

Clinic Name	Insurance	Hours	Add'l Info	Delivery
<p>Adult, Child and Family Services</p> <p>1400 Madison Ave, Suite 610 Mankato, MN 56001 507-387-3777 ACFSMankato.org</p>	<p>Accepts Most</p> <ul style="list-style-type: none"> Blue Plus South Country UCare BCBS Preferred One 	<p>Monday & Friday 8:00 to 5:00</p> <p>Tuesday thru Thursday 8:00 to 8:00</p>	<ul style="list-style-type: none"> Same day crisis Appointments Discount for same day pay. Sliding Scale 2-3 month wait 	<ul style="list-style-type: none"> In-Person
<p>Aware Therapy</p> <p>1704 North Riverfront Dr. Suite 105 Mankato, MN 56001 651-503-3437 AwareTherapy.org</p>	<ul style="list-style-type: none"> Optum UMR, UHR Medica, Surest, BCBS and Health Partners 	<p>Varies</p>	<ul style="list-style-type: none"> ART 	<ul style="list-style-type: none"> In-Person TMH
<p>ASC Psychological Services</p> <p>11 Civic Center Plaza # 1615 Mankato, MN 56001 507-345-4679 ASCPsychological.com</p>	<ul style="list-style-type: none"> BCBS Medica Medical Assistance MNCare UCare SCHA HealthPartners United Behavioral 	<p>M - TH 8:00 to 5:00</p> <p>Friday 8:00 to 12:00</p> <p>Evenings & Weekends by Appt</p>	<ul style="list-style-type: none"> Evaluations Testing Assessments <p>Offers flexible payment options for limited income or financial hardship</p>	<ul style="list-style-type: none"> TMH In-Person
<p>Blue Earth Co. Mental Health</p> <p>410 S. Fifth St. Mankato, MN 56001 507-304-4319 https://www.blueearthcountymn.gov/271/Mental-Health-Services</p>	<p>Accepts Most</p> <ul style="list-style-type: none"> Medicare Medical Assistance Minnesota Care 	<p>Monday thru Friday 8:00 to 5:00</p>	<ul style="list-style-type: none"> Evaluations, Testing, Assessments Sliding Scale 	<p>Mostly In Person</p>
<p>Care Counseling (Formerly Five Rivers)</p> <p>501 N. Riverfront Dr. Mankato, MN 56001 612-223-8898 https://care-clinics.com/locations/mankato/</p>	<ul style="list-style-type: none"> Medical Assistance BCBS & Blue Plus Medica UCare South Country United Healthcare Preferred One (some) Aetna Bind Optum Health EV American PPO 	<p>Monday through Friday 8:00 to 5:00</p>	<ul style="list-style-type: none"> Sliding Scale Immediate Openings 	<ul style="list-style-type: none"> TMH In-Person
<p>Cedar and Ivy Counseling</p> <p>816 S. Front St. Mankato, MN 56001 612.354.6463 cedarandivycounseling@gmail.com</p>	<ul style="list-style-type: none"> Private Pay 	<p>Monday through Friday 11:00 - 5:00 Can be flexible</p>	<ul style="list-style-type: none"> ART Reduced Rates Immediate Openings 	<ul style="list-style-type: none"> TMH In-Person Walk and Talk

