

Therapy & Counseling

Experiencing Moore

Experiencing Moore, PC offers therapy honoring the Christina faith.

- Call (507) 451-1202

FARR Family Services Rochester

Provides in person & telehealth non-emergency counseling services

- Call (507) 287-2010

Full Circle Counseling & Wellness

Provides in person and telehealth non-emergency counseling services.

- Call (507) 214-2016

Fernbrook Family Center

Provides counseling and mental health assessments.

- Call (507) 446-0431

HealthFinders Collaborative

Provides in person & telehealth non-emergency counseling services.

- Call (507) 323-8100

Healthy Balance Psychology

Provides assessment & therapy services to individuals and families.

- Call (507) 475-4721

Safe Harbors (Spero)

12 bed Intensive Residential Treatment program for adults in need of behavioral health and support services.

- Call 507-455-8100

Spero

Provides comprehensive mental health services like individual and group therapy, counseling, & psychiatry.

- Call 507-451-2630

Local Support Support Groups

CRC Women's Group

Women may attend to discuss an issue or just listen to other women. Complete confidentiality is required to attend. Meets every Thursday, via Zoom, from 3:00PM-5:00PM

- Call (507) 451-1202 for more information

Compassionate Friends

An organization offering support to families who have experienced the death of a child. Meetings are held the 2nd Monday of each month starting at 7:00PM at St. Joseph Church, Owatonna.

Men Who Batter

Group therapy to help men manage their anger & build healthy relationships. Occurs at 6PM-8PM & 1PM-3PM on the 1st, 2nd, & 3rd Wednesdays of the month at Spero, 610 Florence Ave. Owatonna

- Call Scott Westbrook at (507) 451-2630 for more information

Owatonna Area Solo Parents and Singles

Group activities for solo parents and singles. Hosted the 1st Thursday of every month starting at 7:30PM at Elks Club, 126 Vine St

- Call (507) 202-6195 for more information

Steele County Grief Support Network

Provides grief and loss support groups and resources for people in the Steele County community.

- Call (507) 977-2856 for meeting times

Substance Use

Alcoholics Anonymous

Meetings are held Monday-Saturday at 9:30AM and Sundays at 8:30AM at 605 Florence Ave in Owatonna. Newcomer's meeting every Sunday at 7:00PM.

- Call (507) 451-8610 for more information

Narcotics Anonymous

Owatonna meeting times and sites:
Sundays - 7:00PM at 609 Lincoln Ave (virtually and in person)

Mondays-7:00PM at West Hills, 605 Florence Ave

Tuesdays-6:30PM at St. Paul's Episcopal Church, 220 S Cedar Ave

Wednesdays-9:30AM at West Hills, 605 Florence Ave

Thursdays-7:00PM at West Hills, 605 Florence Ave

Fridays-7:00PM Trinity Lutheran Church, 609 Lincoln Ave S

Saturdays-7:30PM at St. Paul's Episcopal Church, 220 S Cedar Ave

- Call (507) 451-8610 for more information

Al-Anon

Provides support for family members of a person with alcoholism.

Owatonna meetings are held in person at 605 Florence Ave

Sundays- 10:00AM and 6:30PM

Mondays-10:00AM

Tuesdays-7:00PM

Owatonna newcomer meetings are held in person at 605 Florence Ave
Sundays- 7:00PM

- Call (507) 451-8610 for more information

Smoking & Vaping Resources

Quit Partners

Free support for Minnesota adults to quit smoking, vaping, or chewing.

- Call 1-800-784-8669

Quit Partners for American Indian or Alaskan Native

Quit Partner has a support specifically designed for Minnesotans who identify as American Indian or Alaskan Native

- Call 1-800-784-8669

Alcohol Resources

Alcohol Help

Provides resources and connects people to treatment.

- Call 1-877-648-6304

National Institute on Alcohol Abuse and Alcoholism

Alcohol treatment navigator



All Substance Resources

Dual Recovery Help Program (Spero)

Provides outpatient substance use & mental health treatment to adolescents and adults.

- Call (507) 451-2630

Want help finding a mental health service that works for you?

Call or text 211

a free & confidential connection to services.



Free Crisis Line

988 Suicide & Crisis Lifeline

Provides 24/7 crisis counseling.

- Call or text 988

Crisis Text Line

A text-based support system that can be accessed over text.

- Text MN to 741-741

Southeast 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

The Trevor Project

24/7 crisis counseling for LGBTQIA+. Call or text.

- Call 1-800-488-7386
- Text START to 678-678

Free Online Support

UWSC/Allina Health: Health and Happiness Project

The Health and Happiness Project provides free virtual mental health and resiliency tools.



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Grounding

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste

Free Call/Text Support Line

Crisis Resource Center

CRC provides support and confidential services to individuals affected by domestic abuse and sexual violence. Open Monday-Friday 8AM-5PM.

- Call (507) 451-1202

MN Farm & Rural Helpline

A helpline for those living & working in rural Minnesota.

- Call (833) 600-2670

Minnesota Warmline

A warmline for those not in crisis but looking for support & someone to talk to. Available from 9AM-9PM.

- Call (651) 288-0400
- Text SUPPORT to 85511

Peer Support Connection Warmline of Minnesota

A safe & free way to receive confidential and anonymous one-on-one peer support for non-emergency situations. Available from 5PM-9AM.

- Call 1-844-739-6369

Salvation Army Emotional & Spiritual Care Hotline

Available to anyone who needs to talk or have someone to pray with them. Available from 8AM-8PM.

- Call 1-877-220-4195

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health service that works for you?**

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My Support System

People I can call

Name:

Phone Number:

Name:

Phone Number:

People I can text

Name:

Phone Number:

Name:

Phone Number:

People Nearby

Name:

Phone Number:

Name:

Phone Number:

When I am feeling stressed or overwhelmed, I can:

1)

2)

3)

To access this online, scan the QR code:



Steele County Public Health

(507) 444-7650

SCPHN@steelecountymn.gov

Adult Mental Health & Substance Use Resources

Steele County



Public Health
Prevent. Promote. Protect

Steele County Public Health