

Minnesota Truth Council

COV KEV PAB KHO KEV NYUAJ SIAB PUAS HLWB THIAB LWM
YAM KEV PAB CUAM MUAJ FEEM XYUAM



The Advocates
FOR HUMAN RIGHTS

Cov Chaw Kho Mob Rau Zej Zog – Cov Kev Pab Kho Kev Coj thiab Tus Cwj Pwm

- Yog tias koj tab tom raug ib qho xwm txheej ceev cuam tshuam txog koj tus kheej, thov hu rau:
 - Hennepin County Crisis Adult Hotline: 612-596-1223
 - Ramsey County Crisis: 651-266-7900
- Yog tias koj tab tom raug ib qho xwm txheej ceev muaj mob hnyav, thov hu rau 911.

COV NTAUB NTAUV TIV TAUJ

Community-University Health Care Center (CUHCC)

2001 Bloomington Avenue S
Minneapolis, MN 55404

Teem sij hawm: 612-301-3433

Sij hawm txais neeg yam tsis tau teem sij hawm ua ntej:

Hnub Mondays: 10:00 am – 12:00 pm
Hnub Tuesdays: 9:00 am – 10:00 am
Hnub Wednesdays: 10:00 am – 12:00 pm

COV CHEEB TSAM MUAB KEV PAB

Nyob rau South Minneapolis. CUHCC muab kev pab rau txhua tus tsis hais hnub nyoog thiab kev khwv ntawm nyiaj txiaj

COV KEV PAB

Cov kev pab muaj xws li: Kev pab rau kev nyuaj siab thiab lwm yam teeb meem; kev kho tus kheej, me nyuam, ib nkawm niam txiv, tsev neeg, thiab pab pawg; kev ntsuam xyuas mob raws li tus neeg tej kab lis kev cai; kev tswj xyuas rooj plaub rau cov neeg laus uas muaj kev nyuaj siab puas hlwb loj thiab ntev mus li; Adult Rehabilitative Mental Health Services (ARMHS); kev tswj xyuas tshuaj; Kev kho mob nyuaj siab (Psychiatry); Kev tswj xyuas rooj plaub tshwj xeeb rau me nyuam uas muaj kev nyuaj siab puas hlwb.

Website: <https://cuhcc.umn.edu/patient-services/mental-health-care>

CLUES (Spanish rau: Latino Communities United in Service) – Behavioral Health Clinic

Minneapolis:
2600 E 25th St | Minneapolis, MN 55406

St. Paul:
San Pablo: 797 E 7th St | St. Paul, MN 55106

Tus xov tooj loj ntawm lub chaw kuaj mob: 612-404-2600 | Kev txais neeg hauv xov tooj: 612-439-9671

Thaj Chaw Hauv Twin Cities Metro

Cov kev pab kho kev nyuaj siab puas hlwb muaj xws li: Kev ntsuam xyuas thiab kev kho tus mob kiag; Kev kho kev nyuaj siab (Psychiatry); kev kho mob rau cov neeg tsis pw hauv tsev kho mob uas muaj teeb meem siv tshuaj thiab muaj kev nyuaj siab puas hlwb ua ke; Targeted Mental Health Case Management; CTSS (Children's Therapeutic Services and Supports) Skills Training; Adult Rehabilitative Mental Health Services (ARMHS); Cultural Brokers; Immigration-Related Assessments; kev kawm thiab kev nthuav qhia txog kev kho kev coj thiab tus cwj pwm; kev pab thaum muaj teeb meem loj.

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COV NTAUB NTAUV TIV TAUJ

Hamm Clinic

10 River Park Plaza Suite 710
St Paul, MN 55107

Muaj kev pab tim ntsej tim muag thiab
hauv online (telehealth).

Xov tooj loj ntawm lub chaw kuaj mob:
Hu rau peb los teem sij hawm rau kev
txais neeg thawj zaug: Xov
Tooj: 651-224-0614

COV CHEEB TSAM MUAB KEV PAB

Muab kev pab tim
ntsej tim muag hauv
St. Paul.

