

Clinic Name	Insurance	Hours	Add'l Info	Delivery
<p><b>Adult, Child and Family Services</b></p> <p>1400 Madison Ave, Suite 610 Mankato, MN 56001 507-387-3777</p> <p><a href="http://ACFSMankato.org">ACFSMankato.org</a></p>	<p>Accepts Most</p> <ul style="list-style-type: none"> <li>• Blue Plus</li> <li>• South Country</li> <li>• UCare</li> <li>• BCBS</li> <li>• Preferred One</li> </ul>	<p>Monday &amp; Friday 8:00 to 5:00</p> <p>Tuesday thru Thursday 8:00 to 8:00</p>	<ul style="list-style-type: none"> <li>• Same day crisis Appointments</li> <li>• Discount for same day pay.</li> <li>• Sliding Scale</li> <li>• 2-3 month wait</li> </ul>	<ul style="list-style-type: none"> <li>• In-Person</li> </ul>
<p><b>Aware Therapy</b></p> <p>1704 North Riverfront Dr. Suite 105 Mankato, MN 56001 651-503-3437</p> <p><a href="http://AwareTherapy.org">AwareTherapy.org</a></p>	<ul style="list-style-type: none"> <li>• Private Pay</li> <li>• Insurance Not Accepted</li> </ul>	<p>Varies</p>	<ul style="list-style-type: none"> <li>• ART</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> </ul>
<p><b>ASC Psychological Clinic</b></p> <p>12 Civic Center Plaza # 1615 Mankato, MN 56001 507-345-4679</p> <p><a href="http://ASCPsychological.com">ASCPsychological.com</a></p>	<p>Accepts Most</p> <ul style="list-style-type: none"> <li>• BCBS</li> <li>• Medica</li> <li>• Medical Assistance</li> <li>• MNCare</li> <li>• UCare</li> <li>• SCHA</li> <li>• HealthPartners</li> <li>• United Behavioral</li> </ul>	<p>M &amp;W: 8:00 to 6:00</p> <p>T&amp;TH: 8:00 to 5:00</p> <p>Friday 8:00 to 4:00</p>	<ul style="list-style-type: none"> <li>• Evaluations</li> <li>• Testing</li> <li>• Assessments</li> </ul> <p>Offers flexible payment options for limited income or financial hardship</p>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>
<p><b>Blue Earth Co. Mental Health</b></p> <p>410 S. Fifth St. Mankato, MN 56001 507-304-4319</p> <p><a href="https://www.blueearthcountymn.gov/271/Mental-Health-Services">https://www.blueearthcountymn.gov/271/Mental-Health-Services</a></p>	<p>Accepts Most</p> <ul style="list-style-type: none"> <li>• Medicare</li> <li>• Medical Assistance</li> <li>• Minnesota Care</li> </ul>	<p>M &amp;W: 8:00 to 6:00</p> <p>T&amp;TH: 8:00 to 5:00</p> <p>Friday 8:00 to 4:00</p>	<ul style="list-style-type: none"> <li>• Evaluations,</li> <li>• Testing</li> <li>• Assessments</li> <li>• Sliding Scale</li> </ul>	<p>Mostly In Person</p>
<p><b>Care Counseling (Formerly Five Rivers)</b></p> <p>501 N. Riverfront Dr. Mankato, MN 56001 612-223-8898</p> <p><a href="https://care-clinics.com/locations/mankato/">https://care-clinics.com/locations/mankato/</a></p>	<ul style="list-style-type: none"> <li>• Medical Assistance</li> <li>• BCBS &amp; Blue Plus</li> <li>• Medica</li> <li>• UCare</li> <li>• South Country</li> <li>• United Healthcare</li> <li>• Preferred One (some)</li> <li>• Aetna</li> <li>• Bind</li> <li>• Optum</li> <li>• Health EV</li> <li>• American PPO</li> </ul>	<p>Monday through Friday 8:00 to 5:00</p>	<ul style="list-style-type: none"> <li>• Testing and Assessments</li> <li>• Sliding Scale</li> <li>• Immediate Openings</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>
<p><b>Committee Against Domestic Abuse (CADA)</b></p> <p>507-625-3966</p> <p><a href="http://CADAMN.org">CADAMN.org</a></p>		<p>24-Hour Crisis Line 800-477-0446</p>	<p>Shelter and services available for women and children who are victims of domestic abuse.</p>	

