



## Hastings Mental Health Resources

### Local Resources

#### Allina Medical Clinic

**Location:** 1210 West 1<sup>st</sup> St Hastings, MN,

**Offers:** Licensed Psychiatrist to help with stress management

**Eligibility:** Everyone is welcome, you must call ahead to schedule an appointment

**Cost:** Can pay out of pocket or bill to insurance dependant on plan coverage

**Contact information:** (651) 438-1800, <http://www.allinahealth.org/>

#### Allina Nininger Clinic

**Location:** 1285 Nininger Rd, Hastings, MN

**Offers:** Licensed Psychiatrist to help with stress management

**Eligibility:** Everyone is welcome, you must call ahead to schedule an appointment

**Cost:** Can pay out of pocket or bill to insurance dependant on plan coverage

**Contact Information:** (651) 480-4200, <http://www.allinahealth.org/>

### Additional Resources

#### American Psychological Association

**Location:** Online found at: <http://www.apa.org/>

**Offers:** Online articles that address psychological topics, health databases and encyclopedias, ability to search for a psychologist near you.

**Cost:** Non-membership usage allows free use of articles and databases; membership costs \$299 annually and requires a doctorate degree in psychology or related field from a credited professional school.

**Contact Information:** (1-800) 374-2721, <http://www.apa.org/>

#### Mental Health America

**Location:** Online found at <http://www.nmha.org/>

**Offers:** Online articles directed towards educating the general public about the realities of mental health and mental illnesses. Provides information on how to find treatments, support groups, mediations, insurance questions, and possibly ways to help receive help with payments of prescriptions

**Cost:** Web access is free

**Contact Information:** (703) 684 – 7722, <http://www.mentalhealthamerica.net/>

#### National Institute of Mental Health

**Location:** Online found at <http://www.nimh.nih.gov/index.shtml>

**Offers:** Online articles that address topics related to Mental Health. Topics can be searched by age/ gender, information on how to find help, free online publications & educational brochures.

**Cost:** Free

**Contact Information:** (1-866) 615-6464, <http://www.nimh.nih.gov>

**Understand, Prevent and Resolve Life's Changes**

**Location:** Online found at <http://www.helpguide.org/>

**Offers:** Expert, ad-free resources to help you resolve health challenges related to mental health topics, healthy lifestyle choices, children and family life, seniors and aging. Provides an online Yellow Pages Service Directory of resources for public assistance, social services, and other health and human services

**Cost:** Free to use website & resources

**Contact Information:** <http://www.helpguide.org/contact.htm>