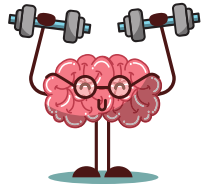


MENTAL WELL-BEING RESOURCES

FOR COTTONWOOD, JACKSON & NOBLES COUNTIES



Windom Area Health

Provides clinical consultations,
medication management &
psychiatric evaluations.

2150 Hospital Drive
Windom, MN

507-831-0670
www.windomareahealth.org

Stepping Stone Counseling

Offers outpatient mental health
therapy for individuals ages 15 &
up.

339 9th St. Suite C
Windom, MN

507-221-0005

Southwest Crisis Center

Provides support & services to
individuals impacted by sexual
and domestic violence and
human trafficking.

Jackson: 507-800-1260
Windom: 507-831-2244
Worthington: 507-376-4311
www.mnswcc.org

Safe Line: 800-376-4311
Text Line: 216-666-8336
Available 24/7

Sanford Health Clinics

Providing various mental health
services at the locations
below.

Mountain Lake
308 8th St.
507-427-3332

Jackson
1430 N. Hwy
507-847-2200

Windom
5941 2nd Ave. N
507-831-2223

Windom - WAH Campus
2170 Hospital Dr.
507-831-4783

RESOURCE LIST COMPILED BY:

THE STATEWIDE HEALTH
IMPROVEMENT PARTNERSHIP
COTTONWOOD, JACKSON &
NOBLES COUNTY

Journeys of Healing

Provides individual counseling and play therapy for children and families.

1029 3rd Ave. Suite 2
Worthington, MN

507-343-3822
www.journeysofhealing.com

Southwestern Mental Health Center

Provides a variety of quality mental health services including community education and outpatient mental health.

Jackson: 507-847-2423
Windom: 507-831-2090
Worthington: 507-376-4141

Minnesota Warmline

Connects you with a Certified Peer Specialist to listen & help.

Phone: 1-877-404-3190
Text: Text SUPPORT to 85511
Available Mon - Sat 12 PM - 10 PM

Minnesota Crisis Text Line

Crisis Text Line offers help to people having a mental health crisis or are contemplating suicide.

Text: MN to 741741
Available 24/7

Mental Health Minnesota

Support for individuals facing stress and anxiety.

Phone: 833-437-3466
Available Mon - Sun 9 AM to 9 PM

Minnesota Farm & Rural Help Line

Phone: 1-833-600-2670
Text Message: Text FARMSTRESS to 898211

National Suicide Prevention Lifeline

Support for people in suicidal crisis or emotional distress.

English: 1-800-273-8255
Español: 1-888-628-9454
Available 24/7

SAMHSA's National Helpline

Provides referrals to local resources for individuals facing mental and/or substance use disorders.

Phone: 1-800-662-4357
Available 24/7