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<p><b>Counseling Services of So. MN</b></p> <p>226 N. Broad St. Mankato, MN 56001 507-931-8040</p> <p><a href="http://counselingservices.org">counselingservices.org</a></p>	<ul style="list-style-type: none"> <li>• BCBS</li> <li>• Health Partners</li> <li>• Medicare</li> <li>• Preferred One</li> <li>• UCare</li> <li>• Medicare</li> <li>• Medical Assistance</li> <li>• Others</li> </ul>	<p>Monday thru Thursday 9:00 to 5:00</p> <p>Friday : 8:00 to 4:00</p>	<ul style="list-style-type: none"> <li>• Discount for same day pay.</li> <li>• Sliding Scale</li> <li>• Assessments</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>
<p><b>Christian Family Solutions</b></p> <p>44 Good Counsel Drive Mankato, MN 56001 800-438-1772</p> <p><a href="http://ChristianFamilySolutions.org">ChristianFamilySolutions.org</a></p>	<ul style="list-style-type: none"> <li>• Medicaid</li> <li>• Blue Plus</li> <li>• UCare</li> <li>• Health Partners</li> <li>• South Country Health Alliance</li> <li>• BCBS</li> <li>• Preferred One</li> <li>• Health Partners</li> <li>• Medicare</li> <li>• United Health Care</li> <li>• Medica</li> <li>• Medica Mayo</li> <li>• All Savers</li> <li>• UMR</li> <li>• Golden Rule</li> <li>• Bind</li> </ul>	<p>Varies</p>	<ul style="list-style-type: none"> <li>• DBT groups</li> <li>• EMDR</li> <li>• CD Groups</li> <li>• CD Assessments</li> <li>• CD Therapy</li> <li>• Sliding Scale</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>
<p><b>Euonia Family Resource Center</b></p> <p>521 Pfau St. Mankato, MN 56001 507-779-7366</p> <p><a href="http://MentalHealthMN.com">MentalHealthMN.com</a></p>	<ul style="list-style-type: none"> <li>• BCBS</li> <li>• Health Partners</li> <li>• Medicare</li> <li>• Preferred One</li> <li>• Prime West</li> <li>• Tricare</li> <li>• MN Help</li> <li>• UCare</li> </ul>	<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"> <li>• Same day crisis Appointments</li> <li>• Discount for same day pay.</li> <li>• Sliding Scale</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> <li>• Phone</li> </ul>
<p><b>In-Focus Psychotherapy, LLC.</b></p> <p>209 S. 2nd St. Suite 310 Mankato, MN 56001 406-763-6287</p> <p><a href="http://Infocuspsychotherapy.com">Infocuspsychotherapy.com</a></p>	<ul style="list-style-type: none"> <li>• Does not accept insurance</li> <li>• Private Pay</li> <li>• Good Faith Estimate Offered</li> </ul>	<p>Monday through Thursday 8:00 to 8:00</p>	<ul style="list-style-type: none"> <li>• Adult ADHD Assessments</li> <li>• Professional Development Training</li> <li>• ART</li> <li>• DBT Groups</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>
<p><b>Journey Toward Healing</b></p> <p>915 South Front St. Mankato, MN 56001 507-386-7121</p> <p><a href="http://Jthcc.org">Jthcc.org</a></p>	<ul style="list-style-type: none"> <li>• All Insurance EXCEPT Medicare</li> </ul>	<ul style="list-style-type: none"> <li>• M: 8:00 to 8:00</li> <li>• T: 8:00 to 5:00</li> <li>• W: 8:00 to 8:00</li> <li>• R: 8:00 to 5:00</li> <li>• F: 8:00 to 4:30</li> </ul>	<ul style="list-style-type: none"> <li>• EMDR</li> <li>• Diagnostic Assessments</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>

