

Mental Health Resources Provided in Bemidji, MN for Adults	DA	Therapy	Trauma	Financial	Med Prescriber	Case Mgmt	Adult Foster Care	Support Group	Housing/ Jobs	CD	Crisis Line/ Hospital	RN	CSP/ARMHS	Other
<b>Key</b>														
<b>ARMHS: Adult Rehabilitative Mental Health Services CD: Chemical Dependency CSP: Community Support Program DA: Diagnostic Assessment Mgmt: Management RN: Registered Nurse</b>														
<b>Advocates of the Bemidji Area</b> Contact: 218-760-7889 516 Beltrami Ave NW Bemidji, MN 56601 Kerry@TrueNorthBemidji.com Advocacy Services 218-209-7000 Bemidji Advocates@gmail.com	X	X	X											X Advocat: Violence or Abuse
<b>Balanced Counseling &amp; Consulting PLLC</b> Shawn Whiting, Counselor, LPCC 522 Beltrami Ave. NW Suite 116 Bemidji, MN 56601 218-308-9357 Fax: 855-218-8557 admid@balancedcounselingpllc.com	X	X	X											
<b>Beltrami County Health and Human Services</b> Contact: The Mental Health Division Adult Intake 218-333-8246 616 America Avenue NW Bemidji, MN 56601 www.co.beltrami.mn.us				X		X	X							X Rule 25 Assessment
<b>Beltrami County Local Advisory Council</b> Meetings are held monthly, 12:30 to 1:30 pm in the Hope House garage. Contact: Dan Brouse 218-333-4223 daniel.brouse@co.beltrami.mn.us														X
<b>Bemidji State University Accessibility Services</b> ----*Enrolled students and for visitors attending events on campus* Contact: 218-766-2139 Office 202, Decker Hall 1500 Birchmont Drive NE #43 Bemidji, Mn 56601 accessibility@bemidjistate.edu														X Resources for students with disabilities

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<b>Bemidji State University Center for Center for Student Health, and Counseling-- *Enrolled students only*</b> <b>Contact:</b> 218-755-2053 Cedar Hall, 1st floor, 1500 Birchmont NE #42 Bemidji, MN 56601 healthservices@bemidjistate.edu	X	X	X		X			X See website for current groups			/		/	
<b>Bemidji VA</b> <b>Contact:</b> 218-755-6360 1217 Anne Street NW Bemidji, MN 56601	X	X	X	X				X	X Housing Assistance	X	/	X	/	X Primary Care, Mail Prescriptions, Lab Draw
<b>Bi-County Community Action Programs,</b> <b>Contact:</b> 218-751-4631 PO Box 579 6603 Bemidji Ave. N Bemidji, MN 56619									X Housing Assistance		/		/	X Other housing assistance
<b>Bemidj Housing and Redevelopment Authority (HUD)</b> <b>Contact:</b> 218-444-4522 619 America Ave. NW Northland Apartments Bemidji, MN 56601 hradw@midconenetwork.com http://www.mnhousing.gov/									X Housing Assistance		/		/	
<b>Cardinal of Minnesota Adult Foster Care</b> <b>Contact:</b> 218-755-9530 3306 Cedar Lane NW 5809 Annalee Lane NW 5091 Feeling Right Lane NW Bemidji, MN 56601 amandah@cardinalofminnesota.com							X				/		/	
<b>Community Behavioral Health Hospital</b> <b>Contact:</b> 218-308-2400 (Bemidji) 800 Bemidji Avenue N, Suite 200 Bemidji, Mn 56601 Central Pre-Admission: 1-866-966-BEDS	X	X			X					X	/ x	X	/	X Assessment of mental, social, functional, and physical health. 24-hour nursing staff. Transitional services.
<b>Crisis Line (24-Hour) for Beltrami County</b> <b>Contact:</b> 1-800-422-0045 Crisis Text Line- Text "MN" to 741741											/ x		/	

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<b>Disability HUB</b> Contact: 1-866-333-2466 522 Beltrami Ave. NW #109 Bemidji, MN 56601 www.disabilityhubmn.org								X See website for topics and dates						X Resources for individuals with disabilities.
<b>Eagles Wing, Inc.</b> Contact: 218-751-2151 5603 Tall Pines Road NE Bemidji, MN 56601 www.eaglewinginc.net							X							
<b>Eagle Vista Ranch</b> Contact: 218-760-0656 16150 Golden Eagle Ct NW Bemidji, MN 56601 eaglevistaranch@gmail.com www.eaglevistaranch.com		X												X Equine-Assisted Therapy & Learning
<b>Evergreen Youth and Family Services</b> 24 Hour Hotline: 218-751-4332 Drop-in Center -218-751-8223 610 Patriot Drive NW (Drop In) PO Box 662 (Shelter) Bemidji, MN 56619 www.evergreenyfs.org		X	X			X		X See website for current groups			X			
<b>Face It Together</b> Contact: 218-444-8753 Contact: Christopher Erle, Ex. Director 408 Beltrami Ave NW, Suite 100 Bemidji, MN 56601 chris.fitbemidji@gmail.com								X		X				X Peer support to help individuals & families manage addiction.
<b>Great North Counseling Services, LLC</b> Contact: 218-214-6096 426 Bemidji Ave. N., Suite 1 Mailing Address: PO Box 1712 Bemidji, MN, 56619 info@greatnorthcounseling.com www.greatnorthcounseling.com	X	X	X					X MRT, Anger Management, Co-dependency		X				X Re-entry & Transitional services
<b>Grief Support Groups</b> Contact: 218-333-5643 Sanford Health Neilson Place Trillium Conference Room 1000 Anne St. NW Bemidji, MN 56601								X 1st & 3rd Thursday of each Month at 4:30 p.m. - 6 p.m.						

