

Minnesota West Mental Health & Wellness Resources

Mental health and wellness services at Minnesota West provide a range of free and confidential options to address problems related to personal, social, educational, and mental health concerns. The goal is to provide support to students to increase academic success and personal wellness. Services are offered in-person, by phone, or virtually using Zoom.

Reasons to see a mental health and wellness specialist might include any of the following:

- Academic warning/probation/suspension
- Anxiety
- Anger management
- Depression and suicidal thoughts
- Drug/alcohol use
- Eating problems/body image
- Grief and loss
- Health and wellness
- Past or present abuse (physical, emotional, sexual)
- Relationship concerns (interpersonal skills, sexual orientation, conflict resolution)
- Spirituality
- Stress management
- Time management
- Transition to college (housing, transportation)

Appointments can be made through the following link:

<https://outlook.office365.com/owa/calendar/MNWestCounseling@MinnesotaState.edu/bookings/>

Getting Started

Whether you are struggling with class requirements, encountering issues in relationships, feeling concerned over addictive behaviors, or any other concern that is impacting your overall success, mental health and wellness services are available to meet your individual needs.

- I. Who is eligible for services?
 - a) Mental health and wellness services are available for all students enrolled at Minnesota West.
- II. Cost
 - a) Mental health and wellness services are free for all students enrolled at Minnesota West.
- III. How do I make an appointment?
 - a) Appointments can be made in the following ways:
 - i) Online by using the following link:
<https://outlook.office365.com/owa/calendar/MNWestCounseling@MinnState.edu/bookings/>
 - ii) Phone: 507-372-3451 iii) Email: kathy.gruis@mnwest.edu
 - b) Session Length
- IV. Sessions last around 50 minutes Location
 - a) Services are offered in-person, by phone, or virtually using Zoom.
 - i) Worthington in-person sessions are held in office 276
 - ii) Other campus locations for in-person sessions are TBD at this time
- V. Hours of Operation
 - a) Monday-Friday: 9 am to 4 pm
- VI. What can I expect during the first visit?
 - a) Students will be asked to fill out a brief intake form at the start of the session or prior to attending the first session which will include: discussing the reasons that brought you to seek out assistance including addressing your concerns or symptoms you are experiencing, how you are coping, and how it is affecting you academically as well as other areas of your life. There will also be a discussion on confidentiality, consent to treatment, and what it means to give a release of information.
 - i) [Mental Health Services Student Intake Form](#) ii) [Consent to Treatment Form](#)

Crisis Services & Resources

If you have an immediate concern for yourself or others, call 911.

A. If you are experiencing an urgent mental health need or emergency, please contact:

a. [National Suicide Prevention Lifeline](#)

Call 988

b. [Crisis Text Line](#)

Text "HOME" to 741741

B. 24-hour Local Crisis Hotline

Cottonwood, Jackson, Nobles, Pipestone, and Rock County 1-800-6421525

Lincoln, Lyon, Murray, Redwood, or Yellow Medicine County 1-800-6582429

C. All other 24-hour local crisis hotline numbers listed by county can be found [here](#)

D. [24-hour Minnesota Crisis Support](#)

a. Call **CRISIS (**274747)

b. Text "MN" to 741741

E. LGBTQ+ Suicide Prevention and Mental Health Crisis Help

a. [TrevorLifeline](#) Call 1-866-488-7386

TrevorText

Confidential text messaging with a Trevor counselor Text "START" to 678-678

b. [TrevorChat](#)

Confidential online instant messaging with a Trevor counselor

F. [Veterans Suicide Prevention and Mental Health Crisis Help](#)

- a. Call 1-800-273-8255 and Press 1, 24/7 availability
- b. Text 838255

G. [National Sexual Assault Hotline](#)

- a. Call 1-800-656-HOPE (1-800-656-4673)

H. [Southwest Crisis Center](#)

The SWCC provides direct services to primary and secondary survivors and victims of domestic violence, sexual assault, sex trafficking, sexual harassment, stalking, and child abuse.