Muaj kev pab hauv
online (telehealth).

COV KEV PAB

Muaj kev kho tus kheej, pab pawg, ib nkawm niam
txiv, thiab kev kho kev nyuaj siab (Psychiatry). Pab
neeg ntawm Hamm Clinic siv ntau hom kws tshaj
lij los ua hauj lwm ua ke, tsom rau koj thiab koj cov
kev xav tau. Cov kws kho kev nyuaj siab puas hlwb,
cov neeg ua hauj lwm pab zej zog, cov kws kho kev
nyuaj siab (psychiatrists), cov kws kho txij nkawm
thiab tsev neeg uas muaj ntawv tso cai, thiab cov
kws tu neeg mob ua hauj lwm ua ke los muab txoj
kev kho mob uas zoo tsim nyog rau koj.

*Tag nrho peb cov kev pab muaj kev thoob tsib to
nrog txog tib neeg tej keeb kwm ceeb ntshai
(trauma-informed) thiab muaj raws tib neeg tej
kab lis kev cai. Muaj kev pab ua lus Askiv thiab lus
Mev, thiab muaj neeg pab txhais lwm hom lus
thiab.

Pathways Counseling Center

1919 University Avenue West, Suite 6
St Paul, MN 55104

Tus xov tooj ntawm lub chaw
kua j mob: 651-641-1555

Nyob hauv St. Paul

Muaj kev kho thiab cov kev pab hu ua Adult
Rehabilitative Mental Health Services (ARMHS).
Cov kev pab tshwj xeeb muaj xws li: kev pab tswv
yim rau LGBTQIA+; Global Mental Health; Fetal
Alcohol Spectrum Disorder; thiab Forensic Mental
Health.

Indian Health Board - Counseling Services Office

2101 Minnehaha Ave
Minneapolis, MN 55404
612-721-9800

Muab kev pab rau
cov zej zog American
Indian thiab Alaska
Native hauv cheeb
tsam.

Cov kev pab kho kev nyuaj siab puas hlwb muaj
xws li: kev pab daws kev nyuaj siab rau tus kheej
thiab tsev neeg; pab pawg kho raws kab lis kev cai
thiab kev pab thaum muaj teeb meem loj; kev
ntsuam xyuas los ntawm cov kws kho kev nyuaj
siab (psychiatric evaluations) thiab kev xa mus
cuag lwm yam kev pab; kev pab txhawb nqa hauv
tsev kawm ntawv hauv lub zej zog.

Website:

<https://www.indianhealthboard.com/counseling-support/>

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COV NTAUB NTAWV TIV TAUJ

Native American Community Clinic – Behavior Health Department

1213 E Franklin Ave
Minneapolis, MN 55404
Tus xov tooj (612) 872-8086 | Teem sij
hawm: (612) 843-5981 | Tus xov tooj hu
thauv muaj kev xav tau ceev (612)
873-9389

COV CHEEB TSAM MUAB KEV PAB

Muab kev pab rau
Native American zej
zog hauv nroog Twin
Cities.

COV KEV PAB

Pab neeg muaj cov kws tshaj lij uas muaj ntawv tso
cai thiab muaj ntau yam kev txawj ntse thiab kev
cob qhia los muab kev pab rau cov neeg txhua lub
hnuv nyoog. Muaj kev kho tus kheej, ib nkawm
niam txiv, thiab tsev neeg; kev kho pab pawg; kev
ntsuam xyuas; kev kho kev nyuaj siab thiab kev
ntxhov siab; kev pab thaum muaj kev ploj kev tu
siab; kho tus mob Post Traumatic Stress Disorder;
kho tej teeb meem siv yeeb tshuaj; thiab kev saib
xyuas rau sab ntsuj plig.

Website: <https://nacc-healthcare.org/services-behavioral-health>