

Therapy & Counseling

FARR Family Services Rochester

Provides in person & telehealth non-emergency counseling services.

- Call (507) 287-2010

Fernbrook Family Center

Provides counseling & 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 & families.

- Call (507) 475-4721

Spero

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

- Call 507-451-2630

Local Support Local Connections

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, & activities.

UPLIFT Teen Center

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

- Call (507) 455-1180



Substance Use

Alcoholics Anonymous

Meetings are held Monday-Saturday at 9:30AM & 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 & sites:
Sundays - 7:00PM at 609 Lincoln Ave
(virtually & 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

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

Alcohol Resources

Alcohol Help

Provides resources & 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 & abuse information.

- Call 1-844-289-0789

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

Call or text 211

a free & confidential connection to services.



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Grounding

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

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 & live substance free.

Students Help Others Choose (SHOC)

Owatonna youth group that empowers students to make positive choices & live substance free.

Thriving Minds Group

Owatonna youth group providing mental awareness & support.

- Instagram: @thrivingminds_owatonna

YoungLife

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

- Email: annettes@ylsteele.org

Youth Oriented Leadership Organization (YOLO)

Steele County youth group advocating for e-cigarette use prevention & mental health awareness & support.

- Email: theyoloproj@gmail.com

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

Trevor Project

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

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

Free 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.



CredibleMinds

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.



Free Call/Text Support Line

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

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 Way to see if you meet qualifications.

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service that works for you?**

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a free & confidential connection to services.



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



Steele County

Youth Mental Health & Substance Use Resources



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