- a. Worthington 507-376-4311
- b. Windom 507-831-2244
- c. Jackson 507-800-1260
- d. Luverne 507-283-9917
- e. Pipestone 507-825-5688

I. Other Resources

a. [National Alliance on Mental Illness \(NAMI\) Minnesota](#)

Connect for help, to navigate the mental health system, and for support and resources.

Call 1-888-NAMI-Helps (1-888-626-4435)

b. [Minnesota Warmline](#)

Are you an adult needing support? Talk to a specialist who has firsthand experience living with a mental health condition.

Call 651-288-0400.

Text "Support" 85511

c. [Substance Abuse and Mental Health Services Administration Disaster Distress Helpline](#)

Offers crisis counseling and support if you or a family member is experiencing emotional distress related to a disaster. Call 1-800-985-5990

d. [Peer Support Connection Warmlines](#)

Peer-to-peer telephone support that's safe and supportive. Open 5 p.m. to 9 a.m.

Call or text 1-844-739-6369

e. [Minnesota Mental Health Support During Covid](#)

Mental health resources about available supports during this challenging time.

f. [Mental Health Minnesota](#)

Mental health organization that provides information for available treatment and services, education, and resources and support across Minnesota.

g. [RECLAIM](#)

Mental health organization providing support for youth ages 13-25 who are marginalized because of their gender identity, gender expression, and/or sexual orientation.

h. [The Steve Fund](#)

An organization focused on supporting the mental health and emotional well-being of young people of color.

Text STEVE to 741741 to access a culturally trained Crisis Text Line counselor

Disclaimer:

The information contained on this site is provided for educational purposes only and is not intended to replace discussions with a mental healthcare professional or doctor. The checklists are intended only for the purpose of identifying symptoms of a specific illness or disorder and is not designed to provide a diagnosis or treatment. Only a qualified mental healthcare professional or medical doctor can make a diagnosis or determine a treatment plan.

Telepsychiatry Services

This service is now available to all Minnesota West students.

Appointments are made with Psychiatric Mental Health Nurse Practitioner Jodi Egeland who is based out of Minnesota State University Mankato. Visits are held via video conference in person/on campus or using Zoom on your personal electronic device.

For a referral, please contact Kathy Gruis at 507-372-3451 or kathy.gruis@mnwest.edu.

Additional Resources

Big Stone County

[Countryside Public Health](#)

342 2nd Street NW
Ortonville, MN 56278
800-657-3291 or 320-843-4546

Blue Earth County

[Blue Earth County Public Health](#)

410 South Fifth Street
Mankato, MN 56001
507-304-4319

Brown County

[Brown County Public Health](#)

1117 Center Street
New Ulm, MN 56073
888-359-2809 or 507-233-6820

Chippewa County

[Countryside Public Health](#)

517 N 17th Street
Montevideo, MN 56265
800-657-3291 or 320-843-4546

Cottonwood County

[Cottonwood-Jackson Community Health Services](#)

235 Ninth Avenue
Windom, MN 56101
800-247-1401 or 507-831-1987

Faribault County

[Faribault-Martin Public Health Services - Blue Earth](#)

412 North Nicollet
Blue Earth, MN 56013
507-526-3265

Jackson County

[Cottonwood-Jackson Community Health Services](#)

407 Fifth Street
Jackson, MN 56143
800-622-5207 or 507-847-2366

Murray County

[Murray County Public Health](#)

3001 Maple Road
Slayton, MN 56172
507-836-6486

Nobles County

[Nobles County Health Service](#)

318 Ninth Street
Worthington, MN 56187
888-807-8099 or 507-295-5213

Pipestone County

[Pipestone County Health Services](#)

1091 North Hiawatha Avenue
Pipestone, MN 56164
507-825-5649

Redwood County

[Redwood County Health Services](#)

266 East Bridge Street
Redwood Falls, MN 56283
507-637-4046

Lower Sioux Indian Community

[Lower Sioux Health & Human Services](#)

