**State Resources**

Minnesota Department of Education

<https://education.mn.gov/MDE/index.html>

Minnesota Department of Education/Special Education

<https://education.mn.gov/MDE/fam/sped/index.htm>

PACER

PACER provides individual assistance, workshops, publications, and other resources to help families make decisions about education and other services for their child or young adult with disabilities.

<https://www.pacer.org/>

**Local Resources**

Douglas County Social Services

Children’s Mental Health Case Management

Voluntary services that are coordinated with family community support services and are designed to help children with a severe emotional disturbance and the child's family obtain needed mental health, social, educational, health, vocational, and recreational.

<https://www.co.douglas.mn.us/social-services>

320-762-2302

**Local Mental Health Clinics**

Lakeland Mental Health Center

<https://www.lmhc.org/>

320-762-2400

Lutheran Social Services

<https://www.lssmn.org/services/mental-health/locations-and-therapists>

320-762-2154

Psychological Associates

<https://www.psychologicalassociates.net/>

320-762-1762

The Village Family Service Center

<https://www.thevillagefamily.org/>

320-762-8851

Solutions Behavioral Pros

<http://www.solutionsinpractice.org/alexandria-mn>

320-762-5411

**NAMI**

National Alliance on Mental Illness Minnesota

<https://namimn.org/>

**Mobile Crisis Team**

Region 4 South Crisis Team

<https://www.r4sconversations.org/programs/crisis/>

The Region 4 South Mobile Crisis Response Team provides 24/7 mobile mental health services which are short-term, face-to-face services designed to restore a person’s functioning level to pre-crisis levels. The team provides crisis assessment and interventions which offer opportunities to de-escalate a situation or problem and help people develop individualized strategies for their future concerns.The mobile crisis team can be accessed directly by calling 701-364-0431.