

# LOCAL MENTAL HEALTH RESOURCES

**If your child is in crisis, please call 9-1-1 or go to your nearest emergency room**

FirstLink: Dial 2-1-1 or text your zipcode to 898211      National Suicide Prevention Lifeline: 1-800-273-8255

Name/Agency	Address	Phone	Services
Access of the Red River Valley	403 Center Ave., Suite 512 Moorhead, MN 56560	218-233-3991	-Behavior Management -In-Home Services -Residential Care
Ann Carlsen Mental Health Therapy	3030 24th Ave. S. Moorhead, MN 56560	218-443-2837	Child and Adult Therapy Individual, Family or Group Therapy
Carita Shawchuck-Child and Family Therapy Associates	1121 Westrac Dr. S. Ste. 204 Fargo, ND 58103	701-893-3419	-Child and Adolescent Services -Parent Child Interaction Therapy -Family Therapy
Cass County Social Services	1010 2nd Ave. South Fargo, ND 58103	701-241-5747	-Case Management -Parent Aid Services
Catholic Charities of ND	5201 Bishops Blvd., Ste B Fargo, ND 58104	701-235-4457	-AASK -Outpatient Services -Pregnancy Counseling -Sliding Fee Scale
Dakota Boys and Girls Ranch Fargo Residential Center	7151 15th St. S Fargo, ND 58104	701-237-3123	-Residential Services -Therapeutic and Medical Services
Dakota Boys and Girls Ranch Fargo Youth Home	1641 31st Ave. S. Fargo, ND 58103	701-237-3123	-Group Home Services -Therapeutic Services
Dakota Family Services	7151 15th St. S Fargo, ND 58104	701-364-2950	-Outpatient Services -Behavioral Health Services
Drake Counseling Services	1202 23rd Street S. Fargo, ND 58103	701-293-5429	-Chemical Abuse and Dependency Services -Individual Therapy -Family Therapy
Family HealthCare Center	Main Clinic 301 NP Avenue Fargo, ND 58102  West Fargo Clinic 726 13th Ave. E. West Fargo, ND 58078	701-271-3344	-Individual Therapy -Family Therapy -Medication Management -Homeless Health Options
Federation of Families for Children's Mental Health	1104 2nd Ave S Fargo, ND 58103	701-235-9923 1-877-822-6287	-Family Support -Advocacy -Community and Family -Education -Support Groups
FirstLink	Admin Office: 4357 13th Avenue S, Suite 107L Fargo, ND 58103	24-Hour Helpline 2-1-1 or 701-235-7335 (SEEK)  24-Hour Suicide Lifeline 800-273-8255 (TALK)	-Suicide Support Services -Crisis Services  24-Hour Helpline Call for information about: -Community resources referrals -Listening and support
Fraser, Ltd.	Main Office: 2902 University Drive South Fargo, ND 58103	701-232-3301	-Childcare -S.M.A.R.T. Curriculum -S.E.T. Program -Stepping Stones Resource Center
Forde Counseling Services	3523 45th Street South Ste 105 Fargo, ND 58104	701-490-8769	-Individual -Family -Group
Helm Therapy Services	1330 Page Drive Suite 102A Fargo, ND 58103	701-478-6604	-Private Practice -Registered Play Therapist  Focus on: trauma, mood disorders, impulse control issues, ASD, ADHD
JDL Counseling	1128 Westrac Drive Suite A Fargo, ND 58103	701-490-6812	Child and Adolescent Therapy
John Altendorf Counseling	1351 Page Drive S. Ste 100 Fargo, ND 58103	701-412-7345	-Individual Therapy -Group Therapy -Family Therapy -Private Practice -Day and evening hours