39648 Res. Highway 3
Morton, MN 56270
507-697-8600

Renville County

[Renville County Health Services](#)

105 South 5th Street Suite 199h
Olivia, MN 56277
320-523-2570

Rock County

[Rock County Health Service](#)
 2 Roundwind Road
 Luverne, MN 56156
 855-877-3762 or 507-283-5066

Lac Qui Parle County

[Countryside Public Health](#)
 422 5th Avenue Suite 305
 Madison, MN 56256
 800-657-3291 or 320-843-4546

Lincoln County

[Lincoln County Health Services](#)
 319 North Rebecca
 Ivanhoe, MN 56142
 800-657-3781 or 507-694-1452

Lyon County

[Lyon County Health Services](#)
 607 West Main Street Suite 100
 Marshall, MN 56258
 800-657-3760 or 507-537-6747

Martin County

[Faribault-Martin Public Health Services - Fairmont](#)
 115 West 1st Street
 Fairmont, MN 56031
 507-238-4757

Swift County

[Countryside Public Health](#)
 201 13th Street South
 Benson, MN 56215
 800-657-3291 or 320-843-4546

Watonwan County

[Watonwan County Health Services](#)
 715 Second Avenue South
 St. James, MN 56081
 507-375-3294

Yellow Medicine County

[Countryside Public Health](#)
 415 9th Avenue Suite 106
 Granite Falls, MN 56241
 800-657-3291 or 320-843-4546

Additional Mental Health Resources by Location

a. Canby

- [Yellow Medicine Family Services](#)
- [Yellow Medicine County Sheriff](#)
- [Canby Police Department](#)
- [Sanford Canby Medical Center & Emergency Services](#)
- [Sanford Canby Clinic](#)
- [Western Mental Health Center](#) • [Greater MN Family Services](#)

b. Granite Falls

- [Yellow Medicine Family Services](#)
- [Chippewa Family Services](#)
- [Yellow Medicine County Sheriff](#)
- [Chippewa County Sheriff](#)
- [Granite Falls Police Department](#)
- [Avera Granite Falls Health Center](#)
- [Avera Medical Group Granite Falls & Emergency Services](#)
- [Western Mental Health Center](#)

- [Greater MN Family Services](#)
- [Project Turnabout](#)
- [Sojourn Counseling Group](#)
- c. Jackson**
 - [Des Moines Valley Health and Human Services](#)
 - [Jackson County Sheriff](#)
 - [Sanford Jackson Medical Center & Emergency Services](#)
 - [Sanford Jackson Clinic](#)
 - [Southwest Crisis Center](#)
 - [Southwestern Mental Health Center Avera](#)
 - [Greater MN Family Services](#) • [New Awakenings Counseling](#)
- d. Luverne**
 - [Southwest Health and Human Services](#)
 - [Rock County Sheriff](#)
 - [Sanford Luverne Medical Center & Emergency Services](#)
 - [Sanford Luverne Clinic](#)
 - [Southwest Crisis Center](#)
 - [Southwestern Mental Health Center Avera](#)
 - [Greater MN Family Services](#)
 - [Healing Path Counseling & Wellness](#) • [Luverne Counseling](#)
- e. Marshall**
 - [Southwest Health and Human Services](#)
 - [Lyon County Sheriff](#)
 - [Marshall Police Department](#)
 - [Avera Marshall Regional Medical Center & Emergency Services](#)
 - [Avera Medical Group Marshall – Bruce Street](#)
 - [Avera Behavioral Health](#)
 - [Access Health & Avera Medical Group in Marshall – Carlson Street](#)
 - [Mecca Medical Center](#)
 - [New Horizons Crisis Center](#)
 - [Western Mental Health Center](#)
 - [Greater MN Family Services](#)
 - [Southwest Psychological Services](#)
 - [The Journey Center](#)
 - [Alerian Counseling Center LLC](#) • [Horgan Coaching and Consulting](#)
- f. Pipestone**
 - [Southwest Health and Human Services](#)
 - [Pipestone County Sheriff](#)
 - [Pipestone County Medical Center & Emergency Services Avera](#)
 - [Pipestone County Family Clinic Avera](#)
 - [Southwest Crisis Center](#)