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<p><b>Lutheran Social Services</b></p> <p>710 S Second St. Mankato, MN 56001 507-625-7660</p> <p><a href="http://Lssmn.org">Lssmn.org</a></p>	<ul style="list-style-type: none"> <li>• Many insurances</li> <li>• Medical Assistance</li> <li>• Minnesota Car</li> <li>• Sliding Scale</li> <li>• Payment Schedule</li> </ul>	<p>Tuesday, Wednesday &amp; Thursday</p> <p>1:00 to 5:00</p>	<ul style="list-style-type: none"> <li>• Psychological Testing</li> <li>• Diagnostic Assessments</li> <li>• Immediate Openings</li> </ul>	<ul style="list-style-type: none"> <li>• TMH only</li> </ul>
<p><b>Mankato Psychology Clinic</b></p> <p>209 South 2nd St. Suite 306 Mankato, MN 56001 507-387-1350</p> <p><a href="http://mankatopsychologyclinic.com">mankatopsychologyclinic.com</a></p>	<ul style="list-style-type: none"> <li>• Aetna</li> <li>• BCBS</li> <li>• Health Partners</li> <li>• Medicaid</li> <li>• Preferred One</li> <li>• South Country</li> <li>• UCare</li> <li>• Blue Plus</li> <li>• Signa</li> <li>• Medica</li> <li>• United Behavioral</li> <li>• United Healthcare</li> <li>• Tricare (some)</li> </ul>	<p>Monday - Thursday</p> <p>8:00 to 6:00</p> <p>Friday</p> <p>8:00 to 5:00</p>	<ul style="list-style-type: none"> <li>• Testing</li> <li>• Assessments</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>
<p><b>Mankato Clinic Department of Psychiatry and Psychology</b></p> <p>1400 Madison Ave, Suite 352 Mankato, MN 56001 507-387-3195</p> <p><a href="http://mankatoclinic.com/psychiatry-1">mankatoclinic.com/psychiatry-1</a></p>	<ul style="list-style-type: none"> <li>• Allina/Aetna</li> <li>• America's PPO</li> <li>• BCBS/Blue Plus</li> <li>• Health Partners</li> <li>• Humana Medicare</li> <li>• Medicare</li> <li>• UCare</li> <li>• Minnesota Care</li> <li>• Medical Assistance</li> <li>• South Country</li> <li>• Preferred One</li> <li>• Sanford Health Plan</li> <li>• TriCare</li> <li>• United Behavioral</li> <li>• United Health Care</li> <li>• Others</li> </ul>	<p>Monday - Friday</p> <p>7:30 to 5:00</p>	<p>Must have referral from Mankato Clinic doctor.</p>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>
<p><b>Minnesota Mental Health Services</b></p> <p>530 N. Riverfront Dr. Mankato, MN 56001 507-242-8014</p> <p><a href="http://Mankatotherapist.com">Mankatotherapist.com</a></p>	<ul style="list-style-type: none"> <li>• Not Currently Accepting Insurance</li> </ul>	<p>Monday - Friday</p> <p>8:00 to 8:00</p> <p>Saturday/Sunday</p> <p>8:00 to 6:00</p>	<ul style="list-style-type: none"> <li>• Testing</li> <li>• Assessments</li> <li>• Immediate Openings</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>
<p><b>Mankato Marriage and Family</b></p> <p>510 Long St Suite 101 Mankato, MN 56001 507-625-4884</p> <p><a href="http://MMFTC.com">MMFTC.com</a></p>	<ul style="list-style-type: none"> <li>• Aetna</li> <li>• BCBS</li> <li>• Ucare</li> <li>• Medical Assistance</li> <li>• United Healthcare</li> <li>• Medicare</li> </ul>	<p>Monday through Friday</p> <p>9:00 to 5:00</p>	<ul style="list-style-type: none"> <li>• Individual</li> <li>• Couples</li> <li>• Family</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>

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<p><b>Mankato Mental Health Assoc.</b> 201 N. Broad St. Suite 308 Mankato, MN 56001 507-625-4448</p> <p><a href="http://Mankatomenalhealth.com">Mankatomenalhealth.com</a></p>		<p>Monday - Friday 8:00 to 5:00</p>	<ul style="list-style-type: none"> <li>• EMDR</li> <li>• Medication Mgmt</li> <li>• Sliding Scale</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>