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<p>Christian Family Solutions</p> <p>44 Good Counsel Drive Mankato, MN 56001 800-438-1772</p> <p>ChristianFamilySolutions.org</p>	<ul style="list-style-type: none"> • Medicaid • Blue Plus & BCBS • UCare and UMR • Health Partners • South Country Health Alliance • Preferred One • Health Partners • Medicare • United Health Care • Medica • Medica Mayo • All Savers 	<p>Varies</p>	<ul style="list-style-type: none"> • DBT groups • EMDR • CD Groups • CD Assessments • CD Therapy • Sliding Scale • Financial Assistance 	<ul style="list-style-type: none"> • TMH • In-Person
<p>Counseling Services of So. MN</p> <p>226 N. Broad St. Mankato, MN 56001 507-931-8040</p> <p>Also at: 1306 Marshall St., St. Peter</p> <p>counselingservices.org</p>	<ul style="list-style-type: none"> • BCBS • Health Partners • Medicare • Preferred One • UCare • Medicare • Medical Assistance • Others 	<p>Monday thru Thursday 9:00 to 5:00</p> <p>Friday : 8:00 to 4:00</p>	<ul style="list-style-type: none"> • Discount for same day pay. • Sliding Scale • Assessments 	<ul style="list-style-type: none"> • TMH • In-Person
<p>Ellie Mental Health</p> <p>1600 Madison Ave #110 Mankato, MN 56001 651-565-1963</p> <p>https://elliementalhealth.com/locations/mankato-mn</p>	<ul style="list-style-type: none"> • UCare • Health Partners • Blue Cross • Cigna • Medical Assistance • Aetna • Medica • United (UHC) • United Behavioral • Optum • Preferred One • Hennepin Health • America's PPO • TRICARE 	<p>Monday through Friday 9:00 - 5:00</p>	<ul style="list-style-type: none"> • Med Management • Grief • Trauma • EMDR • Couples • Family 	<ul style="list-style-type: none"> • TMH • In-Person
<p>Euonia Family Resource Center</p> <p>521 Pfau St. Mankato, MN 56001 507-779-7366</p> <p>MentalHealthMN.com</p>	<ul style="list-style-type: none"> • BCBS • Health Partners • Medicare • Preferred One • Prime West • Tricare • MN Help • UCare 	<p>Monday, Tuesday, Thursday 8:00 to 7:00</p> <p>Wednesday 8:00 to 6:00</p> <p>Friday : 9:00 to 4:00</p>	<ul style="list-style-type: none"> • Same day crisis Appointments • Discount for same day pay. • Sliding Scale 	<ul style="list-style-type: none"> • TMH • In-Person • Phone
<p>In-Focus Psychotherapy, LLC.</p> <p>209 S. 2nd St. Suite 310 Mankato, MN 56001 406-763-6287</p> <p>Infocuspsychotherapy.com</p>	<ul style="list-style-type: none"> • Does not accept insurance • Private Pay • Good Faith Estimate Offered 	<p>Monday through Thursday 8:00 to 4:30</p> <p>By Appt Only</p>	<ul style="list-style-type: none"> • Adult ADHD Assessments • Prof Development Training • ART • DBT Groups 	<ul style="list-style-type: none"> • TMH • In-Person

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<p>Journeys Toward Healing 151 St. Andrews Ct. #710 Mankato, MN 56001 507-386-7121 Jthcc.org</p>	<ul style="list-style-type: none"> All Insurance EXCEPT Medicare 	<ul style="list-style-type: none"> M & W: 8 to 8 T & TH 8 to 5 F: 8:00 to 4:30 	<ul style="list-style-type: none"> EMDR Diagnostic Assessments 	<ul style="list-style-type: none"> TMH In-Person
<p>Lutheran Social Services 710 S Second St. Mankato, MN 56001 507-625-7660 Lssmn.org</p>	<ul style="list-style-type: none"> Many insurances Medical Assistance Minnesota Car Sliding Scale Payment Schedule 	<p>Tuesday, Wednesday & Thursday 1:00 to 5:00</p>	<ul style="list-style-type: none"> Psychological Testing Diagnostic Assessments Immediate Openings 	<ul style="list-style-type: none"> TMH In-Person
<p>Mankato Clinic Department of Psychiatry and Psychology 1400 Madison Ave, Suite 352 Mankato, MN 56001 507- 387-3195 mankatoclinic.com/psychiatry-1</p>	<ul style="list-style-type: none"> Allina/Aetna America's PPO BCBS/Blue Plus Health Partners Humana Medicare Medicare UCare Minnesota Care Medical Assistance South Country Preferred One Sanford Health Plan TriCare United Behavioral United Health Care Others 	<p>Monday - Friday 7:30 to 5:00</p>	<p>Must have referral from Mankato Clinic doctor.</p>	<ul style="list-style-type: none"> TMH In-Person
<p>Mankato Marriage and Family 510 Long St Suite 101 Mankato, MN 56001 507-625-4884 MMFTC.com</p>	<ul style="list-style-type: none"> Aetna BCBS Ucare Medical Assistance United Healthcare Medicare 	<p>Monday through Friday 9:00 to 5:00</p>	<ul style="list-style-type: none"> Individual Couples Family 	<ul style="list-style-type: none"> TMH In-Person
<p>Mankato Mental Health Assoc. 201 N. Broad St. Suite 308 Mankato, MN 56001 507-625-4448 Mankatomentalhealth.com</p>		<p>Monday - Friday 8:00 to 5:00</p>	<ul style="list-style-type: none"> EMDR Medication Mgmt Sliding Scale 	<ul style="list-style-type: none"> TMH In-Person Phone

