

COVID-19 Resource: Child and Adult Mental Health

*Due to COVID-19 services and programs are changing rapidly.
Please contact agencies directly to determine the availability of their individual programs.*

Dakota County Behavioral Health Dashboard

Dakota County developed a [data dashboard](#) to reflect trends in mental health and Substance Use Disorder (SUD) indicators.

Mental Health Minnesota Peer Support for Adults

The Minnesota warmline provides peer-to-peer support to adults. It's open Monday to Saturday 12pm to 10m. Call 651-288-0400 or text "Support" to 85511 for assistance.

Parent Support and Navigation

There are two agencies in Dakota County that provide free support to parents and connection to mental health resources when a parent is concerned about their child who is ages 1 to 21: Isuroon and NAMI.

Isuroon

[Isuroon](#) provides culturally specific support to the Somali and East African communities. They are currently taking referrals and offer teletherapy mediums such as Skype, Facetime, etc. Call 612-886-2731 for more information.

NAMI

[NAMI](#) (National Alliance on Mental Illness) is now providing support, resources, online support groups, and classes to children and families living with mental health challenges. Call the NAMI Help Line at 651-645-2948 extension 117 for more information.

Dakota County Crisis Response Unit (CRU)

The [Dakota County CRU](#) provides mental health crisis help for children and adults via phone. Call 952-891-7171 for assistance. This service is available throughout the day and night.

Emergency Psychiatry Appointments

Dakota County contracts with the Associated Clinic of Psychiatry and MN Mental Health Clinics for emergency psychiatry appointments. Call the Dakota County CRU at 952-891-7171 for help.

Children's Mental Health Resource Guide

The [Dakota County Mental Health Resource List](#) for Children and Youth lists a variety of mental health resources available in Dakota County. There is also a [Spanish Language Version](#) available.

Adult Mental Health Resource

Dakota County also has a list of [mental health resources for adults](#). There is also a version available in [Spanish](#).

Dakota County Children's Mental Health (CMH) Intake

The [CMH Intake](#) unit at Dakota County can provide electronic CMH assessments for children and their family. Call 952-891-7459 for more information.

Dakota County Adult Mental Health (AMH) Intake

[AMH Intake](#) is a great starting point for referrals if an adult is needing help. Email adult.intake@co.dakota.mn.us or call 651-554-6424 for more information.

Dakota County Chemical Health

[This service](#) can assist people with a chemical health assessment if they don't have insurance or if the insurance agency has denied coverage. Eligibility is based on residency and income.

School Based Mental Health

Schools partner with mental health agencies to provide services to students at school or online. Grants help those who are uninsured or underinsured access a sliding fee scale. Call your child's School Social Worker, Counselor, or Family Support Worker for more information. Agencies providing these services include:

- South St. Paul: Associated Clinic of Psychology ([ACP](#))
- Farmington Schools: [ACP](#)
- Lakeville Schools: [ACP](#), [Lakeville Behavioral Health](#)
- Randolph: [ACP](#)
- Rosemount/Apple Valley/Eagan: [ACP](#), [Life Development Resources](#)
- West St. Paul/Mendota Heights/Eagan: [Headway Emotional Health](#), [ACP](#)
- Inver Grove Heights: [ACP](#)
- Hastings: [Canvas Health](#)
- Burnsville: [Headway Emotional Health](#)

Fast-Tracker

This [online tool](#) links people to real time mental health and substance use disorder services which includes appointment availability.

TreeHouse Youth Support

[TreeHouse](#) is a support organization providing hope and connection for teens. Burnsville and Eagan have sites that offer mentorship for teens to communicate with a staff via phone call, texting, Zoom, Google Hangouts, or FaceTime Monday through Friday. Call the Eagan TreeHouse at 651-968-4069 for more information.

Local Mental Health Agencies

Many mental health agencies in Dakota County continue to serve individuals, couples, and families through telehealth. Check with your insurance provider for referrals to local mental health agencies.

Sliding Fee Mental Health Clinics

Dakota County contracts with two mental health agencies to provide services to the uninsured. These agencies also work with a broad range of insurance plans.

- [Minnesota Mental Health Clinics](#): this agency continues to provide mental health services and medication management via teletherapy platforms such as FaceTime and Skype. It is currently accepting new referrals. Call 651-454-0114 for more information.
- [Associated Clinic of Psychology](#) (ACP): ACP continues to provide mental health services and medication management via teletherapy platforms such as FaceTime and Skype. Call 651-450-0759 for more information.

Pregnancy and Postpartum Support Minnesota

You can find more information on the [Pregnancy and Postpartum Minnesota](#) website. You can also call 612-787-7776 or email helpline@ppsupportmn.org for more information.

In-Patient Hospitalization Programs

There are no in-patient mental health hospitalization programs in Dakota County, but there are several in the area.

- Allina Hospitals: both [Abbot Northwestern](#) and United Hospital inpatient mental health units remain open. All other Allina services, including their intensive outpatient program, have moved to telehealth. Call the intake line at 612-863-8511 from 6am to 6am for more information.
- [M Health Fairview](#): all inpatient admissions must now go through the emergency department. Call inpatient mental health for more information at 612-672-6600. Outpatient services are continuing via telemedicine; new referrals are being accepted. Call 1-800-468-3120 for more information.
- [Regions Hospital](#): Regions is still admitting on the inpatient behavioral health unit. If you do not have insurance, you can call the Dakota County Crisis Response Unit (952-891-7171) about options for inpatient hospitalizations at Regions. Regions admits individuals through the Emergency Department but you can also call 651-254-3456 for more information. Regions has several outpatient programs listed on its website.
- [Prairie Care](#): Prairie Care inpatient hospital is continuing to take referrals. All outpatient services have moved to telemedicine. Call 952-826-8424 for more information.

Online Resources

- [Mental Health America](#)
 - Mental Health America offers free [mental health screenings](#) including tips and information sheets on mental health and COVID-10.
- [NAMI](#) (National Alliance on Mental Illness)
- Minnesota Department of Health
 - [Behavioral Health and COVID-19](#) Resources
- Partnership for Drug-Free Kids
 - There are [online resources](#) and personalized help for parents and caregivers worried about their child's substance use.
 - Call 1-855-378-4372 or text 55752

Healthy Living, Mindfulness, & Stress Relief

- The [Happiness Lab](#), hosted by Yale University, offers evidence-based strategies to increase happiness, reduce isolation, and build resiliency.
- MakeItOk.org offers [well-being resources and help](#).
- The [Center for Spirituality & Healing](#) through the University of Minnesota has unique resources during the COVID-19 pandemic.
- [Health Powered Kids](#) is a collection of activities to help young people make healthy eating, exercise, and life choices.
- [Change to Chill](#) offers youth-led resources and experiences to help young people develop or strengthen coping skills.
- [CalltoMindNow.org](#) includes extensive resources and blog posts from trusted sources. Relevant tips and recommendations have been compiled with the goal of reaching individuals where they're at with ways to cope and manage their mental well-being in this uncertain time. Topics include:
 - Coping with COVID Reentry Anxiety
 - Teen Mental Well-Being During Coronavirus
 - Dealing with Loneliness & Isolation
 - Coping with Anxiety & Stress
 - Immediate Mental Health Crisis Resources
 - Talking to Kids about Coronavirus