<p><b>Mayo Clinic Health System</b> Various Locations Mankato, MN 56001 507-594-6500 507-594-5700 (hospital)</p> <p><a href="http://mayoclinic.org/departments-centers/psychiatry-psychology">mayoclinic.org/departments-centers/psychiatry-psychology</a></p>	<ul style="list-style-type: none"> <li>• Aetna</li> <li>• Allstate</li> <li>• BCBS</li> <li>• Dakota Care</li> <li>• Medica</li> <li>• Medicare</li> <li>• Medicaid</li> <li>• Preferred One</li> <li>• United Healthcare</li> </ul>	<p>Varies</p>	<p>Must be Mayo patient already</p>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>
<p><b>Minnesota Center for Psychology Melanie Huska</b></p> <p><a href="https://www.minnesotacenterforpsychology.com/provider-bios/melanie-huska">https://www.minnesotacenterforpsychology.com/provider-bios/melanie-huska</a></p>	<ul style="list-style-type: none"> <li>• Aetna</li> <li>• BCBS</li> <li>• Cigna</li> <li>• Health Partners</li> <li>• Medica</li> <li>• Medicare</li> <li>• Medical Assistance</li> <li>• Preferred One</li> <li>• UCare</li> <li>• United Healthcare</li> </ul>	<p>Varies</p>	<p>Telehealth Practice Focus on College Students</p>	<ul style="list-style-type: none"> <li>• TMH</li> </ul>
<p><b>Northfield Dynamic Therapy</b> 220 Division St. Northfield, MN 55057 507-581-5920</p> <p><a href="http://NorthfieldDynamicTherapy.com">NorthfieldDynamicTherapy.com</a></p>	<ul style="list-style-type: none"> <li>• Out-of Network</li> </ul>	<p>Varies</p>	<ul style="list-style-type: none"> <li>• Sliding Scale</li> <li>• College Students</li> <li>• Student Athletes</li> <li>• Group Counseling</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> </ul>
<p><b>North Counseling</b> 100 Warren St. #345 Mankato, MN 56001 507-519-2270</p> <p><a href="http://Northcounseling.com">Northcounseling.com</a></p>	<ul style="list-style-type: none"> <li>• BCBS</li> <li>• Medica</li> <li>• Medicare</li> <li>• Mayo Medica</li> <li>• Optum</li> <li>• Sanford</li> <li>• South Country</li> <li>• United Healthcare</li> </ul>		<ul style="list-style-type: none"> <li>• Diagnostics</li> <li>• Individual Therapy</li> <li>• EMDR</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-person</li> </ul>

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<p><b>Nystrom and Associates</b></p> <p>201 N. Broad St. Mankato, MN 56001 507-200-2624</p> <p><a href="http://Nystromcounseling.com">Nystromcounseling.com</a></p>	<p>Depends on Provider:</p> <ul style="list-style-type: none"> <li>• BCBS</li> <li>• Medicare/Medicaid</li> <li>• Health Partners</li> <li>• Humana</li> <li>• Preferred One</li> <li>• Aetna</li> <li>• Prime West</li> <li>• South Country</li> <li>• UBH</li> <li>• Medica</li> <li>• United Healthcare</li> <li>• Signa</li> <li>• UCare</li> <li>• Tricare</li> </ul>	<p>Monday - Friday 7:00 to 9:00</p>	<ul style="list-style-type: none"> <li>• Evening Appointments</li> <li>• Substance Abuse</li> <li>• Assessments</li> <li>• Medication Services</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>
<p><b>Open Door Health Center</b></p> <p>309 Holly Lane Mankato, MN 56001 507-344-5512</p> <p><a href="http://ODHC.org">ODHC.org</a></p>	<p>Accept Most Plans.:</p> <ul style="list-style-type: none"> <li>• Aetna</li> <li>• BCBS</li> <li>• Health Partners</li> <li>• Medica</li> <li>• Medicare</li> <li>• Preferred One</li> <li>• South Country</li> <li>• UCare</li> <li>• United Health Care</li> </ul>	<p>Monday, Tuesday, Thursday &amp; Friday 8:00 to 5:00</p> <p>Wednesday 9:00 to 5:00</p>	<ul style="list-style-type: none"> <li>• Medical, dental and behavioral health</li> <li>• Sliding Scale</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>
