Mental Health Resources Provided in Bemidji for Adults

Beltrami County Health and Human Services  
www.co.beltrami.mn.us  
Case management, financial support, adult protection, commitments  
List of adult foster care homes also available  
Contact the Mental Health Division adult intake 333-4223  
616 America Avenue NW, Bemidji, MN 56601

Beltrami County Local Advisory Council  
Consumers, families, and providers advise the county on local mental health service changes  
Meetings are held monthly, 12:30 to 1:30 pm in the Hope House garage  
If interested, contact Dan Brouse, Beltrami County  333-4223  daniel.brouse@co.beltrami.mn.us

Bemidji State University Disabilities Services  
755-3883  
www.bemidjistate.edu/disabilityservices@bemidjistate.edu  
Office 202, Decker Hall, 1500 Birchmont Drive, Bemidji, MN 56601  
www.bemidjistate.edu//student/services/disability

Bemidji State University Student Center for Health and Counseling  
755-2053  
For enrolled students  
Amanda Gartner, MA LPCC  amanda.gartner@bemidjistate.edu  
Lora Bertelsen, PhD, LP  lora.bertelsen@bemidjistate.edu  
Office 202, Cedar Hall; 1st Floor, 1500 Birchmont Drive, Bemidji, MN 56601  
www.bemidjistate.edu/students/services/health_counseling

Bemidji VA-Community Based Outpatient Clinic  
Contact main desk: 755-6360  
1217 Anne St. NW, Bemidji, MN 56601

Bi-County Community Action Program, Inc. (Bi-CAP)  
www.bicap.org  
Permanent supportive housing for people with disabilities and federally homeless; or chronically homeless, and transitional housing- state homeless families with children; Housing locator  
PO Box 579, Bemidji, MN 56619  Contact: Kirk Karstens, 751-4631

Booshke Mental Health, Inc.  
522 Beltrami Ave. NW, Suite 115  www.booshke.com  
Bemidji, MN 56601  
Contact: Melissa George-Humphrey, MSW, LICSW. 218-760-2222

Bridges Housing Program for People with Mental Illness  
Must be assessed by a mental health professional to use the service  
Contact: Housing and Redevelopment Authority of Bemidji (HRA)  218-444-4522

Cardinal of Minnesota Adult Foster Care  
Contact: Marshall Goughnour, Administrator  755-9530  marshall@cardinalofminnesota.com  
Eastmore, 714 Lake Avenue, Bemidji, MN 56601  cindy@cardinalofminnesota.com  
Annalee, 5809 Annalee Lane NW, Bemidji, MN 56601  www.cardinalofminnesota.com  
Feeling Right, 5091 Feeling Right Lane NW, Bemidji, MN 56601  
Cedar Lane, 3306 Cedar Lane NW, Bemidji, MN 56601
Center for Psychiatric Care  M-F 8:00-5:00  218-444-7013
Appointments are in-person or video conference
Thomas Peterson M.D, Board-Certified Psychiatrist, President
Psychiatrists:; Matthew Pitera M.D; Muhammed Azar M.D; & Tim Peterson M.D. Psychotherapist:
519 Anne Street NW, Suite A  www.centerforpsychiatriccare.com
Bemidji, MN 56601

Community Behavioral Health Hospital
Larry Loudon, Administrator
218-308-2400 (Bemidji)  www.mn.gov/dhs
800 Bemidji Avenue, Bemidji, MN 56601
Central Pre-Admission: 1-866-966-BEDS

Crisis Line (24-Hour) for Beltrami County, Mobile Crisis Team, Hope House staff
1-800-422-0045

Crisis Text Line-Text “MN741741

Disability HUB 1-866-333-2466; M-F, 8:30 a.m.-5 p.m.  www.disabilityhubmn.org
And Disability Benefits 101- information on health coverage, benefits, and employment
Metropolitan Center for Independent Living  http://www.mn.db101.org/
3124 Hannah Ave. NW  www.minnesotahelp.info
Bemidji, MN 56601

Eagles Wing, Inc.  Adult Foster Care available to people with mental illness  218-751-2151
Contact: Robert Nemgar  bnemgav@eagleswinginc.net
5603 Tall Pines Road NE, Bemidji, MN 56601  www.eagleswinginc.net

Eagle Vista Ranch  218-760-0656  eaglevistaranch@gmail.com
Strengths-Based Equine-Assisted Learning and Psychotherapy
Liz Letson, M.S, LPCC Angie Fournier, PhD, LP & Jen Laitala, BS, ES (Equine Specialist)
16150 Golden Eagle Ct NW, Bemidji, MN 56601  www.eaglevistaranch.com

