Mental Health Resource Guide

Cuyuna Regional Medical Center December 2025

CALL 911, IF YOU ARE IN IMMEDIATE DANGER!

Crisis Services

24/7 Crisis Referral Line 218-828-4357
Friendship Line (older adults and caregivers) 888-670-1360
Mental Health Urgent Care (Open Daily 10:00 a.m. - 7:00 p.m.) 218-545-8001
National Suicide Prevention Hotline 988
New Leaf Healing Center (Crisis residential stabilization for adults) 218-256-8654
Peer Support Warmline 855-WARMLINE
..... Text SUPPORT to 85511
Safe Harbor Crisis Stabilization (Crisis residential stabilization for adults) 218-454-3844
Crisis Text Line ..... Text HOME to 741-741
The Trevor Project (LGBTQ+ youth) 866-488-7386
..... Text START to 678-678
Veterans Crisis Line ..... Text 838-255

Counseling/Therapy

Aitkin
Clearview Counseling 218-330-4303
New Beginnings Counseling 218-429-0105
Northland Counseling Center 218-670-0005

Baxter
Sagent Behavioral Health (north) 212-472-7993
Sagent Behavioral Health (south) 651-313-8080
Lakes Country Counseling 218-454-0878
True North Counseling 218-839-9421

Brainerd
Acquire Mental Health 218-820-7671
Core Professional Services 218-829-7140
Lakeview BH 218-327-2001
Lutheran Social Services 218-828-7379
Northern Psychiatric Assoc 218-454-0090
Park Therapy Services 218-537-3697
reDefyne 218-537-3663

Cass Lake
Leech Lake Band BH Services 218-335-3050

Crosby
CRMC Behavioral Health 218-546-7462
Northernwaters Counseling 218-585-2052

Grand Rapids
Lakeview BH 218-327-2001
Northland Counseling Center 218-670-0005

Nisswa
Compass Counseling Partners 218-894-7503

Onamia
Mille Lacs Band Mental Health 320-532-4163

Multi-County Locations
Birch Lake Counseling Center 218-675-5101
Northern Pines Mental Health 320-639-2025

Psychiatry & Medication Management

Aitkin
Northland Counseling Center..... 218-670-0005

Baxter
Sagent Behavioral Health (south) 651-313-8080

Brainerd
Lakeview BH.....218-327-2001
Northern Psychiatric Assoc 218-454-0090

Crosby
CRMC Behavioral Health.....218-546-7462

Grand Rapids
Lakeview BH.....218-327-2001
Northland Counseling Center..... 218-670-0005

Various Local Locations
Northern Pines Mental Health 320-639-2025

Substance Use & Chemical Dependency

Aitkin
Aitkin Alano..... 218-549-3237

Baxter
Alcoholics Anonymous Lakes Area Alano.....
.....218-825-3770
Lighthouse Beginnings (peer support).....
..... 218-940-0363
Sagent Behavioral Health..... 866-938-4159

Brainerd
Adult & Teen Challenge MN..... 218-833-8777
Alcoholics Anonymous Central Lakes.....
.....800-503-3610
Acquire Mental Health.....218-820-7671
Central Lakes Drug Testing..... 218-829-9326
Lakeview BH..... 218-322-0676
Northern Pines Mental Health Center.....
.....320-639-2025

Cass County
Leech Lake Band Addictions & Dependency Program..... 218-322-0676
Mille Lacs Band Substance Use Services .....
..... 218-322-0676

Grand Rapids
Lakeview BH..... 218-322-0676

Ironton
Cuyuna Range Alano 218-546-8284

Minnesota Services
Alcoholics Anonymous ..... www.aa.org/
24/7 Narcotics Anonymous MN.. 320-532-7773
Quit Partner.....800-784-8669

Domestic Violence & Sexual Assault

Aitkin County
Healing Opportunities Provided Equally .....
..... 218-927-2327
Support within Reach..... 218-927-6226

Cass County
Family Safety Network..... 218-547-1636
Support within Reach..... 218-927-6226

Crow Wing County
Louise Seliski Shelter 218-828-1216
Sexual Assault Services..... 218-828-0494

Minnesota
Day One Services..... 866-223-1111

Support Groups

Aitkin County
Aitkin County CARE..... 218-927-1383
Northern Pines Life Skills 320-639-2025

Crow Wing County
CRMC Cancer 218-927-1383
CRMC Dementia Caregiver 320-639-2025
CRMC Weight Loss 218-545-1048
Crosslake Log Church..... 218-692-4141
Lighthouse Beginnings 612-865-7118

Minnesota Services
24/7 Gamblers Anonymous 855-222-5542
Lutheran Social Services.....866-787-9802
Caregiver Support Program
Grief and Loss Support Group
Neighbor to Neighbor..... 877-540-9443
National Alliance on Mental Health.....
.....651-645-2948
Parkinson's Support..... 800-473-4636

Spiritual

CRMC Chaplain..... 218-546-7000

Dementia & Alzheimer's

Alzheimer's Assoc. Helpline..... 1-800-272-3900

Community Services

Aitkin County
Aitkin County Health & Human Services.....
.....218-927-7200

Cass County
Cass County Health & Human Services .....
.....218-547-1340

Crow Wing County
Bridges of Hope..... 218-825-7682
Crow Wing County Community Services .....
..... 218-824-1140
Cuyuna Range Youth Center..... 218-545-6575
(youth services)
Kinship Partners..... 218-829-4606
Lakes Area Pregnancy Support .. 218-825-0793
Lakes Area United Way..... 218-829-2619
Lighthouse Beginnings / Open Arms
Community Resource Center 612-865-7118
Lutheran Social Services..... 218-829-5000
Salem West..... 218-534-4962
The Shop Brainerd 218-454-0009
(youth services)
WeARE Clinic..... 218-454-1546

Mille Lacs County
Mille Lacs County Health & Human Services ..
..... 320-983-8208

Minnesota Services
MN Aging Pathways 800-333-2433
Smiles for Jake..... 218-454-0083
United Way 211..... 800-543-7709
Veteran's Linkage Line..... 888-546-5838

This guide is not exhaustive, and you may discover additional resources. It is intended as a reference guide, not a recommendation. **Please contact CRMC Social Workers for more resources or questions 218-546-2357.**

Please Note: Providers listed in yellow highlight are agencies in which CRMC has a financial interest. The 1997 Balanced Budget Act requires CRMC to disclose this interest to patients.