<p><b>Pride Counseling Services</b></p> <p>100 Warren St. Suite 324 Mankato, MN 56001 507-246-2667</p> <p><a href="http://Pridecounselingservices.com">Pridecounselingservices.com</a></p>	<ul style="list-style-type: none"> <li>• BCBS</li> <li>• UCare</li> <li>• Medica</li> <li>• United Health Care</li> <li>• South Country</li> <li>• Health Partners</li> <li>• Aetna</li> <li>• Preferred One</li> <li>• Cigna</li> <li>• Humana</li> <li>• Medical Assistance</li> </ul>		<ul style="list-style-type: none"> <li>• Sliding Scale</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>
<p><b>River Oaks Counseling Services</b></p> <p>931 Madison Ave Mankato, MN 56001 507-351-5185</p> <p><a href="http://RiverOaksCounselingServices.com">RiverOaksCounselingServices.com</a></p>	<ul style="list-style-type: none"> <li>• BCBS</li> <li>• UCare</li> <li>• South Country</li> <li>• Medical Assistance</li> <li>• Medicaid</li> </ul>	<p>Monday - Friday 8:00 to 5:00</p>	<ul style="list-style-type: none"> <li>• EMDR</li> <li>• Not currently accepting new clients</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>

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<p><b>South Central Crisis Center (Horizon Homes)</b></p> <p>2100 Bassett Dr. Mankato, MN 56001 877-399-3040</p> <p><a href="http://HorizonHomes.org">HorizonHomes.org</a></p>		24-Hour Crisis Center		<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>
<p><b>Surdy Psychological Services</b></p> <p>1227 Caledonia St. Mankato, MN 56001 507-388-8874</p> <p><a href="http://Surdypsychologicalservices.com">Surdypsychologicalservices.com</a></p>	Most Major Insurances Accepted	Monday - Thursday 9:00 to 5:00  Friday 9:00 to 12:00	<ul style="list-style-type: none"> <li>• Evening Hours</li> <li>• Therapy Dogs</li> <li>• Sliding Scale</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>
<p><b>Tom Allen, Ph.D.</b></p> <p>209 S. 2nd St. Suite 300A Mankato, MN 56001 651-243-0053</p> <p><a href="mailto:tom@tomallenphd.com">tom@tomallenphd.com</a></p> <p><a href="https://www.tomallenphd.com">https://www.tomallenphd.com</a></p>	<ul style="list-style-type: none"> <li>• BCBS</li> <li>• Aetna</li> <li>• Anthem</li> <li>• Medica</li> <li>• Optum</li> <li>• Preferred One</li> <li>• United Healthcare</li> <li>• Health Partners</li> <li>• UMR</li> <li>• Out of Network</li> </ul>	Monday - Friday 8:00 to 5:00	<ul style="list-style-type: none"> <li>• Counseling</li> <li>• Career Counseling</li> <li>• Free Phone Consultation</li> </ul>	<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>
<p><b>Willow Pathways Therapeutic Services</b></p> <p>881 Madison Ave Mankato, MN 56001 507-225-0450</p> <p><a href="http://willowpathways.com">willowpathways.com</a></p>	<ul style="list-style-type: none"> <li>• BCBS</li> <li>• Blue Plus</li> <li>• Medicaid</li> <li>• Medica</li> <li>• South Country</li> <li>• Tricare West</li> <li>• United Healthcare</li> <li>• UCare</li> </ul>	Monday, Tuesday, Thursday 8:00 to 7:00  Wednesday 8:00 to 6:00  Friday : 9:00 to 4:00		<ul style="list-style-type: none"> <li>• TMH</li> <li>• In-Person</li> </ul>

**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

**Mankato Public Safety:** 911