

# Mental Health Clinics

## More than Your Mental Health Clinic, a Community Ecosystem.

We believe healing and growth occur when clients can better understand their needs and experiences through a supportive relationship with a skilled provider. Our therapists are here to meet you where you are and support you on your journey of growth and/or healing.



We offer compassionate, culturally responsive, and trauma-informed care for youth as young as four, adults of all ages, and families from diverse cultures and life experiences. To further reduce barriers to care, we ensure clients can access these services on a sliding-fee scale. We accept most forms of insurance and payment plans are available to help ensure you receive the care you deserve.

Our individual, family and couple counseling services are offered in person and via telehealth to any Minnesota resident.

### Therapeutic Options Offered:

Our providers have a diverse array of training and experience and offer specialized support including art therapy, trauma-focused therapy, play therapy, couple, family and group therapy. Psychological assessments for children and adolescents are also available at our Shoreview location.

Our Restoring Power program is also available free of charge to support victim survivors of domestic violence and sexual abuse. Additional information about this program is available [nyfs.org](https://www.nyfs.org).

## Common challenges or mental health issues our clients seek help for include:

Anxiety  
Depression  
Neuro-developmental concerns including Autism and ADHD  
Relationship Counseling with Partners or Family Members  
Parenting Support  
Divorce and Separation  
Grief & Loss  
Life Transitions  
Stress and Trauma  
Burnout and Secondary Trauma

Self-Esteem  
Bipolar and other Mood Disorders  
Schizophrenia and other Psychotic Disorders  
Anger Management  
Identity Development  
Interpersonal Violence  
Gender Exploration and Identity  
LGBTQIA+ Exploration and Identity

### Take Your Next Step.

Visit [nyfs.org/mental-health/clinic](https://nyfs.org/mental-health/clinic).

To make an appointment, call 651-486-3808 or visit [nyfs.org/start/appointment](https://nyfs.org/start/appointment).



Transforming lives by ensuring access to care that nurtures healing, cultivates community, and inspires hope.

  
**Northeast Youth & Family Services**

Transforming Lives

NYFSorg 

Northeast Youth & Family Services 

[NYFS.ORG](https://nyfs.org)

### LOCATIONS:

Shoreview Clinic  
3490 Lexington Ave N  
Suite 205  
Shoreview, MN 55126  
(651) 486-3808

White Bear Lake Clinic  
1280 North Birch Lake Blvd.  
White Bear Lake, MN 55110  
(651) 429-8544