

# COVID-19 Resource

## Child and Adult Mental Health

Updated April 8, 2020

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

Organization	Support/Resource
<p><b>Children’s Mental Health Resources Guide</b></p> <p><b>Adult Mental Health Resource Guide</b></p>	<p>The <a href="#">Dakota County Mental Health Resource List</a> for Children and Youth, lists a variety of mental health resources available in Dakota County</p> <p><a href="#">Mental Health resources for Adults</a> in Dakota County</p>
<p><b>Dakota County Children’s Mental Health (CMH) Intake</b></p> <p><b>Dakota County Adult Mental Health Intake</b></p>	<p>Providing electronic <a href="#">Children’s Mental Health</a> Assessments for children and their family. Call 952-891-7459 for more information</p> <p>Starting point for referrals for <a href="#">Adult Mental Health</a> and Housing Crisis Line. Call 651-554-6424 or Email <a href="mailto:adult.intake@co.dakota.mn.us">adult.intake@co.dakota.mn.us</a></p>
<p><b>Dakota County Crisis Response Unit (CRU)</b></p> <p><b>Emergency Psychiatry Appointments</b></p>	<p>Providing mental health crisis for children and adults support via phone. Call 952-891-7171 24/7 for assistance.</p> <p>Dakota County contracts with the Associated Clinic of Psychiatry and MN Mental Health Clinics for Emergency Psychiatry appointment call CRU at 952-891-7171.</p>
<p><b>Fast-Tracker</b></p>	<p>This <a href="#">online tool</a> links people to real time mental health and substance use disorder services which includes appointment availability.</p>
<p><b>Dakota County Chemical Health</b></p>	<p><a href="#">This service</a> 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.</p>



**Wash your hands.**



**Stay home when sick.**



**Cover your cough.**



**Keep 6 feet apart.**



**Stay informed.**

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<b>Mental Health Agencies</b>	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
<b>Sliding Fee Mental Health Clinics</b>	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	<a href="#">This agency</a> 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
Associated Clinic of Psychology	<a href="#">ACP</a> continues to provide mental health services and medication management via teletherapy mediums such as Facetime, Skype, etc. Call 651-450-0759



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<p><b>Parent Support and Navigation.</b></p> <p>Isuroon</p> <p>NAMI Minnesota</p>	<p>Two agencies in Dakota County provide parent support and connection to mental health resources when a parent is concerned about their child who is ages 1 to 21. There is not cost to these services</p> <p><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</p> <p><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.</p> <p>NAMI Help Line 651-645-2948 X117</p>
<p><a href="#">Pregnancy and Postpartum Support Minnesota</a></p>	<p>612-787-7776</p> <p><a href="mailto:pmsmhelpline@gmail.com">pmsmhelpline@gmail.com</a></p>
<p><b>In-Patient Hospitalization Programs</b></p> <p>Allina Hospitals</p> <p><a href="#">M Health Fairview</a></p>	<p>There is no in-patient mental health hospitalization program in Dakota county</p> <p>Both <a href="#">Abbot Northwestern</a> and <a href="#">United Hospital</a> 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</p> <p>All inpatient admissions must now go through the emergency department; please call inpatient mental health for more information: 612-672-6600</p> <p>Outpatient services are continuing via telemedicine and are accepting new referrals: 1-800-468-3120</p>



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<p><a href="#">Regions Hospital</a></p> <p>Prairie Care</p>	<p>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 through the ER or you can call <a href="tel:651-254-3456">651-254-3456</a> for more information. Regions also has several outpatient programs listed on their website.</p> <p><a href="#">Prairie Care</a> inpatient hospital is continuing to take referrals. All outpatient services have moved to telemedicine. Call 952-826-8424 for information.</p>
<p>TreeHouse</p>	<p><a href="#">Treehouse</a> is a support organization providing hope and connection for teens. Both the Eagan and Lakeville Treehouse programs have moved online.</p> <p><b>Eagan: 651-968-4069</b> 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.</p> <p><b>Lakeville:612-9689597</b> 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</p>
<p>Mental Health Minnesota</p>	<p><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</p>



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Online Resources	
<a href="#">Mental Health America</a>	Free <a href="#">mental health screenings</a> including tip and information sheets on mental health and COVID-19
NAMI-National Alliance for Mental Illness	<a href="#">COVID-19 Resource and Information Guide</a>
Minnesota Department of Health Behavioral Health and COVID-19 Resources	<a href="#">Behavioral health</a> tip sheets to help child, adults, families and first responders deal with the stress of the COVID-19 pandemic
Partnership for Drug-Free Kids	<a href="#">Online Resources</a> , and personalized help for parents and caregivers worried about their child's (teen or adult's) substance use  Call 1-855-378-4372 or text 55752

For up to date, accurate information, visit the [Minnesota Department of Health \(MDH\) COVID-19](#) webpage, the [Centers for Disease Control \(CDC\) Coronavirus webpage](#), or the [Dakota County COVID-19 webpage](#).

