**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.

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**Eagan Clinic**

**Directions from Hwy 77**
- North on Hwy 13
- Right on Yankee Doodle
- Cross 35ERight 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

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**TTY Relay: 1-800-627-3529**
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

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.