

### ALBERT LEA Mental Health

<b>Catholic Charities of Southern Minnesota</b>	<b>Cedar House Inc.</b>
St. Theodore's Parish Center 308 East Fountain, 311 E Clark St. Albert Lea, MN 56007 Phone: (507) 377-3664 <a href="http://www.ccosm.org">www.ccosm.org</a>	907 Sykes Street Albert Lea, MN 56007 Phone (507) 377-8506 Fax: (507) 377-8496 <a href="https://www.cedarhouseinc.com/">https://www.cedarhouseinc.com/</a>
<b>Freeborn County Mental Health Services</b>	<b>Gerard Community Mental Health</b>
Address: 203 W Clark St Albert Lea, MN (507) 377-5400 TDD: 507-377-5519 Fax: 507-373-3970 (mental health fax)	137 Broadway Ave. N, Good Steward Consulting Building Albert Lea, MN Phone: (507) 434-4366 for an Albert Lea Appointments
<b>Independent Management Services</b>	<b>Water Street Psychology, PC</b>
226 W. Clark Street Albert Lea, MN Phone: (507) 396-4477 Shannon Fax: (507) 437-0977 Att: Carla	Address: 668 Meadow Lane Albert Lea, MN 56007 Phone: (507) 377-1719
<b>VA Clinic- Albert Lea</b>	<b>South Central Mobile Crisis Team</b>
1665 W Main St Albert Lea, MN 56007 (507) 377-6051	<b>The mobile team offers the following services:</b> <ul style="list-style-type: none"> <li>• provides support for children, teens, and adults who are experiencing a mental health crisis</li> <li>• Problem solving and coping strategies</li> <li>• Referrals to other local services to provide ongoing support</li> <li>• Family education and support</li> <li>• Crisis prevention planning</li> <li>• Brief ongoing support</li> </ul> <b>Call 877-399-3040</b>

### AUSTIN Mental Health

<b>Catholic Charities of Southern Minnesota</b>	<b>Cedar House, Inc. in Austin, MN</b>
St. Theodore's Parish Center 308 East Fountain, 311 E Clark St. Albert Lea, MN 56007 Phone: (507) 377-3664 <a href="http://www.ccosm.org">www.ccosm.org</a>	1400 NW 12th Ave Austin, MN 55912 Phone: (507) 437-9152 Fax: (507) 437-9187
<b>Cedar River Counseling</b>	<b>Gerard Community Mental Health</b>
Address: 810 Oakland Ave. W. Austin, MN 55912 Phone: (507) 433-6482	1101 28th St NE Austin, MN 55912 Phone: (507) 434-4366 <a href="https://www.nexus-yfs.org/sites/kindred/programs/index">https://www.nexus-yfs.org/sites/kindred/programs/index</a>
<b>Independent Management Services</b>	<b>Southeastern MN Crisis Team</b>
Address: 101 21 <sup>st</sup> St. NE Austin, MN 55912 Phone: (507) 437-6389	Is for an adult, child or adolescent experiencing a mental health or behavioral crisis <b>1-844-CRISIS2</b>

# Mental Health Providers Outside of Albert Lea/Austin Area

*This is not an exhaustive list*

<b>Associates in Psychology and Psychiatry</b>	Faribault	507-333-5044
	Owatonna	507-455-0992
	Rochester	507-288-8544
<b>Krisma Counselling</b>	Fairmont	507-399-2149
	Mankato Mental Health Associates	507-345-4448
<b>South Central Community Based Initiative</b>	Mankato	507-304-4319

## SERVICES ALBERT LEA

<b>ARMHS Providers</b>
IMS: (507) 437-6389 Cedar House: (507) 433-6482 Quality Case Management: (507) 437-9085
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IMS: (507) 437-6389 Cedar House: (507) 433-6482 Quality Case Management: (507) 437-9085 Freeborn County

<b>Chemical Health Assessment</b>
IMS: (507) 437-6389
Fountain Centers: (507) 377-6411
<b>Guardianship</b>
IMS: (507) 437-6389
<b>CTSS</b>
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## **Alzheimer Support Group**

Albert Lea Senior Center  
1739 W Main  
Albert Lea, MN 56007  
507-373-0704  
Every Third Wednesday of the month at 10:30

