

Mental Health & Support Chart

Diagnosis	Simple Definition	Psychotherapy	Occupational Therapy Role	Local Big Lake Area Resources (with Phone #s)
Depression	Ongoing sadness, low motivation, sleep/appetite changes	CBT, DBT, interpersonal therapy	Routine building, behavioral activation, sensory regulation	- Sagent Behavioral Health ☎ (763) 367-6080 - Central Minnesota Mental Health Center ☎ (320) 252-5010 - Tranquil Minds ☎ (612) 429-8280
Anxiety (Generalized)	Excessive worry, physical tension, difficulty controlling thoughts	CBT, exposure therapy, mindfulness	Sensory calming, breathing regulation, routine support	- Creative Horizons Counseling ☎ (763) 333-7698 - LifesPlace Counseling, Coaching, & Consulting ☎ (763) 631-6325
Social Anxiety	Fear of judgment, avoidance of social situations	CBT + exposure, group therapy	Social participation skills, role-play, coping strategies	- Better Things Ahead Counseling ☎ (763) 200-6206 - Thumbs Up ☎ (763) 772-5912
ADHD	Difficulty with focus, impulsivity, organization	Behavioral therapy, parent training, executive functioning coaching	Organization, task initiation, sensory modulation	- Sagent Behavioral Health ☎ (763) 367-6080 - School IEP/504 evaluation (request through school team)
Substance Use	Use of substances impacting functioning or safety	Motivational Interviewing, CBT, family therapy	Habit replacement, routine stabilization, coping alternatives	- Sagent Treatment ☎ (763) 309-2021 - Central Minnesota Mental Health Center ☎ (320) 252-5010