- [Southwestern Mental Health Center Avera](#)
- [Greater MN Family Services](#)
- [Pipestone Counseling Center](#)

- g. Worthington**
- [Nobles County Community Services](#)
- [Nobles County Sheriff](#)
- [Worthington Police Department](#)
- [Sanford Worthington Medical Center & Emergency Services](#)
- [Sanford Worthington Clinic](#)
- [Access Health & Avera Medical Group in Worthington](#)
- [Southwest Crisis Center](#)
- [Love Inc. of Worthington](#)
- [Southwestern Mental Health Center Avera](#)
- [Diane Dunn, LLC](#)
- [Greater MN Family Services](#)
- [Journeys of Healing, LLC](#)
- [New Life Treatment Center](#)
- [The Sanctuary Counseling Services](#)

Additional Mental Health Providers

- [Adler Counseling, PLLC](#) • 2500 Maple Avenue Slayton, MN 56172
- 507-316-4974
- [Agape Counseling Center LLC](#)
- 305 9th Street
- Windom, MN 56101
- 507-832-8033
- [Catholic Charities of Southern Minnesota](#)
- Locations: Albert Lea, Austin, Mankato, Owatonna, Rochester, Winona, & Worthington
- [Champion State of Mind](#)
- Estherville, Orange City, Rock Valley, Spencer, & Spirit Lake
- 800-592-0180
- [Eunioia Family Resource Center](#)
- Fairmont, Mankato, New Ulm, & St. James
- 855-935-6463
- [Fairmont Mayo Clinic](#)
- 800 Medical Center Drive
- Fairmont, MN 56031
- 507-238-8598
- [Fountain Centers](#)
- 828 N. North Avenue
- Fairmont, MN 56031
- 507-238-4382

- [Greater Minnesota](#)
- 2320 Hwy 12 East, Suite 2
- Willmar, MN 56201
- 320-214-9692
- [Harvest Counseling Services](#)
- 214 S Main Street
- Lamberton, MN 56152
- 507-320-1312
- [House of Hope, Inc.](#)
- 1429 3rd Avenue
- Mankato, MN 56001
- 507-625-4373
- 1100 Indus Street
- Fairmont, MN 56031
- 507-385-8774
- [Joseph E. Switras Ph.D. Pa](#)
- 208 W 2nd Street, Suite 116
- Fairmont, MN 56031
- 507-235-5651
- [Madelia Health](#)
- 121 Drew Avenue SE
- Madelia, MN 56062
- 507-642-5200
- [New Directions Healing Center LLC](#)
- 213 E 2nd Street
- Fairmont, MN 56031
- 507-848-1026
- [New Life Treatment Center](#)
- 130 Dakota Street South
- Woodstock, MN 56186
- 507-777-4321
- [Southern Minnesota Behavioral Health](#)
- 709 S Front Street, Suite 2
- Mankato, MN 56001
- 507-388-3181
- 1407 S State Street
- New Ulm, MN 56073
- 507-354-3181
- [Stepping Stone Counseling, LLC](#)
- 339 9th Street, Suite C
- Windom, MN 56101
- 507-221-0005
- [St. James Mayo Clinic](#)
- 1101 Moulton and Parsons Drive
- St. James, MN 56081

- 507-375-3261
- [Surdy Psychological Services](#)
- 1207 Caledonia Street
- Mankato, MN 56001
- 507-388-8874
- [Windom Area Health](#)
- 2150 Hospital Drive
- Windom, MN 56101
- 507-831-0670
- [Woodland Centers](#)
- Counties served: Big Stone, Chippewa, Kandiyohi, Lac qui Parle, Meeker, Renville, & Swift
- 320-235-4613 or 1-800-992-1716