

Youth Mental Health & Substance Use Resources

Steele County

Free Support

Crisis Lines

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

Trevor Project

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

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

Online Support

Change to Chill

Free online mental health resources for teens designed to help them learn how to relax & practice healthy habits.



We can RELATE

A free online chat room that provides peer support to young adults.



CredibleMind

Free online mental health resources for teens designed to help them learn how to relax & practice healthy habits.



Hey Norm

Hey Norm is a free educational website with vaping resources.



Text/Call Support Lines

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

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

Call or text 211

a free & confidential connection to services.



Youth Groups

Hand in Hand Group

Blooming Prairie youth group supporting mental health & substance use prevention.

- Call (507) 583-4426 ext. 466

Students Against Destructive Decisions (SADD)

Medford youth group that empowers students to make positive choices and avoid substance use.

Students Help Others Choose (SHOC)

Owatonna youth group providing mental health awareness and support.

Thriving Minds Group

Owatonna youth group providing mental awareness & support.

- Instagram: @thrivingminds_owatonna

YoungLife

A faith-based youth group that mentors teens and offers fun activities in a safe, supportive environment.

- Email: annettes@ylsteele.org

Youth Oriented Leadership Organization (YOLO)

Steele County youth group advocating for vape prevention as well as mental health awareness and support.

- Email: theyoloproj@gmail.com



Public Health
Prevent. Promote. Protect.
Steele County Public Health



Substance Use Resources

Alcohol Resources

Alcohol Help

Provides resources and connects people to treatment.

- Call 1-877-648-6304

All Substance Resources

Drug Hotline for Teens

24/7 anonymous, confidential hotline for teens for substance use and abuse information.

- Call 1-844-289-0789

Smoking & Vaping Resources

My Life, My Quit.

A free, confidential way to get help with quitting vaping or smoking.

- Text "Start My Quit" to 36072

Quit Partners

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

- Call 1-800-784-8669

Local Support

Mental Health

Blooming Prairie Youth Club

A fun, safe place for all school aged kids to hangout in Blooming Prairie.

- 401 4th St. S.E. Blooming Prairie, MN
- Call: (507) 583-6699

Big Brothers Big Sisters

A youth/adult paired mentorship programming that provide youth with a safe adult in their life outside of family, school, and activities.

UPLIFT Teen Center

A welcoming space in Owatonna where young people can connect, grow, & thrive.

- Call (507) 455-1180

Funding Resources

Children's Remedial Fund (CRF)

A United Way grant that provides financial help for evaluation, plus 4 or 5 counseling sessions. Call United Wat to see if you meet qualifications.

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

Therapy & Counseling

FARR Family Services Rochester

Provides in person & telehealth non-emergency counseling services

- Call (507) 287-2010

Fernbrook Family Center

Provides counseling and mental health assessments.

- Call (507) 446-0431

HealthFinders Collaborative

Provides in person & telehealth non-emergency counseling services, substance use programming, & chemical health assessments.

- Call (507) 323-8100

Healthy Balance Psychology

Provides assessment & therapy services to individuals and families.

- Call (507) 475-4721

Spero

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

- Call 507-451-2630



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