

OUR MISSION:

We, as mental health professionals, are committed to providing a comprehensive continuum of services to men, women, and children of all ages, in order to help them lead healthier lives with improved mental health.



Lakes Crisis & Resource Center

Fostering safety, hope, and healing through advocacy, intervention and education.

GET IN TOUCH

1339 Pelican Lane
Detroit Lakes, MN 56501

Business Line: (218) 847.8572
Fax: (218) 847.6113

24-Hour Crisis Hotline
(218) 847.7446 or (877) 754.9683

24-Hour Mental Health Crisis Line
(218) 850.HELP or (877) 380.3621

Find us on Facebook
and "LIKE" us!
www.facebook.com/lakescrisis



Mental Health



Lakes Crisis & Resource Center

Loving ourselves through the process of owning our story is one of the bravest things we'll ever do.

BRENÉ BROWN



OUR SERVICES

Counseling services are available to provide individual therapy to children, adolescents, and adults. Services cover a wide range of mental health concerns along with trauma-based therapy on an individual and group basis.

WHEN TO SEEK COUNSELING

No concerns are insignificant. Some reasons to call a mental health professional include:

- Domestic violence
- Feeling sad, down, or empty
- Sexual assault
- Worries, nervousness, stress
- Mood changes
- Difficult family dynamics
- Sleep disturbances
- Inability to concentrate
- Emotional disruptions
- Relationship concerns

SCHEDULING AN APPOINTMENT

The first step to seeking mental health care is often the most difficult. You can simply stop in or call Lakes Crisis & Resource Center at 218-847-8572 and indicate you'd like to make a mental health appointment. You will be asked some demographic questions at that time. Then one of our mental health professionals will be in contact with you to schedule your first appointment.

Scan the code to go directly to our website:

www.lakescrisis.com

