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@MinnState.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 1-800-273-8255
   
b. Crisis Text Line
      Text “HOME” to 741741

B. 24-hour Local Crisis Hotline
   
   Cottonwood, Jackson, Nobles, Pipestone, and Rock County 1-800-642-1525
   
   Lincoln, Lyon, Murray, Redwood, or Yellow Medicine County 1-800-658-2429

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.
Wellness Wednesdays & Monthly Awareness Topics

During the Academic Year, join us on for Wellness Wednesdays! We encourage all faculty, staff, and students to participate! View the Spring 2021 Wellness Wednesday flyer for past presentations. More information to come for 2021-2022.

View the presentation Effective Exercises To Do In Class
View the presentation Breathe Summer Break is Near

Monthly Awareness Topics

November 2021 – Mental Health Awareness
Suicide Prevention
Frequently Asked Questions About Suicide
Warning Signs of Suicide
Warning Signs of Crisis
Navigating a Mental Health Crisis
Conversation Starters
I'm So Stressed Out
My Mental Health

December 2021 – Holiday Blues vs Seasonal Affective Disorder
Holiday Blues
Seasonal Affective Disorder (SAD): More Than the Winter Blues
Seasonal Affective Disorder

January 2022 – Stalking and Dating Violence
Stalking on College Campuses
Campus Stalking Fact Sheet
Understanding Stalking on Campus Brochure
The Relationship Spectrum
Partner Abuse: Looking Beyond Physical Assault to Coercive Control

February 2022 – Eating Disorders
Eating Disorders: About More Than Food
Let’s Talk About Eating Disorders
What is an Eating Disorder Brochure
Eating Disorders: How to Help Brochure
Additional Resources

**Big Stone County**  
*Countryside Public Health*  
342 2nd Street NW  
Ortonville, MN 56278  
800-657-3291 or 320-843-4546

**Murray County**  
*Murray County Public Health*  
3001 Maple Road  
Slayton, MN 56172  
507-836-6486

**Blue Earth County**  
*Blue Earth County Public Health*  
410 South Fifth Street  
Mankato, MN 56001  
507-304-4319

**Nobles County**  
*Nobles County Health Service*  
318 Ninth Street  
Worthington, MN 56187  
888-807-8099 or 507-295-5213

**Brown County**  
*Brown County Public Health*  
1117 Center Street  
New Ulm, MN 56073  
888-359-2809 or 507-233-6820

**Pipestone County**  
*Pipestone County Health Services*  
1091 North Hiawatha Avenue  
Pipestone, MN 56164  
507-825-5649

**Chippewa County**  
*Countryside Public Health*  
517 N 17th Street  
Montevideo, MN 56265  
800-657-3291 or 320-843-4546

**Redwood County**  
*Redwood County Health Services*  
266 East Bridge Street  
Redwood Falls, MN 56283  
507-637-4046

**Cottonwood County**  
*Cottonwood-Jackson Community Health Services*  
235 Ninth Avenue  
Windom, MN 56101  
800-247-1401 or 507-831-1987

**Lower Sioux Indian Community**  
*Lower Sioux Health & Human Services*  
39648 Res. Highway 3  
Morton, MN 56270  
507-697-8600

**Faribault County**  
*Faribault-Martin Public Health Services - Blue Earth*  
412 North Niclotel  
Blue Earth, MN 56013  
507-526-3265

**Renville County**  
*Renville County Health Services*  
105 South 5th Street Suite 199h  
Olivia, MN 56277  
320-523-2570

**Jackson County**  
*Cottonwood-Jackson Community Health Services*  
407 Fifth Street  
Jackson, MN 56143  
800-622-5207 or 507-847-2366

**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
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MINNESOTA WEST HEALTH & WELLNESS SERVICES


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
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
- Eunoia 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