

Mental Health Resources in Steele County

Agency	Crisis Resources
988 Suicide & Crisis Lifeline	The 988 Suicide & Crisis Lifeline provides 24/7 crisis counseling. Call or text 988. Español: 1-888-628-9454.
Crisis Text Line	Prefer to text? Crisis Text Line is a text-based support system that can accessed over text. Text MN to 741-741
Southeast Crisis Response	Crisis Response provides 24/7 crisis services to anyone in the service area regardless of financial situation or insurance status. Call 1-844-274-7472
Agency	Resources
Crisis Resource Center	CRC provides support and confidential services to individuals affected by domestic abuse & sexual violence. Open Mon–Fri, 8AM–5PM at 112 N. Oak Ave, Owatonna. Call 507-451-1202.
Experiencing Moore	Experiencing Moore, PC offers therapy honoring the Christian Faith. Call 507-676-6834 for an appointment.
FARR - Family Services Rochester	FARR provides in-person and telehealth non-emergency counseling services. Call 507-287-2010 to schedule an appointment.
Fernbrook Family Center	Fernbrook Family Center provides counseling & mental health assessments. Call 507-446-0431 for an appointment.
Full Circle Counseling & Wellness	Full Circle Counseling & Wellness provides in-person and telehealth non-emergency counseling services. Call 507-214-2016 for an appointment.
HealthFinders Collaborative	HealthFinders provides mental health services virtually & will return to in-person visits when it is safer to do so. Call 507-323-8100 to schedule an appointment.
Healthy Balance Psychology	Healthy Balance Psychology provides assessment & therapy services for individuals and families. Call 507-475-4721 for an appointment.
Minnesota Farm & Rural Helpline	Live in rural MN? Minnesota Farm & Rural Helpline is a great place to reach out. Call 833-600-2670 or text FARMSTRESS to 898211.
Minnesota Warmline – Mental Health Minnesota	Looking for support? Need to talk? If you’re struggling with your mental health but aren’t experiencing a mental health crisis or emergency, reach out to the Minnesota Warmline . Call 651-288-0400 or text SUPPORT to 85511, 9AM – 9PM.
National Alliance on Mental Illness (NAMI)	NAMI provides resource lists to connect individuals with mental health services. Call the Helpline 1-800-950-6264 Monday -Friday, 11AM – 11PM or text HELPLINE to 62640.
Peer Support Connection Warmline of Minnesota	The PSC Warmline is a safe & free way to receive confidential & anonymous one on one peer support for non-emergency situations. Call 1-844-739-6369 from 5PM to 9AM every day.
Safe Harbour (SCHRC)	Safe Harbour is a 12-bed Intensive Residential Treatment (IRT) program for adults in need of behavioral health and support services. Contact Safe Harbour at 507-455-8100.
Salvation Army Emotional & Spiritual Care Hotline	Salvation Army offers an Emotional & Spiritual Care Hotline available to anyone who needs to talk or have someone pray with them. Call 1-877-220-4195 from 8AM to 8PM.
South Central Human Relations Center	SCHRC provides comprehensive mental health services like individual /group therapy, family therapy, case management, counseling, & psychiatry. Call 507-451-2630 to schedule.
UWSC/Allina Health - Health and Happiness Project	The Health and Happiness Project provides virtual mental health resiliency tools.
Agency	Youth Resources
Big Brothers Big Sisters of Southern Minnesota	BBBS matches children aged 5–14 with mentors in professionally supported one-to-one relationships and offers weekly mentoring programs. Located at 545 Dunnell Dr. in Owatonna, office hours are Mon – Fri, 8:00 AM – 4:00 PM. Call 507-451-5922
Change to Chill – Allina Health	Change to Chill offers free online mental health resources for teens designed to help them learn how to relax and integrate healthy habits into their lifestyle.

Children's Support Group – Crisis Resource Center	Support group on Mondays from 3:30-4:30, ages 4-12. Focuses on giving children skills they need to process events in their lives, develop coping skills, deal with peer pressure, & learn techniques to deal with anger/stress. Call 507-451-1202 for more information.
The Trevor Project	The Trevor Project connects LGBTQ+ youth to crisis counselors & other resources. Call 1-800-488-7386, text START to 678-678, or click here to chat.
UWSC - Steele County Coalition for Health Youth	SCCHY lists mental health & substance use prevention resources. Call 507-455-1180.
We Can RELATE – Mental Health Minnesota	We Can RELATE is an online chat that provides peer support to teens and young adults. It's safe, anonymous, confidential, and free of charge. Click here to chat.

Substance Use Resources in Steele County

Agency	Substance Use Resources
Al-Anon	Al-Anon provides support for family members of a person with alcoholism. Sundays 10AM & 6:30PM, Monday 10AM and Tuesday 7PM at 605 Florence Ave in Owatonna. For information or additional meetings, call 507-451-8610 or 888-425-2666.
Al-Anon for Newcomers	Al-Anon provides support for family members of a person with alcoholism. 7PM every Sunday at 605 Florence Ave, Owatonna. Call 507-451-8610 or 888-425-2666.
Alcoholics Anonymous	If your drinking is out of control, A.A. can help. Meetings held Monday-Saturday at 9:30AM, Sundays at 8:30AM at 605 Florence Ave in Owatonna. Newcomer's meeting every Sunday at 7PM. Call 507-451-8610 for more information.
Alcohol Help	Alcohol Help provides resources and connects people to treatment. Call 1-877-648-6304 to get help for alcoholism today.
Dual Recovery Program (SCHRC)	The Dual Recovery Program at SCHRC provides outpatient substance use & mental health treatment to adolescents & adults. Call 507-451-2630 for more information.
Narcotics Anonymous	Owatonna meeting times and sites: Sundays - 7:00 PM at 609 Lincoln Ave S (virtually and in person) Mondays - 7:00 PM at West Hills, 605 Florence Ave Tuesdays – 6:30 PM St. Paul's Episcopal Church, 220 S Cedar Ave Wednesdays - 9:30 AM at West Hills, 605 Florence Ave Thursdays - 7:00 PM at West Hills, 605 Florence Ave Fridays - 7:00 PM at Trinity Lutheran Church, 609 Lincoln Ave S Saturdays – 7:30 PM St. Paul's Episcopal Church, 220 S Cedar Ave Call 507-451-8610 or 877-767-7676 for more information.
QuitPartner	QuitPartner provides free support for MN teens & adults to quit smoking, vaping, or chewing. Free coaching, quit medications (ages 18+), and more. Call 1-800-784-8669 to get started today. Teens & young adults (ages 13-24) can text "Start" to: 36072.