

Mental Health Resources

For Communities of Color

African & African American Services

Dr. Richard Oni

7710 Brooklyn Blvd, Ste. 209

Brooklyn Park, MN 55448

651-749-3309

Threads of Hope Counseling

6268 Booone Avenue

(Cherokee Center)

Brooklyn Park, MN 55428

651-560-0050

www.tohcounseling.com

Brakins Consulting & Psychological Services

9800 Shelard Parkway, Ste. 325

Plymouth, MN 55441

763-710-2394

Arubah Emotional Health Services

300 County Rd 10 #204

(Brooklyn Crossing Office Park)

Brooklyn Center, MN 55428

612-284-8115

Peace Be Still, LLC

3220 County Road 10, Suite 131

Brooklyn Center, MN 55429

763-220-4971

www.peace-be-still.com

African Community Services

1305E 24th St. E

Minneapolis, MN 55429

612-721-9984 / 612-721-1356

africans.org/contact

Levan Counseling & Consulting

2800 Freeway Blvd, Ste. 106

Brooklyn Center, MN 55430

612-254-0195

Empower Therapeutic Services

227 Colfax Ave

Minneapolis, MN 55405

612-223-0373

Online Directory

blackmentalhealthresources.net

Latinx Services

Mosaic Counseling & Wellness LLC

Dr. Mercedes Santana

763-265-6288

Cominidades Latinas Unidas en Servicio (CLUES)

612-746-3572

clues.org

Manuela González

1915 Lyndale Avenue South

Minneapolis, MN 55408

612-416-7046 ext. 719

*Services and providers listed serve clients of multiple backgrounds and cultures. This is not an all-inclusive list.

Ua lus Hmoob:
Xai Vue, 763-493-8174

En español:
Brenda Morales, 763-315-8466

Other language or format:
Josie Shardlow, 763-493-8388

Hmong Community Resources

True Thao Counseling

952-405-6676

truethaocounseling.com

Online Directory

mn.gov/ombudfam/assets/

[Hmong%20Resource%20Directory](#)

[tcm1105-302721.pdf](#)

Additional Services

NorthPoint Health and Wellness Center

1313 Penn Ave North

Minneapolis, MN 55411

612-543-2700

Greater Twin Cities United Way

Call 221 (651-291-0211)

Text your zip code to 898-211

24-7, confidential, all languages

Other resources

More resources can be found below, or contact your insurance company for in-network providers.

www.psychologytoday.com/

[mn/minneapolis](#)

If in crisis, call 9-1-1, or Hennepin County COPE: 612-596-1223 for adults or 612-348-2233 for ages 17 and under

Any other mental health resources can be found at www.psychologytoday.com/mn/minneapolis, or families can contact their insurance companies for providers in their network.