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<p>Mankato Psychology Clinic</p> <p>209 South 2nd St. Suite 306 Mankato, MN 56001 507-387-1350</p> <p>mankatopsychologyclinic.com</p>	<ul style="list-style-type: none"> • Aetna • BCBS • Health Partners • Medicaid • Preferred One • South Country • UCare • Blue Plus • Signa • Medica • United Behavioral • United Healthcare • Tricare (some) 	<p>Monday - Thursday 8:00 to 6:00</p> <p>Friday 8:00 to 5:00</p> <p>Later appts available at clinician discretion</p>	<ul style="list-style-type: none"> • Testing • Assessments 	<ul style="list-style-type: none"> • TMH • In-Person
<p>Mayo Clinic Health System</p> <p>Various Locations Mankato, MN 56001 507-594-6500 507-594-5700 (hospital)</p> <p>mayoclinic.org/departments-centers/psychiatry-psychology</p>	<ul style="list-style-type: none"> • Aetna • Allstate • BCBS • Dakota Care • Medica • Medicare • Medicaid • Preferred One • United Healthcare 	<p>Varies</p>	<p>Must be Mayo patient already</p>	<ul style="list-style-type: none"> • TMH • In-Person
<p>Mental Health Collaborative of Mankato</p> <p>3 Civic Center Plaza, Suite 300 Mankato, MN 56001 (507) 837-0429</p> <p>Mhcmankato.com</p>	<ul style="list-style-type: none"> • All major 	<p>Generally 8:00 - 5:00</p>	<ul style="list-style-type: none"> • EMDR • Transforming Touch • Talk Therapy • Couples • Family Therapy • Parenting Skills 	<ul style="list-style-type: none"> • TMH • In-Person
<p>Minnesota Center for Psychology Melanie Huska</p> <p>https://www.minnesotacenterforpsychology.com/provider-bios/melanie-huska</p>	<ul style="list-style-type: none"> • Aetna • BCBS • Cigna • Health Partners • Medica • Medicare • Medical Assistance • Preferred One • UCare • United Healthcare 	<p>Varies</p>	<p>Telehealth Practice Focus on College Students</p>	<ul style="list-style-type: none"> • TMH
<p>Minnesota Mental Health Services</p> <p>530 N. Riverfront Dr. Mankato, MN 56001 507-720-0464</p> <p>Mankatotherapist.com</p>	<ul style="list-style-type: none"> • Not Currently Accepting Insurance 	<p>Monday - Friday 8:00 to 8:00</p> <p>Saturday/Sunday 8:00 to 6:00</p>	<ul style="list-style-type: none"> • Testing • Assessments • Immediate Openings 	<ul style="list-style-type: none"> • TMH • In-Person

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<p>North Counseling</p> <p>100 Warren St. #345 Mankato, MN 56001 507-519-2270</p> <p>Northcounseling.com</p>	<ul style="list-style-type: none"> • BCBS • Medica • Medicare • Mayo Medica • Optum • Sanford • South Country • United Healthcare • Health Partners • Mayo Medica • Prime West • Ucare • United Beh. Health • Cigna 		<ul style="list-style-type: none"> • Diagnostics • Individual Therapy • EMDR 	<ul style="list-style-type: none"> • TMH • In-person
<p>Northfield Dynamic Therapy</p> <p>220 Division St. Northfield, MN 55057 507-581-5920</p> <p>NorthfieldDynamicTherapy.com</p>	<ul style="list-style-type: none"> • Out-of Network 	Varies	<ul style="list-style-type: none"> • Sliding Scale • College Students • Student Athletes • Group Counseling 	<ul style="list-style-type: none"> • TMH
<p>Nystrom and Associates</p> <p>201 N. Broad St. Mankato, MN 56001 507-200-2624</p> <p>Nystromcounseling.com</p>	<p>Depends on Provider:</p> <ul style="list-style-type: none"> • BCBS • Medicare/Medicaid • Health Partners • Humana • Preferred One • Aetna • Prime West • South Country • UBH • Medica • United Healthcare • Signa • UCare • Tricare 	<p>Monday - Thursday 7:00 a.m. to 8:00 p.m.</p> <p>Friday 7:00 a.m. to 5:00 p.m.</p>	<ul style="list-style-type: none"> • Evening Appointments • Substance Abuse • Assessments • Medication Services 	<ul style="list-style-type: none"> • TMH • In-Person
<p>Open Door Health Center</p> <p>309 Holly Lane Mankato, MN 56001 507-344-5512</p> <p>ODHC.org</p>	<p>Accept Most Plans.:</p> <ul style="list-style-type: none"> • Aetna • BCBS • Health Partners • Medica • Medicare/Medicaid • Preferred One • South Country • UCare • United Health Care • Prime West Health 	<p>Monday, Tuesday, Thursday & Friday 8:00 to 5:00</p> <p>Wednesday 9:00 to 5:00</p>	<ul style="list-style-type: none"> • Medical, dental and behavioral health • Sliding Scale • Short Wait Time 	<ul style="list-style-type: none"> • TMH • In-Person