Evergreen Youth and Family Services  www.evergreenyfs.org
Free counseling for youth up to age 25 & parents, 24 Hour Hotline: 751-4332
Youth and Family Counselors 751-8223
610 Patriot Drive NW (Drop In)/ PO Box 662 (Shelter) Bemidji, MN 56619
Gathering of Hearts Support Group (Closed group starting in October). For more information
contact: Kelly Brevig at 218-441-4565, or kbrevig@evergreneyf.org

Face It Together  218-444-9494  Margo Kelsey, Executive Director
408 Beltrami Ave. NW, Suite 100  faceitbemidji.org
Bemidji, MN 56601

Full Circle Counseling and Consulting, LLC (Located at True North)  218-214-1526
Outpatient Therapy
Melissa Truax, MS, LMFT  fullcirclecounselingconsulting@gmail.com
516 Beltrami Ave, Bemidji, MN 56601
Great North Counseling Services, LLC 218-214-6096
Outpatient Therapy-Mental Health, Dual Diagnosis, Chemical Dependency
Contact: Kimberly Carroll, MA, LADC, LPC www.greatnorthcounseling.com
522 Beltrami Ave NW, Suite 10, Bemidji, MN 56601

Grief Support Group
For those grieving the lost of a spouse or partner
First and Third Thursday of each month-4:30-6 p.m.
Sanford Health Neilson Place-Trillium Conference Room
1000 Anne St. NW, Bemidji, MN 56601

Hope House Community Support Program 218-444-6748
Serving people with long-term mental health needs and their families
Available through the crisis line 24 hours/day, seven days/week 1-800-422-0045
REACH family support group, 3rd Tuesday of the month, 7-8:30 p.m.
Robin Wold, Director rwold@paulbunyan.net
PO Box 1097 www.hopehousebemidji.org
Bemidji, MN 56619

Integrative Health and Wellness, Inc. 218-444-3161
Therapeutic services for adults and adolescents, including EMDR therapy
Jody Anderson, LICSW contactus@getintegrative.com
819 Paul Bunyan Dr. S., P.O. Box 639 www.getintegrative.com
Bemidji, MN 56619

Journey, Inc. Adult Foster Care, Consultation, and Community Services
Contact: Gloria Rixen, MS 218-333-8930
PO Box 845 journey@paulbunyan.net
Bemidji, MN 56619

Lake Country Associates 218-444-2233
Family Therapy jessicacroatt@hotmail.com
Jessica Croatt Niemi, MSSW, LISCW, IMH-E(IV) Cell: 218-556-6242
Katherine Meyers, MSW LGSW www.lakecountryassociates.com
1426 Bemidji Ave N, Suite 1
Bemidji, MN 56601

Laura Hansen, MSW, LICSW Counseling Inc. 218-444-5660
Private Practice-Outpatient Therapy laurahansencounselinginc@gmail.com
403 4th Street NW, Suite 110
Bemidji, MN 56601

Lighthouse Lodge, Inc. Adult Foster Care 218-444-1927
Contact: Bryan and Shelly Edwards
3217 Johnson Street NW
Bemidji, MN 56601
Lindell Consulting LLC  218-444-7172
Contact: Tami Lindell, APRN, CNP, Primary Mental Health Nurse Practitioner
702 5th Street NW
Bemidji, MN 56601

MSOCS (MN State Operated Community Services)
Corporate foster care for adults
Adam DeVries, Community Residential Supervisor  218-755-2619
810 Claussen Avenue, Bemidji, MN 56601

NAMI (National Alliance for Mental Illness)  Facebook Page: NAMI-Northwoods/Beltrami
Contact: Jim Aakhus, 218-214-1681 for monthly meeting times  gymaakhus@gmail.com

National Crisis Text Line: Text “MN” to 741741

Nightlights Family Support Group
Contact: Mary Eaton, (218) 751-8153 or 556-5295
meaton@theideacircle.com
Meets at St. Phillip’s Church, St. Elizabeth Room, Bemidji (Last Monday of the month, 7-8:30 pm)
Non-denominational and non-religiously affiliated group
702 Beltrami Avenue NW, Bemidji, MN 56601

Northern Psychological Services
Outpatient Therapy
Marie Kistler, MSEd, LP  218-759-2825
403 4th St NW, Suite 110, Bemidji, MN 56601

North Homes, Inc.  218-751-0282
Outpatient Therapy
Bill Faver, MA, LP, Clinical Director
4225 Technology Dr. NW, Bemidji, MN 56601   www.northhomesinc.org

