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

<table>
<thead>
<tr>
<th>Organization</th>
<th>Support/Resource</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dakota County Behavioral Health Dashboard</strong></td>
<td>Dakota County developed a <a href="#">data dashboard</a> to reflect trends in mental health and Substance Use Disorder (SUD) indicators</td>
</tr>
<tr>
<td>Mental Health Minnesota Peer Support for Adults</td>
<td><a href="#">The Minnesota warmline</a> provides peer to peer support to adults. Open Monday-Saturday 5pm to 10 pm. 651-288-404-3190 or text “Support” to 8511</td>
</tr>
<tr>
<td><strong>Parent Support and Navigation.</strong></td>
<td>Two agencies in Dakota County provide free parent support and connection to mental health resources when a parent is concerned about their child who is ages 1 to 21.</td>
</tr>
<tr>
<td>Isuroon</td>
<td><a href="#">This agency</a> provides culturally specific support to the Somali and East African Communities. They are currently taking new referrals and teletherapy mediums such as Skype, Facetime, etc. may be available. Call 612-886-2731</td>
</tr>
<tr>
<td>NAMI Minnesota</td>
<td><a href="#">NAMI</a> is now providing support, resources, <a href="#">online support groups</a> and <a href="#">classes</a> to children and families living with mental illnesses. NAMI Help Line 651-645-2948 X117</td>
</tr>
<tr>
<td><strong>Children’s Mental Health Resources Guide</strong></td>
<td><a href="#">The Dakota County Mental Health Resource List</a> for Children and Youth, lists a variety of mental health resources available in Dakota County. <a href="#">Spanish Language Version</a></td>
</tr>
<tr>
<td><strong>Adult Mental Health Resource</strong></td>
<td><a href="#">Mental Health resources for Adults</a> in Dakota County</td>
</tr>
<tr>
<td><strong>Dakota County Children’s Mental Health (CMH) Intake</strong></td>
<td>Providing electronic <a href="#">Children’s Mental Health</a> Assessments for children and their family. Call 952-891-7459 for more information</td>
</tr>
<tr>
<td><strong>Dakota County Adult Mental Health Intake</strong></td>
<td>Starting point for referrals for <a href="#">Adult Mental Health</a> (Spanish)and Housing Crisis Line. Call 651-554-6424 or Email <a href="#">adult.intake@co.dakota.mn.us</a></td>
</tr>
</tbody>
</table>
### Dakota County Crisis Response Unit (CRU)

**Emergency Psychiatry Appointments**

Providing mental health crisis for children and adults support via phone. Call 952-891-7171 24/7 for assistance.

Dakota County contracts with the Associated Clinic of Psychiatry and MN Mental Health Clinics for Emergency Psychiatry appointment call CRU at 952-891-7171.

### School Based Mental Health

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

- South Saint Paul: Associated Clinic of Psychology [ACP](#)
- Farmington Schools: ACP
- Lakeville Schools: ACP and Lakeville Behavioral Health
- Randolph: ACP
- Rosemount/Apple Valley/Eagan: ACP, [Life Development Resources](#)
- WSP/MN/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.

### Dakota County Chemical Health

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

### Mental Health Agencies

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

**This agency** continues to provide mental health services and medication management via teletherapy mediums such as Facetime, Skype, etc. Currently taking new referrals. Call 651-454-0114  

**ACP** continues to provide mental health services and medication management via teletherapy mediums such as Facetime, Skype, etc. Call 651-450-0759

## Pregnancy and Postpartum Support Minnesota

612-787-7776  
ppsmhelpline@gmail.com

## In-Patient Hospitalization Programs

There is no in-patient mental health hospitalization program in Dakota county  

**Allina Hospitals**  
Both [Abbot Northwestern](https://www.abbotnorthwestern.com) and [United Hospital](https://www.unitedhospital.org) inpatient mental health units remain open. All other Allina services including their intensive outpatient program have moved to telehealth. Their intake line is staffed from 6am – 2am: 612-863-8511  

**M Health Fairview**  
All inpatient admissions must now go through the emergency department; please call inpatient mental health for more information: 612-672-6600  
  *Outpatient services are continuing via telemedicine and are accepting new referrals: 1-800-468-3120*  

**Regions Hospital**  
Regions is still admitting on the inpatient behavioral health unit. If you do not have insurance, you can call CRU (952-891-7171) about options for inpatient hospitalization at Regions. Regions admits individuals thought the ER or you can call 651-254-3456 for more information. Regions also has several outpatient programs listed on their website.
# COVID-19 Resource

## Child and Adult Mental Health

Updated November 20, 2020

<table>
<thead>
<tr>
<th><strong>Prairie Care</strong></th>
<th>Prairie Care inpatient hospital is continuing to take referrals. All outpatient services have moved to telemedicine. Call 952-826-8424 for information.</th>
</tr>
</thead>
</table>
| **TreeHouse Youth Support** | Treehouse is a support organization providing hope and connection for teens. Both the Eagan and Lakeville Treehouse programs have moved online.  
**Eagan: 651-968-4069**  
Mentorship: Meet with a staff on the phone call, texting, zoom, google hangouts, facetime Monday-Friday.  
-Tuesday Support Groups: 3pm-4pm. Meet with other teens and staff virtually to support and encourage one another.  
**Lakeville: 612-9689597**  
Mentorship: Meet with a staff on the phone call, texting, zoom, google hangouts, facetime Monday-Friday.  
Tuesday Support Groups: 6:30pm-7:30pm. Meet with other teens and staff virtually to support and encourage one another |
| **Online Resources** |  
**Mental Health America** | Free mental health screenings including tip and information sheets on mental health and COVID-19 |
| **NAMI-National Alliance for Mental Illness** | COVID-19 Resource and Information Guide |
| **Minnesota Department of Health Behavioral Health and COVID-19 Resources** | Behavioral health tip sheets to help child, adults, families and first responders deal with the stress of the COVID-19 pandemic |
| **Partnership for Drug-Free Kids** | Online Resources, and personalized help for parents and caregivers worried about their child’s (teen or adult’s) substance use  
Call 1-855-378-4372 o text 55752  
For up to date, accurate information, visit the [Minnesota Department of Health (MDH) COVID-19 webpage](https://www.health.state.mn.us), the [Centers for Disease Control (CDC) Coronavirus webpage](https://www.cdc.gov), or the [Dakota County COVID-19 webpage](https://www.dakotacounty.us). |