

Support Resources

For assistance navigating through these resources
feel free to contact the Upper Room staff by phone at 612-353-5641.

The mental health clinic resources are faith based and most accept at least some insurance.
There are individual practitioner's listed as well as several additional community based resources.

Mental Health Counseling Clinics - faith based

Arden Woods Psychological Services P.A. - general mental health counseling
651-482-9361
Insurance
(Arden Hills)
ardenwoodpsych.com

Christian Recovery Counseling - specializes in abuse and trauma
763-566-0088
Insurance
(Golden Valley, St. Paul & Rockford)
christianrecoverycenter.org

Ervin Counseling & Family Life Ministries, P.A. - individuals, couples
952-345-4510
Insurance
(Edina)
Bruce or Lisa
erwincounselingmn.com

Faithful and True - sexual addiction
952-746-3880
No Insurance
(Eden Prairie)
Mark and Debbie Laaser
faithfulandtrue.com

Family Attachment and Counseling Center - individuals, children, adolescents, family counseling,
attachment issues
952-475-2818
Insurance
(Deephaven)
Connie Dummer, Joanne May, Denise Lacher, additional therapists listed on website
familyattachment.com

MN Psychological Resources - individuals, couples, families, children, mental health counseling
763-550-9005
Insurance
(Plymouth)
Ben Monseth (pre-marriage, marriage), Kari Nelson (adolescents, families, couples), Kathy Paige
(couples, families, individuals, EMDR, depression/anxiety), William Nelson, MD, additional therapists
listed on website
mnpr.com

Mullikin Counseling - couples, individuals, parents
952-835-7130
Insurance
(Edina)
Todd Mullikin
toddmulliken.com

New Day Counseling - men, teens, boys
952-920-2282
(Edina)
Dr. Dave Olson

Northland Clinic - individuals, couples, families, children and adolescents
952-974-3999
Insurance
(clinics in Chanhassen, Chaska, Maple Grove)
northlandcounseling.us

Water's Edge Counseling & Healing Center - individuals, group therapy for adults & adolescents,
multiple intensive outpatient program options
952-898-5020
Insurance
(Burnsville)
watersedgechc.com

Private Practice Counselors

Katie Dorn - couples, families
No Insurance
(Minnetonka)
612-964 -4168
katiedorn.com

Beverly Johnson - women, adolescents, couples
Insurance
(Edina)
952-926-3412
beverlyjohnsontherapy.com

Suzanne Johnson - children, adolescents
Insurance
(Bloomington)
612-205-7989
edinatherapy.com

Private Practice Counselors Continued...

Kelsey Kreider Starrs - individuals, families, or groups across life's spectrums, ages 10 and up; Narrative therapy, Brene Brown's Daring Way (certified facilitator), childbearing people (including perinatal mental health), partner relationships; EMDR trained

Insurance

612-220-2757

wateroflifeconsulting.com

Anna Vogel - Eating Disorders; Trauma (EMDR trained); Anxiety & Depression; Betrayal trauma of any kind; Emotion regulation/coping skills/DBT trained

952-222-7370

annavogelcounseling@gmail.com

Jan Norman - individuals, young adults/adults, trauma, general mental health

Insurance

(Edina)

952-920-0711 ext #2

Susie Dill, MA, M.Ed., LMFT - therapist and spiritual director

Practice focuses on new evidenced based therapies that will effectively help the brain to change and heal (ie. EMDR)

No Insurance

(Minnetonka)

612-963-8814

Eating Disorder Treatment

The Emily Program

888-364-5977

www.emilyprogram.com

Melrose Center

952-993-6200

www.parknicollet.com/eatingdisorders

Additional Faith Based Support Resources

Connected Families - Parenting, families, adolescents issues
952-448-3625
(Chaska)
Offer Coaching and Workshops
connectedfamilies.com

Woodland Hills Church has a 'recovery' ministry that meets weekly for individuals struggling with different areas of brokenness.
651-487-0007
(St. Paul)
whchurch.org/ministries/care/spiritual_care/the-refuge

Celebrate Recovery: Support for addiction issues
<http://www.celebraterecovery.com/>

xxxchurch.com Pornography Issues

Community Based Resources

Drug and Alcohol Addiction:
Al-anon & Al-ateen
<http://www.al-anon-alateen-msp.org/>

Alcoholics Anonymous listings
www.aaminneapolis.org

Narcotics Anonymous listings
www.naminnnesota.org

To request an chemical dependency assessment contact your member services representative through your health care insurance provider. If you do not have insurance you can contact 612-348-4111 for Hennepin county or 651-266-4008 for Ramsey county and request a Rule 25 assessment.

EMERGENCY/Crisis Hotline #'s:
Crisis Intervention Hotline: (24 hour hotline)
612-873-3161

First Call for Help:
211

Rape and Sexual Assault Center (24 hour hotline)
612-825-4357

Suicide Prevention Hotline:
612-347-2222