Knowlton, O'Neill & Associates	1401 13th Avenue E. West Fargo, ND 58078	701-364-0060	-Outpatient Services -Specialty Clinics -Clinical Psychology/Psychiatry
Lakeland Mental Health Center	1010 32nd Avenue S. Moorhead, MN 56560	218-233-7524	-Outpatient Services -School Day Treatment -Case Management -Day and evening hours
Lakeside Center	1450 25th Street S. Fargo, ND 58103	701-356-1047	-Individual Therapy -Family Therapy -Group Therapy -School Consultation
NDSU Community Counseling Services	Stop N Go Center 1919 North University Drive Suite C117 Fargo, ND 58102	701-231-9750	-Outpatient Services -Sliding Scale Fees -Day & Evening Appointments
PATH of ND	1202 Westrac Drive, Suite 100 Fargo, ND 58103	701-280-9545	-Treatment Foster Care -Family Support -Independent Living
Pfeifer Counseling Services	3523 45th Street South Ste 100 Fargo, ND 58104	701-639-6500	-Multi-specialty
Prairie St. Johns	Fargo Hospital/Clinic 510 4th Street S. Fargo, ND 58103  Moorhead Clinic 2925 20th Street S. Moorhead, MN 56560	Fargo 701-476-7200 877-333-9565 24/7 phone assistance  Moorhead 218-284-0300	-Outpatient Services -Inpatient -Hospitalization -Partial Hospitalization -Needs Assessment
Rape and Abuse Crisis Center of Fargo-Moorhead	317 8th Street N. Fargo, ND 58102	24-hour Crisis Line: 800-344-7273 701-293-7273	-Outpatient Services -Outreach Services -Individual Counseling -Group Counseling -Crisis Intervention
REACH (Rural Enrichment and Counseling Headquarters)	421 5th Street Hawley, MN 56549	218-483-3145	-Outpatient Services -Support Services -Individual Counseling -Family Counseling
Red River Behavioral Health System	1451 44th Avenue S. Unit A Grand Forks, ND 58201	1-866-772-2500	-Psychiatric Care -Therapeutic interventions -Medicinal interventions
Sanford Psychiatric Services	100 4th Street S. Fargo, ND 58103	701-234-3100	-Outpatient Services -Behavioral Health
ShareHouse Sister's Path	4227 9th Avenue S. Fargo, ND 58103	701-282-6561 1-877-294-6561	-Residential Services -Family Services
Solutions	Main Office: 891 Belsly Blvd Moorhead, MN 56560  Fargo Location 1126 Westrac Drive Fargo, ND 58103	218-287-4338	-Outpatient Services -School Services -Residential Services -Behavioral Intervention -Crisis Intervention
Southeast Human Service Center	2624 9th Avenue S Fargo, ND 58103	701-298-4500 888-342-4900	-Outpatient Services -Partnership Program for Children's Mental Health -Sliding Scale Fees
Southeast Human Service Center: Open Access Clinic	2624 9th Ave S Fargo, ND 58103	701-298-4500	-No appointment needed -Initial behavioral health services -Medication management -Psychological testing -Developmental Disability Services
St. Sophies	3201 33rd Street South Fargo, ND 58104	701-365-4488	-Psychiatric Center -Medication Management -Psychotherapy (individual, couples, families) -Neuropsychological testing
Together Counseling	2632 47th St. S., Suite 102 Fargo, ND 58104	701-404-0997	Child and Adolescent Therapy
Valley Christian Counseling Center	1112 Nodak Dr S. Fargo, ND 58103	701-232-6224	-Outpatient Services -Teen Counseling -Family Counseling -Individual Counseling -Day and evening hours

The Village Family Service Center	1201 25th Street S. Fargo, ND 58106  2701 12th Ave S. Fargo, ND 58103  815 37th Ave. S., Suite 100 Moorhead, MN 56560	Fargo: 701-451-4900  Moorhead: 701-451-4811	-Assessments and Screenings -Family and Mental Health Services -Community Based Programs -Services at home or in school setting
Women's Care Center	103 N. University Drive Fargo, ND 58102	701-237-6530	-Free, confidential counseling, support and education for pregnant women
Youthworks	317 S. University Drive Fargo, ND 58103	701-232-8558	-Outpatient Services -Transitional Housing -Outreach