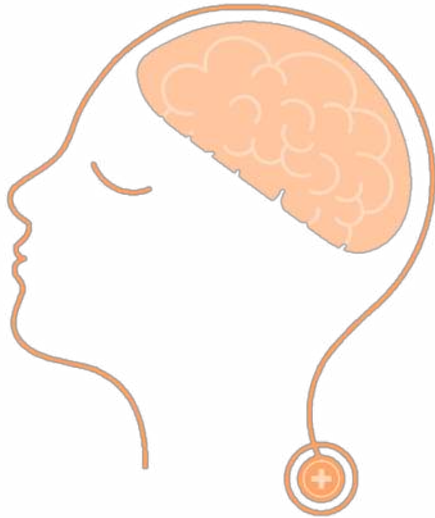


Kandiyohi County Mental Health Resources



A crisis may cause you to experience stress, anxiety, fear and anger. It is **OKAY** to feel this way but it is important to take care of your mental wellness. Everyone handles stress differently therefore it is essential that you and your family be mindful of your behavior and emotions

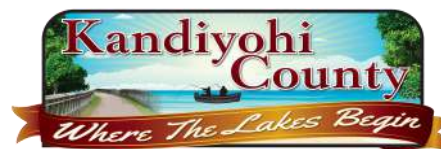
**YOU ARE NOT
ALONE, HELP IS
AVAILABLE**

Local Resources

- **Woodland Centers** 320-235-4613
Mobile Crisis 1-800-432-8781
- **Community Outreach Counseling**320-905-4206
- **Carris Health**..... 320-231-5030
- **Divine Hope Counseling**320-231-9763
- **Greater Minnesota Family Services** 320-403-4167
- **Life Seasons Counseling** 320-235-4900
- **Lighthouse Counseling** 320-214-1202
- **Knutson New Direction Counseling** 320-441-7000
- **Rice Institute Mental Health** 320-231-4399
- **Willow Creek Counseling** ...320-354-4200
- **Crossroads Counseling Centers Inc.**..... 320-214-8558

National Resources

- **SAMHSA** 1-800-985-5590
Disaster Distress Helpline
- **National Helpline** 1-800-662-4357
- **National Suicide Prevention Lifeline** 1-800-273-8255
- **Treatment Locator;** <https://findtreatment.gov/>



Public Health
Prevent. Promote. Protect.