Occupational Development Center (ODC)
Employment for people with disabilities
Contact: IPS Coordinator  218-751-6001, extension 20
1219 Naylor Drive SE, Bemidji, MN 56601   www.odcmn.org

Park Place of Bemidji
Contact: 444-8717, Brittany Bennett, Site Director
Permanent Supportive Housing-substance use/alcohol/mental health
600 3rd St. NW, Bemidji, MN 56601

Recover Health  218-210-7700
615 Anne St. NW, Suite A   www.recoverhealth.org
Bemidji, MN 56601

Region II Mental Health Initiative
A four county consortium (Beltrami, Clearwater, Hubbard, Lake of the Woods) for improving the path of mental health in the region; consumers, families, and providers participate.
Meetings are the first Monday of each month, 1-3 pm, at the Beltrami County Law Enforcement Center. Beltrami residents call Jeff Lind, 333-4223 - jeffrey.lind@co.beltrami.mn.us
Rural MN Behavioral Health - Located at True North 218-209-5952
Contact: Sarah Tarutis, APMHNP-BC, Advance Practice Nurse
516 Beltrami Ave NW, Bemidji, MN 56601

Sanford Behavioral Health Children's and Adults Mental Health, Substance Use Disorders, Crisis, ACT (Assertive Community Treatment), Access Clinic, ARMHS, and Sexual Assault Treatment
Contact Main Desk for all programs: 218-751-3280
Applications and access hours on website www.umnhcm.org
722 15th Street, Bemidji, MN 56601
Sarah Weinzerl, Psy D, LP,LMFT, Michael Hill,PhD, LP
3124 Hannah Ave. NW, Bemidji, MN 56601

Sanford Medical Center 218-333-5000
Sanford Behavioral Health:
Danae Lund, PhD & Pam Samson PhD, LP pamela.samson@sanfordhealth.org
1233 34th Street NW
Bemidji, MN 56601
Telehealth: 218-333-2105
Mark Tsibulsky, MD, Psychiatrist
1611 Anne Street, Bemidji, MN 56601

Senior Behavioral Health Unit 218-333-0323 “Temporarily Closed”
Inpatient mental health services
www.sanfordhealth.org/locations/sanford-bemidji-senior-behavioral-health-unit
Program Director Tasha Oglesby
800 Bemidji Ave N, Bemidji, MN 56601

Spruce Woods Apartments, Briar Rose and Odayin Adult Foster Care
Program Directors: Deanne Adams, 444-9757; Marcella, 444-0076; Ryan, 444-0079
Includes beds for people in crisis
718 15th Street sprucewoods@rule36ofduluth.com
deanne.adams@rule36ofduluth.com
Bemidji, MN 56601

Stellher Human Services 218-751-5919 www.stellher.com
Providing outpatient therapy
Director: Bill Sargeant
P.O. Box 430, 516 Beltrami Ave. tamara@tamaramason.com
Bemidji, MN 56619

Support Within Reach (formally Sexual Assault Program) sapbchc@paulbunyan.net
Free emotional support and peer counseling- 1-800-708-2727 www.supportwithinreach.org
1510 Bemidji Ave. tamara@tamaramason.com
Bemidji, MN 56601

Tamara Mason, MSW, LICSW, outpatient therapy 218-444-0899
522 Beltrami Avenue, Suite 108 www.tamaramason.com
Bemidji, MN 56601
Teri Kinn Adult Foster Care; residence for people with chemical dependency/mental illness
10240 N Garden Lane NE
Bemidji, MN 56601
751-0583

The Clubb House, Adult Foster Care  218-444-9684
Contact: Debra Beckstrand
1214 First St. East
Bemidji, MN 56601

VA Veteran's Support Group  218-755-6360
Open to any combat veteran with PTSD (Wednesday, 4:30-6 pm)
Mood Group every other Tuesday, 4:30-6pm  grant.bauer@va.gov
VA Clinic, 5th Street, Bemidji
Contact: Grant Bauer, MSW, LICSW

Wellness in the Woods
WRAP training and other mental health supports for rural MN
Contact: Jode Freyholtz-London  218-472-3091
mnwellnessinthewoods@gmail.com  www.mnwitw.org

Wildgen, Wilimek, & Associates  218-751-0887
Mark Wildgen PhD; Jay Wilimek, PhD, LP; Geri Wilimek, LICSW, Robin Hewitt, LMFT, Mark Haugen, John Parkin, & Miriam Tell
1526 30th Street NW
Bemidji, MN 56601

NOTE: This list is posted by Hope House on its website at www.hopehousebemidji.org. The Community Resource Connections mental health button links to this list. Please call Jody Yerbich at 444-6748, ext 101 to add or change items.