

FamilyMeans Mental Health and Counseling Services

Main Office

1875 Northwestern Avenue S.

Stillwater, MN 55082

Telephone: (651) 439-4840

Facsimile: (651) 439-4894

Website: www.familymeans.org

Other Counseling Locations

Woodbury, Minnesota

Hudson, Wisconsin



FamilyMeans

Mental Health and Counseling Services



Our Mission

FamilyMeans strengthens communities by helping families learn, work and nurture healthy relationships.



FamilyMeans promotes the total well-being of families through individual, couple, family and group therapy.

Our multidisciplinary staff includes licensed psychologists, clinical social workers, marriage and family therapists, and a psychiatrist who addresses a broad range of concerns including, but not limited to the following:

- Adolescent Issues
- Adoption Issues
- Anxiety
- Attachment Issues
- Blended Families
- Coping with Health-related Conditions
- Crisis Intervention
- Depression
- Divorce Issues
- Eating Issues
- Elder Mental Health Concerns
- Emotional and Behavioral Issues in Childhood
- Grief and Loss
- Life Changes/Transitions
- Marital and Couples Problems
- Parenting and Co-parenting
- Pain Management
- Psychological Assessments
- Relationship and Family Concerns
- School Adjustment and Performance Issues
- Sexual Orientation Issues
- Sexuality Issues
- Stress Management
- Women's Issues / Men's Issues
- Work-related Issues

We define a family as two or more people, whether living together or apart, related by blood, marriage, adoption or commitment to care for one another.

FamilyMeans

Additional Services

- Collaborative Divorce
 - Divorce Coach
 - Child Specialist
- Critical Incident Stress Management
- Employee Assistance Program
- Psychiatry
- Play Therapy
- Pre-marital Counseling
- Various Therapy Groups

Appointments

- Confidential individual, couple, family and group counseling is available at convenient locations in Minnesota and Wisconsin. Call FamilyMeans intake staff at (651) 439-4840.
- Weekday, evening, and some weekend hours available.

Fees

FamilyMeans accepts most insurances and offers a sliding fee scale for the uninsured.

Licensure and Accreditation

FamilyMeans is accredited by the Council on Accreditation for Services for Families and Children and is licensed to provide mental health services in Minnesota and Wisconsin. Services are available to all persons without regard to age, gender, race, national origin, disability, religious affiliation, or sexual orientation.

Accessibility

If a reasonable accommodation for a disability is needed (ex., wheelchair accessibility, interpreter, Braille or large print materials), such an accommodation can be made available upon advance request. Please contact the FamilyMeans Clinical Department at (651) 439-4840.