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<b>Hope House Community Support Program</b> Contact: 218-444-6748 PO Box 1097 2017 7th St. SE Bemidji, MN 56619 www.hopehousebemidji.org	X				X Spring 2022			X REACH Family Suoport . 3rd Tuesday Virtual and in-person. Call to sign-up	X			X	X X	X Resource Help
<b>Integrative Health and Wellness, Inc.</b> Contact: 218-444-3161 819 Paul Bunyan Dr. S. Bemidji, MN 56619 contactus@getintegrative.com www.getintegrative.com		X	X					X		X				
<b>Journey, Inc.</b> Contact: 218-333-8930 1630 Forest Lane SE Bemidji, MN 56601 journey@paulbunyan.net			X				X							
<b>Lake Country Associates</b> Contact: 218-444-2233 1426 Bemidji Ave NW, Suite 1 Bemidji, MN 56601 admin@lakecountryassociates.com www.lakecountryassociates.com	X	X	X			X		X Parenting & other groups contact for more info.		X			X	
<b>Lighthouse Lodge, Inc.</b> Contact: 218-444-1927 3217 Johnson Street NW Bemidji MN 56601							X							
<b>Mental Health USA</b> Contact: 815-670-4173 7899 Grant Creek Road NW Bemidji, MN 56601 www.mentalhealthusa.org Contact person: Valerie Saviano								X Lived Exp. Support Group See website for more group info.						
<b>MSOCS (MN State Operated Community Services)</b> Contact: 218-755-2619 810 Claussen Avenue Bemidji, MN 56601							X							
<b>NAMI Northwoods Beltrami</b> Contact: Jim Aakhus, 218-214-1681 for monthly meeting times see Facebook Page https://www.facebook.com/NAMI-NorthwoodsBeltrami-902579149788019 Or email - gynaakhus@gmail.com								X Online Family Support See website for updated info.						

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<b>North Homes Children and Family Services</b> Contact: 218-751-0282 4225 Technology Drive NW Bemidji, MN 56601 www.northhomesinc.org	<b>X</b>	<b>X</b>	<b>X</b>		<b>X</b>	<b>X</b>			<b>X</b> Housing Assistance	<b>X</b>			<b>X</b>	<b>X</b> Family resources
<b>Northwoods Care Givers</b> Contact: 218-333-8264 northwoodscaregivers.org 616 America Avenue, Suite 170 Bemidji, MN 56601												<b>X</b>		<b>X</b> Medication Reminders and Set-up
<b>Nystrom &amp; Associates</b> 112 1st St. West Bemidji, MN 56601 218-888-8032 Fax:218888-8033	<b>X</b>	<b>X</b>	<b>X</b>		<b>X</b>									
<b>Occupational Development Center (ODC)</b> Contact: IPS Coordinator 218-751-6001, ext. 13 1219 Naylor Drive SE Bemidji, MN 56601 www.odcmn.org									<b>X</b> Employment Assistance					
<b>Park Place of Bemidji</b> Contact: 218-444-8717 600 3rd Street NW Bemidji, MN 56601									<b>X</b> Housing Assistance	<b>X</b>				
<b>Piece of Mind Counseling Services, PLLC</b> Heather Frach, MN, LADC, LPCC 1510 Bemidji Ave. N Ste. 16 (physical) 215 Paul Bunyan Dr. NE #150 (mailing) 218-888-7980 Fax:218-888-7981 heather@pieceofmindcounseling services.com www.pieceofmindcounselingservice.com	<b>X</b>	<b>X</b>	<b>X</b>											
<b>Region II Mental Health Initiative</b> Contact: Brian Ophus 218-732-2400 brian.ophus@co.hubbard.mn.us Intentional planning & partnerships to improve mental health of the region														<b>X</b> 1st Monday of month 1-3 PM Virtual



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<b>Thrive Behavioral Network</b> Bemidji Locations; Sprucewoods 718 15th St. 218-444-9757 Briar Rose 3530 St. Onge Dr . NE 218-444-0076 Odayin 3524 St.Onge Dr. NE 218-444-0079							X							
<b>Stellher Human Services</b> Contact: 218-751-5919 P.O. Box 430 519 Anne Street NW, Suite B Bemidji, MN 56619 www.stellher.com	X	X	X											
<b>Support Within Reach</b> Contact: 218-444-9524 1510 Bemidji Ave. Suite. #13 Bemidji, MN 56601 allstaff@supportwithinreach.org www.supportwithinreach.org			X					X See website for updated info.			X			X Victim Support & Advocacy
<b>Tamara Mason, MSW, LICSW</b> Contact: 218-444-0899 522 Beltrami Avenue, Suite 108 Bemidji, MN 56601 tamara@tamaramason.com www.tamaramason.com	X	X	X											
<b>VA Veteran's Support Group</b> Contact: Diane "Dee" Gielend 218-755-6360 Ext. 2227 VA Clinic 5th Street Bemidji, MN 56601								X Combat veteran with PTSD Wed 4:30- 6 PM Mood Group every other Tues 4:30-6 PM						
<b>Wellness in The Woods</b> Contact: 218-296-2067 738 3rd Ave NW Eagle Bend, MN 56446 Info@mnwitiw.org *Virtual self-help, including Bemidji residents*								X Virtual group. See website for info.						

**NOTE:** This list is updated and posted by Hope House at [www.hopehousebemidji.org](http://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 **Jody Yerbich** at 218-444-6748, [hophous@paulbunyan.net](mailto:hophous@paulbunyan.net) or **Robin Wold** at [rwold@paulbunyan.net](mailto:rwold@paulbunyan.net).