE

Detroit Lakes, MN 56501

Phone: 218-847-0696

<http://lakescounselingcenter.com/>

Lakes counseling provides outpatient treatment to those that struggle with substance abuse or dependence issues. Counseling services are available to both adolescents as well as an intensive and low intensity outpatient programming. Services also include a relapse program and alcohol lectures.

*Providers:*

- Edward R. Pachel, LADC, Director
- Jessica Moench, LADC, Program Director, Adolescent and Adult Addiction Counselor
- Sheila Kapaun, LADC, Adult Addiction Counselor,
- Timothy J. Weeks, LADC, Adult Addiction Counselor
- Larry Boomgaarden, BA, ADC-T, Adult Addiction Counselor
- Chelsey Torblaa, BS, ADC-T, Adolescent and Adult Addiction Counselor
- Mary Wahldieck, LADC, Adult Addiction Counselor,
- Angie Horner, LADC, Independent Contractor providing Chemical Use Assessments

**Narcotics Anonymous**

Lake Agassiz Area (Western Minnesota, Moorhead)

Phone: 701-234-9330

<https://www.na.org/>

**White Earth Chemical Dependency**

Outpatient Treatment

218-983-3216 Ext. 6





### **White Earth Mat Program**

Phone: 218-936-2442

Hours: 8-4:30

Medication Assistance Program in a supportive environment to deal with the medical, spiritual, and emotional problems caused by addictions to drugs such as opiates and heroin.

### **White Earth Mom's Program**

Phone: Call Giiwanikimiin Supportive Housing at 218-936-2442 and ask for the MOMS Program.

YouTube Video: Search for "White Earth MOMS Program"

Providing holistic services for pregnant mothers in a supportive environment to deal with the medical, spiritual and emotional problems caused by addictions to drugs such as opiates like heroin.

Services:

- Intensive out-patient
- Case Management
- Mental Health Services
- Parenting Groups
- Cultural Groups
- Medication- assisted treatment referrals

### **White Earth Harm Prevention**

Services:

- Clean needle exchange
- Safe Injection
- Prevention Education
- HIV/STD testing
- Naloxone dispense

Contact: [Clinton.Alexander@whiteearth-nsn.gov](mailto:Clinton.Alexander@whiteearth-nsn.gov)

### **White Earth Recovery Program**

Phone: 1-800-950-3248 ext. 1297

- For more information or to become a Recovery Coach call: 218-983-3285 or toll free 1-800-950-3248

With experience and hope, we support the long-term recovery from the effects of substance abuse. With information, resources and encouragement, we support the recovering individual, and their family, to live in a healthy and honorable way. In this way, we all benefit....

Services: Recovery Coaching program delivered by peers who have been successful in the recovery process.

### **White Earth Substance Abuse Program**

Phone: 1-800-950-3248 ext. 1297

Clients can begin calling after 8:00am

White Earth Substance Abuse will only be providing same day assessment appointments. Assessments are available to enrolled members, descendants and non-natives. They are free if they live within the boundaries of the White Earth Reservation. Non-native assessments are subject to a fee.

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