**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**

**The Peer Support Connection is a warm line for anyone in Minnesota who would like to reach out for support, but is not in a crisis. Call 1-844-739-6369 for support.**

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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: 1-877-380-3621 or 1-218-850-4357

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

24 hours per day 7 days per week

**Firefighter and EMS Crisis Line**

Phone: 866-965-3074

Text:

**Self- Harm Hotline**

Phone: 1-800-334-4537

**Transgender Suicide Hotline**

Phone: 1-877-5658860

**Veterans Crisis Line**

Phone: 1-800-273-8255

24 hours per day 7 days per week

**Veterans Text Line**

Text: 838255

24 hours per day 7 days per week

**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

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** *\* Sliding Fee Scale Services*

928 8th St SE

Detroit Lakes, MN 56501

<https://lmhc.org>

1-218-847-1676

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.

*Phone:* 218-847-1676

*Providers:*

* Shelley Guida, MS LMFT
* Wanda Dahlen, PhD, LP
* Audrey Kolnes, MSW, LICSW
* Melissa Cook, MSW, LICSW
* Darrin Tonsfeldt, MS, LP
* Chad Erickson, MD, Psychiatrist
* Kaila Vennes, BSW, CSP, ARMHS, CTSS, TCM
* Jacob Oring, APRN
* Tierria McGlothin, APRN
* Mary Lewis, BA, CSP, CTSS, TCM
* Josh Sayler, MS, CSP, ARMHS, CTSS, TCM
* Jess Benson, BA, CSP, ARHMS, TCM

**Lakes Crisis & Resource Center** *\* Sliding Fee Scale Services*

24 Hr Crisis Hotline: 877-754-9683

*Phone:* 218-847-7446

<http://Lakescrisis.com>

Lakes Crisis & Resource Center's mental health providers are committed to providing quality and collaborative mental health services in a safe environment in order to empower individuals and their families as they achieve their optimal health.

Our onsite mental health professionals provide trauma–focused mental health services to individuals who come to LCRC through our advocacy program, shelter, parenting time center, and those in the community. By providing comprehensive mental health services, we aspire to help children, adolescents and adults lead a healthier life.

*Providers:*

* *Courtney Van Den Bussche-Doll, M.S., LPCC - EMDR trained therapist (older adolescents & adults)*
* *Abigail Tang, M.S., Clinical Trainee (adolescents & adults)*

**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*
* *Jan Haugrud, MSW, LICSW*
* *Sarah Shroeder, MSW, LICSW*

**Sanford Clinic Behavioral Health**

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

*Phone:* 218-846-2000

*Providers:*

*Psychiatrist: Dr. Mark Tsibulsky, MD*

*Psychiatry Nurse Practitioner: Kelley Bitter, CNP*

*Psychologists:*

* *Brian Gatheridge, PhD (child psychology)*
* *Jon Aligada, PhD*
* *Donald Preussler, PhD (children & adults)*
* *Samantha Beauchman, PhD (older adolescent & adult)*

**Solutions Inc**

1104 West River Rd

Detroit Lakes, MN 56501

*Phone:* 218-844-6853

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

*Providers:*

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

**Stellher Human Services**

28579 US Hwy 10

Detroit Lakes, MN 56501

http: //Stellher.com

*Providers:*

* McKenzie , youth therapy

**Summit Guidance**

*Phone*: 218-227-5376

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, LMFT

**White Earth Indian Health Center**

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

*Phone:* 218-983-4300

*Providers:*

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

**White Earth Mental Health**

White Earth, MN

25519 St. Hwy 224

Phone: 218-983-4703

**Chemical Dependency Services**

**Alano**

Detroit Lakes Alcoholics Anonymous Help Line  
1-877-833-2327

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

**Drake Counseling Services**

Drake Counseling provides outpatient substance use and dependence recovery services and education. Services and programming include assessments, individual/family/group counseling, workshops and support groups, and state sanctioned drug and alcohol education seminars.

*Phone*: 218-847-1329

**Lakes Counseling**

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.

*Phone*: 218-847-1329

*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**

**White Earth Mat Program**

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.

Phone: 218-936-2442

Hours: 8-4:30

**White Earth Mom’s 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.

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

YouTube Video: Search for “White Earth MOMS Program”

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**

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.

*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**

**White Earth Substance Abuse Program**

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.

Clients can begin calling the Substance Abuse office starting at 8:00 am the day they would like to have their assessment done.

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