

## **Counseling/Mental Health/Children's Resources:**

### **Crisis Connection**

24 hour crisis line  
1-800-523-3333

### **Nystrom & Associates, LTD**

Arlene G. Clark  
Community Based Support Staff Coordinator  
Direct Dial: 651-379-1785  
Main #: 651-379-1771  
Variety of In Home Services (all of Pine County) & In Office Services (Duluth/Metro)  
Peter Rotando – CTSS

### **St. Cloud Hospital Child & Adolescent Behavioral Health**

Cara Plaine, C.N.S.  
320-229-4945  
St. Cloud, MN

### **Therapeutic Services Agency, INC**

320-629-7600  
Pine City, MN  
Variety of In Home and In Office Services

### **Canvas**

651-777-5222  
Forest Lake, MN

### **Complementary Support Services**

6701 Penn Ave S #301  
Richfield, MN 55423  
(952) 895-1730

### **University of Minnesota**

#### **Autism Spectrum and Neurodevelopmental Disorders (ASD) Clinic**

Phone: (612) 625-7466

### **Fraser Autism Program**

Intake phone: 612-767-7222  
Fraser Autism Intake – phone: 612-331-9413  
PROFESSIONAL LINE: 612-767-7222

### **Lighthouse Child & Family Services, LLC**

320-983-2335

### **Human Development Center**

218-879-4559 or 888-877-0568  
40- 11<sup>th</sup> St  
Variety of Services  
Cloquet, MN

**Essentia Behavior Health – Duluth MN**

**Behavioral Health/Mental Health**

**(218) 786-8364**

Peder Svingen, MD  
Steven Sutherland, MD  
Marian Flammang, PhD  
Mark Ham, PhD  
Rhonda Krossner, PhD  
Charlie Orsak, PhD, LP  
Jessica Schilling, PhD, LP  
Connie Semmelroth, CNP  
Mathew Sorensen, CNP  
Mark Albee, MSW, LICSW  
Richard Gertsema, MS, LP  
Betsy Molstad, MSW, LICSW  
Nancy LeRoux, MS, LICSW  
Gerry Ouellette, LP

**Arrowhead Psychological Clinic, P.A. – Duluth MN**

218-723-8153

*Dr. David B. Plude*

Psy.D., CEO, Licensed Psychologist

*Shelley Plude*

MSW, Licensed Independent Clinical Social Worker

*Dr. Kim Schmidt*

Psy.D. Licensed Psychologist

*Dr. Julianne Davis*

Psy. D., Licensed Psychologist

*Dr. Kelsey White*

Psy. D., Licensed Psychologist

*Dr. Adam Ries*

Psy.D., Licensed Psychologist

*Dr. Ryan T. Goldenstein*

Psy.D., Licensed Psychologist

*Lindsey King, M.A.*

MA., Predoctoral Intern – Generalist, Primarily Works with Adults

*Becca Zimmerman*

MA, Pre-Doctoral Intern – Generalist

**Dr. Harlen Gilbertson LP,**

630 S Union St

612-390-8269

Mora, MN

**Dr. Kathryn Manning**

(Psychiatrist)  
763-689-8700  
Cambridge Medical Center  
701 Dellwood St S  
Cambridge, MN

**Troy Otterson, MSW**

218-740-3061  
Duluth, MN

**Coral Popowitz, MA, CT, CS**

Monarch Counseling Services & Children's Grief Counseling  
866-336-5851

**Melissa Anderson Psychological Services**

218-485-4445  
Moose Lake, MN  
Families, Couples & Individuals

**Clinical and Forensic Psychology**

218-389-6631  
Barnum, MN  
**Bridgehouse**  
218-725-7785  
Duluth, MN  
(Adult Mental Health)

**Miller Dwan Crisis Line**

218-723-0099  
Duluth, MN

**Miller Dwan Medical Center**

218-727-8762  
Duluth, MN

**Amber Wing**

218-355-2100  
Duluth, MN  
Day/Outpatient Programs

**Your Local Hospital Emergency Room**

**Your Local Law Enforcement**  
Mental Health Crisis Intervention

## **DISABILITY/MENTAL HEALTH RESOURCES & SERVICES**

### **Pine County Children's Mental Health**

320-591-1581

Bonnie Rediske - Intake

### **Pine County Adult Mental Health Services**

320-216-4114

Mary Buck – Swegle – Intake

### **Fetal Alcohol Spectrum Disorders Clinic; Essentia Health Children's Services**

218-786-3198

Mike Stevenson, NP

420 East First St

Duluth, MN 55805

### **Arc Northland**

218-879-1261

424 W Superior St, Suite 210

Duluth, MN

### **Arc United**

(320)240-9550 or 1-800-775-3196

St Cloud, MN

### **Access North - Center for Independent Living of Northeastern Minnesota**

118 E Superior St, Duluth, MN 55802

Website: <http://accessnorth.net>

Facebook: <http://www.facebook.com/accessnorth>

218-625-1400 Phone

218-625-1401 Fax

888-625-1401 Toll-Free

## **CHILDREN'S GENERAL RESOURCES**

### **PACER**

952-838-9000 or 800-53-PACER

Email: [PACER@PACER.org](mailto:PACER@PACER.org)

[www.PACER.org](http://www.PACER.org)

### **National Federation of Families**

<https://www.ffcmh.org/>

### **Minnesota Children's Mental Health Association**

<http://www.macmh.org/>

[info@macmh.org](mailto:info@macmh.org)

165 Western Avenue N, Suite 2, St. Paul, MN 55102

651-644-7333

800-528-4511

**NAMI**

(National Alliance on Mental Illness)

800-950-NAMI

[info@nami.org](mailto:info@nami.org)

[www.nami.org](http://www.nami.org)

**Fast-Tracker Helps Locate Mental Health Resources**

NAMI Minnesota and others have endorsed a new resource for patients, families, and providers called Fast-Tracker. This new search engine developed by the MN Mental Health Community Foundation helps people find the mental health resources they need in settings that work for them. It also makes it easier to find new, specialized treatments or new therapies and helps make the referral process in Minnesota more efficient and effective. You can find this new resource at [www.fast-trackermn.org](http://www.fast-trackermn.org). For more information, call 651-407-1873 or email to [fasttrackermn@gmail.com](mailto:fasttrackermn@gmail.com).

**SAMHSA**

(Substance Abuse and Mental Health Services Administration)

[www.samhsa.gov](http://www.samhsa.gov)

Treatment Referral Line: 800-662-HELP (4357)

Suicide Prevention Lifeline: 800-273-TALK (8255)

Disaster Distress Helpline: 800-985-5990

**NIMH**

(National Institute of Mental Health)

**OK to Talk website for teens**

<http://ok2talk.org/>

**Children's Defense Fund**

<http://www.cdf-mn.org/>