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<p>Pride Counseling Services</p> <p>110 E Walnut St. Mankato, MN 56001 507-246-2667</p> <p>Pridecounselingservices.com</p>	<ul style="list-style-type: none"> • BCBS • UCare • Medica • United Health Care • South Country • Health Partners • Aetna • Preferred One • Cigna • Humana • Medical Assistance 	<p>Monday - Thursday 9:00 a.m. to 5:00 p.m.</p> <p>Friday 9:00 a.m. to 1:00 p.m.</p>	<ul style="list-style-type: none"> • Sliding Scale • Require credit/debit card on file for services 	<ul style="list-style-type: none"> • TMH • In-Person
<p>South Central Crisis Center (Horizon Homes)</p> <p>2100 Bassett Dr. Mankato, MN 56001 877-399-3040</p> <p>HorizonHomes.org</p>		<p>24-Hour Crisis Center</p>	<ul style="list-style-type: none"> • Mobile Crisis • Grant Funding Available if Insurance Doesn't Cover 	<ul style="list-style-type: none"> • TMH • In-Person
<p>Surdy Psychological Services</p> <p>1227 Caledonia St. Mankato, MN 56001 507-388-8874</p> <p>Surdypsychologicalservices.com</p>	<p>Most Major Insurances Accepted</p>	<p>Monday - Thursday 9:00 to 5:00</p> <p>Friday 9:00 to 12:00</p>	<ul style="list-style-type: none"> • Evening Hours • Therapy Dogs • Sliding Scale 	<ul style="list-style-type: none"> • TMH • In-Person
<p>Tom Allen, Ph.D.</p> <p>209 S. 2nd St. Suite 300A Mankato, MN 56001 651-243-0053</p> <p>tom@tomallenphd.com</p> <p>https://www.tomallenphd.com</p>	<ul style="list-style-type: none"> • BCBS • Aetna • Anthem • Medica • Optum • Preferred One • United Healthcare • Health Partners • UMR • Out of Network 	<p>Monday - Friday 8:00 to 5:00</p>	<ul style="list-style-type: none"> • Counseling • Career Counseling • Free Phone Consultation 	<ul style="list-style-type: none"> • TMH • In-Person
<p>Willow Pathways Therapeutic Services</p> <p>881 Madison Ave Mankato, MN 56001 507-225-0450</p> <p>willowpathways.com</p>	<ul style="list-style-type: none"> • BCBS • Blue Plus • Medicaid • Medica • South Country • United Healthcare • UCare • Optum 	<p>Monday - Friday 9:00 to 5:30</p>	<ul style="list-style-type: none"> • Discount for Same-Day Pay 	<ul style="list-style-type: none"> • TMH • In-Person

Crisis Resources

South Central Crisis Center (Mankato) Crisis Line

507-344-0621 or 877-399-3040

988 Suicide & Crisis Lifeline: 988 - call or text

(formerly National Suicide Prevention Lifeline)

Yellow Ribbon Suicide Prevention Hotline:

800-865-0606

Crisis TEXT Line: Text HELLO to 741741

Local Hospital Emergency Room: (507) 625-4031

Mayo Clinic Health System located at 1025 Marsh Street

CADA Crisis Line (Domestic Abuse): (507) 625-7233

GLBT National Hotline: 888-843-4564

Crime Victims Services SafeLine (answered by CADA):

800-630-1425

University Security: (507) 389-2111