## **Grief Groups**

### **Albert Lea Hospice:**

Grief Group starts on April 4- on May 2 from  
2:30 to 4:00.  
Health Reach  
1705 SE Broadway Ave  
Albert Lea, MN 56007  
507-377-6393

### **Austin Hospice:**

Grief Group starts on Thursday, April 5-May 10,  
from 1:30-3:00 in the Hospice Conference  
room. Registration required  
408 4th Ave NW  
Austin, MN 55912  
(507) 433-7351

### **Worlein Funeral Home**

Facilitates a grief group every winter and  
summer  
507-434-1415

**Grief Share Support Group** – This is a non-  
denominational group which includes biblical  
teaching on grief and recovery topics.  
April 17th and will run for 12 weeks from 6-  
8pm. No registration required.  
Faith Evangelical Free Church  
Austin, MN  
507-437-1000.

**Compassionate Friends** - supportive  
atmosphere for those grieving the death of a  
child  
Meets the 3rd Tuesday of the month at 7pm  
Bethlehem Free Methodist church  
507-433-3705

**Mayo Clinic Rochester** – Death of a spouse or  
significant other 1-2:30pm or evening sessions  
6:30-8 with groups for death of a  
child/grandchild, parent/grandparent,  
spouse/significant other or of any significant  
person  
March 19th- May 7<sup>th</sup>  
Kelley Adelsman, 507-284-4002

**Women of Hope** – This is a group of women in  
the community who have lost a spouse. On  
hold for the winter, however Joyce has said she  
is available should someone want to contact  
her.  
Joyce Jennings  
816-769-6601.

### **Hospice of North Iowa**

March 26th – April 30th 6-8pm in Mason City,  
also other sessions throughout the year.  
800-297-4719

**Hope United Grief Group Spring Retreat** –  
planned for widows/widowers/significant  
others who have lost a loved one. Registration  
required call 507-381-1177. Cost \$175.  
April 13th-April 15th  
St. Teresa Campus, Winona, MN  
507-381-1177

# Owatonna Mental Health Services

## **Associates in Psychiatry and Psychology**

**Psychiatrist on staff – tele psych**

422 Heritage Place  
Faribault, MN 55021  
507-333-5044

## **Experiencing Moore**

**No Psychiatrist on staff**

\*QEEG and EMDR

1414 S. Oak Avenue Suite 6  
Owatonna, MN 55060  
507- 676-6834/507-363-6174

## **Catholic Charities**

**No Psychiatrist on staff**

577 State Avenue  
Owatonna, MN 55060  
507-455-2008

## **Fernbrook Family Center**

**No psychiatrist on staff**

2575 Harvest Lane NW  
Owatonna, MN 55060  
507-446-0431

## **Lutheran Social Services**

**No psychiatrist on staff**

701 S 2nd Street  
Mankato, MN 56001  
612-879-5320

## **Nystrom & Associates**

**Psychiatric APRN on staff**

401 16<sup>th</sup> Street SE Suite 100  
Rochester, MN 55904  
507-516-0030

## **Nystrom & Associates**

**Psychiatric APRN on staff**

201 N Broad Street Suite 200  
Mankato, MN 56001  
507-225-1500

## **South Central Human Relations Center**

**Psychiatrist on staff with tele-psych**

610 Florence Avenue  
Owatonna, MN 55060  
507-451-2630 or 1-800-722-0590  
24 Hour Emergency Line: 507-455-8100

## **Mental Health Professionals, Inc.**

**No psychiatrist**

\*They do EMDR for PTSD

1880 Austin Road, Suite 2  
Owatonna, MN 55060  
507-444-8123

## **Mankato Clinic**

**Psychiatrist on Staff**

1400 Madison Ave Suite 352  
Mankato, MN 56001  
507-387-3195

## **The Mill Street House**

**No Psychiatrists on staff**

Otteson Associates, Inc.  
209 Mill Street E  
Owatonna, MN 55060  
507-446-0002

## **Prairie Care**

**Intensive 8 week outpatient program  
adolescents/adults if they meet criteria.**

120 E. Main Street  
Mankato MN, 56001  
Other locations: Brooklyn Park, Chaska,  
Edina, Maplewood, Rochester, & Woodbury  
507-322-5464