

MN MENTAL HEALTH CLINICS

Urgent Care:

For clients who have urgent need for assessment and care:

- an initial assessment can be arranged within 24 hours excluding weekends and holidays,
- a diagnostic assessment within 48 hours.
- immediate admission to Adult or Adolescent Short-term Assessment and Treatment Program, or
- referral to a less urgent option as soon as possible.

Therapy Services:

- Individual Therapy
- Marriage and Family Therapy, Relationship Therapy
- Child and Adolescent Therapy, Child Play Therapy
- Psychiatric Services for Adults, Adolescents and Children coordinated with Psychotherapy
- Psychological Evaluations, Testing and Assessment
- Attention Deficit-Hyperactivity Assessment and Treatment
- Parenting Skills Training
- Group Therapy for Adolescents and Adults.
- Dialectic Behavior Therapy (DBT) for Adults and Adolescents.
- Divorce Adjustment, Grief and Loss Issues
- Biofeedback Stress Reduction and Relaxation Training
- Wellness and Growth Counseling

Day Treatment Services:

- Short-Term Assessment and Treatment Programs for Adolescents and Adults
- DaTRAC Adult Day Treatment

Horizons Community Support Program:

- Support services for Dakota County
- Adults who have a serious and persistent mental illness.
- Includes Housing Support, Case Management, and Drop-In Center.

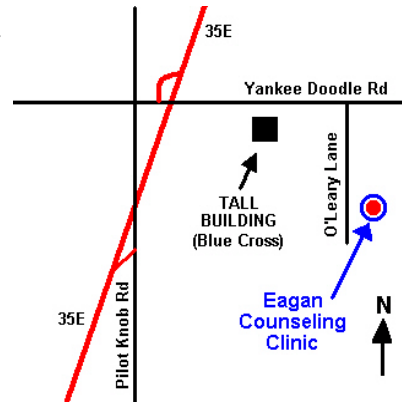
Eagan Clinic

Directions from Hwy 77

- North on Hwy 13
- Right on Yankee Doodle
- Cross 35E Right on O'Leary Lane
- At the end of the block on left.

Directions from 35E

- Exit Yankee Doodle
- East on Yankee Doodle from 35E
- Right on O'Leary Lane
- At the end of the block on left.



Woodbury Clinic

Directions from I-94

- Exit Radio Drive South
- Right on Seasons Pkwy
- Radio Drive Professional Bldg on left
- Come to second floor, Suite 210

Directions from 494

- Exit Tamarack Rd east.
- Right on Seasons Pkwy
- Radio Drive Professional Bldg on right
- Come to second floor, Suite 210



eagan counseling clinic
3450 O'Leary Lane
Eagan, MN 55123
Phone: 651-365-8281
Fax 651-454-3492

woodbury counseling clinic
Radio Drive Professional Building
1000 Radio Drive, Suite 210
Woodbury, MN 55125

Phone: 651-365-8209
Fax: 651-739-0272

Web site: www.mnmentalhealth.com

TTY Relay: 1-800-627-3529



MINNESOTA
MENTAL
HEALTH
CLINICS

WWW.MNMENTALHEALTH.COM



- A private practice association of mental health professionals committed to providing the highest quality outpatient mental health services.
- Licensed by Minnesota State Department of Human Services as a Mental Health Clinic,
- Our Staff is experienced, professional, respectful, non-judgmental, active, positive, and empathetic.
- Individualized Treatment Planning in partnership with our clients, with goal setting and review.
- Interdisciplinary staff licensed in adult psychiatry, child psychiatry, psychology, clinical social work, marriage and family therapy, and nursing.
- We serve seniors, adults, adolescents, and children. We provide comprehensive services and maintain referral resources for specialized needs.
- Assessment for all new clients with diagnostic personality testing and computerized psycho-social history when services begin.

- Our administrative support staff are friendly and service-oriented. We are able to coordinate with most insurance plans and to submit required forms for our clients.

Therapy Services Provided

- Individual
- Marriage and Family
- Child and Adolescent
- Relationship
- Pre-marriage
- Divorce
- Group Therapy
- Psychiatric services for adults, adolescents and children
- Psychological Evaluations Testing and Assessment
- Depression
- Anxiety and worry
- Biofeedback
- Attention Deficit-Hyperactivity Assessment
- Parenting skills training
- Child play therapy
- Adjustment counseling for Health Issues Addictive and Compulsive Behaviors
- Eating Disorders
- Co-Dependency
- Stress reduction and relaxation training
- Assertiveness training
- Grief and loss issues
- Sexual, physical and emotional abuse
- Wellness and growth Counseling

- Behavioral management programs
- Consultation to Counselors, Churches and Organizations
- Training seminars/workshops, education and speakers

Appointments

Appointments are made by calling the clinic at (651) 365-8281. Daytime, evening and Saturday appointments are available. Most sessions are 50 minutes in length. Professional standards of confidentiality are maintained.

Fees

Most health insurance plans provide coverage for services provided at a state approved Mental Health Center. Clients are fully advised on their first visit as to therapy fees and possible payment plans. We will contact your insurance plan in advance of your initial visit and advise you regarding coverage before services begin.

