

MENTAL HEALTH & SUPPORT GUIDE

◆ Depression

Ongoing sadness, low energy, loss of interest

- **Therapy:** CBT, DBT, interpersonal therapy
- **Skill Support:** Daily routines, motivation, sensory supports

● Anxiety

Constant worry, tension, overthinking

- **Therapy:** CBT, exposure therapy, mindfulness
- **Skill Support:** Calming strategies, breathing, structure

● Social Anxiety

Fear of judgment, avoiding social situations

- **Therapy:** CBT + gradual exposure, group therapy
- **Skill Support:** Social skills, role-play, coping tools

● ADHD

Trouble focusing, impulsive, disorganized

- **Therapy:** Behavioral therapy, parent support
- **Skill Support:** Organization, getting started on tasks, sensory regulation

● Substance Use

Using substances to cope or escape

- **Therapy:** Motivational Interviewing, CBT, family therapy
- **Skill Support:** Building healthier habits, routines, coping alternatives

🔧 How Support Works Best

✓ Therapy + School Support + Family Involvement

✓ Consistent routines and structure

✓ Early support improves long-term outcomes

👉 These challenges often overlap—coordinated care is key.

🏫 School-Based Support

Request through your child's school:

- School-linked mental health therapy
- 504 Plan (accommodations like breaks, extra time)
- IEP (more structured academic + emotional support)

Who to contact:

- School counselor
- School social worker
- Special education team

📞 WHAT TO SAY WHEN YOU CALL

👤 Simple Script

“Hi, I’m looking for mental health support for my self/child. I/ They’ve been struggling with (anxiety, ADHD, mood, etc.), and I’d like to start therapy and possibly an evaluation. What are the next steps?”

🔍 Helpful Questions

- Do you work with kids/teens/adults?
 - Do you offer evaluations?
 - How soon can we get in?
 - Do you accept insurance?
 - Is there a waitlist or cancellation list?
 - Are parents involved in treatment? (if needed for child)
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If It's More Urgent


“My child/self is really struggling right now, and I’m concerned about safety. What is the fastest way to get help?”

Remember


- ✓ You don't need perfect words
 - ✓ It's okay not to have all the answers
 - ✓ Taking the first step matters
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Therapy & Counseling Options


Creative Horizons Counseling

 (763) 333-7698


LifesPlace Counseling, Coaching, & Consulting

 (763) 631-6325


Better Things Ahead Counseling

 (763) 200-6206


Healing Moments Counseling

 (763) 295-9091

Solutions Counseling


 (763) 428-2525

Sagent Behavioral Health

 (763) 367-6080

Youth & Peer Support


Thumbs Up (Elk River)

 (763) 772-5912

✓ Peer groups, youth support


Higher-Level / Substance Use Support


Sagent Treatment

 (763) 309-2021

Comprehensive & Crisis Services

Central Minnesota Mental Health Center

 (320) 252-5010

 Crisis Line: (320) 253-5555

24/7 Crisis Support

- Call or text **988** (Suicide & Crisis Lifeline)
 - Call **911** for emergencies
 - Local Crisis Line: (320) 253-5555
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 **Simple Next Steps for Families**

1. Call **selected agency** to start services
2. Contact your child's school for support (if for child)
3. Ask about:
 - Weekly therapy
 - Evaluations
 - Family involvement