

Clinic Name	Insurance	Hours	Add'l Info	Delivery
Adult, Child and Family Services 1400 Madison Ave, Suite 610 Mankato, MN 56001 507-387-3777 ACFSMankato.org	Accepts Most <ul style="list-style-type: none"> Blue Plus South Country UCare BCBS Preferred One 	Monday & Friday 8:00 to 5:00 Tuesday thru Thursday 8:00 to 8:00	<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
Aware Therapy 1704 North Riverfront Dr. Suite 105 Mankato, MN 56001 651-503-3437 AwareTherapy.org	<ul style="list-style-type: none"> Optum UMR, UHR Medica, Surest, BCBS and Health Partners 	Varies	<ul style="list-style-type: none"> ART 	<ul style="list-style-type: none"> In-Person TMH
Advanced Psychological Services 304 Belle Avenue Mankato, MN 56001 507-888-0001 Advancedpsychologicalservices.com	<ul style="list-style-type: none"> BCBS Medica Cigna MNCare UCare SCHA HealthPartners United HC Others 	M - TH 8:00 to 5:00 Friday 8:00 to 12:00 Evenings & Weekends by Appt	<ul style="list-style-type: none"> Evaluations Testing Assessments Offers flexible payment options for limited income or financial hardship	<ul style="list-style-type: none"> TMH In-Person
ASC Psychological Services 11 Civic Center Plaza # 1615 Mankato, MN 56001 507-345-4679 ASCPsychological.com	<ul style="list-style-type: none"> BCBS Medica Medical Assistance MNCare UCare SCHA HealthPartners United Behavioral 	M - TH 8:00 to 5:00 Friday 8:00 to 12:00 Evenings & Weekends by Appt	<ul style="list-style-type: none"> Evaluations Testing Assessments Offers flexible payment options for limited income or financial hardship	<ul style="list-style-type: none"> TMH In-Person
Blue Earth Co. Mental Health 410 S. Fifth St. Mankato, MN 56001 507-304-4319 https://www.blueearthcountymn.gov/271/Mental-Health-Services	Accepts Most <ul style="list-style-type: none"> Medicare Medical Assistance Minnesota Care 	Monday thru Friday 8:00 to 5:00	<ul style="list-style-type: none"> Evaluations, Testing Assessments Sliding Scale 	Mostly In Person
Care Counseling (Formerly Five Rivers) 501 N. Riverfront Dr. Mankato, MN 56001 612-223-8898 https://care-clinics.com/locations/mankato/	<ul style="list-style-type: none"> Medical Assistance BCBS & Blue Plus Medica UCare South Country United Healthcare Preferred One Aetna Bind Health EV American PPO 	Monday through Friday 8:00 to 5:00	<ul style="list-style-type: none"> Sliding Scale Immediate Openings 	<ul style="list-style-type: none"> TMH In-Person

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Cedar and Ivy Counseling 816 S. Front St. Mankato, MN 56001 612.354.6463 cedarandivycounseling@gmail.com	<ul style="list-style-type: none"> Private Pay 	Monday through Friday 11:00 - 5:00 Can be flexible	<ul style="list-style-type: none"> ART Reduced Rates Immediate Openings 	<ul style="list-style-type: none"> TMH In-Person Walk and Talk
Christian Family Solutions 44 Good Counsel Drive Mankato, MN 56001 800-438-1772 ChristianFamilySolutions.org	<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 	Varies	<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
Counseling Services of So. MN 226 N. Broad St. Mankato, MN 56001 507-931-8040 Also at: 1306 Marshall St., St. Peter counselingservices.org	<ul style="list-style-type: none"> BCBS Health Partners Medicare Preferred One UCare Medicare Medical Assistance Others 	Monday thru Thursday 9:00 to 5:00 Friday : 8:00 to 4:00	<ul style="list-style-type: none"> Discount for same day pay. Sliding Scale Assessments 	<ul style="list-style-type: none"> TMH In-Person
Ellie Mental Health 1600 Madison Ave #110 Mankato, MN 56001 651-313-8080 https://elliementalhealth.com/locations/mankato-mn	<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 	Monday through Friday 9:00 - 5:00	<ul style="list-style-type: none"> Med Management Grief Trauma EMDR Couples Family 	<ul style="list-style-type: none"> TMH In-Person
Euonia Family Resource Center 521 Pfau St. Mankato, MN 56001 507-779-7366 MentalHealthMN.com	<ul style="list-style-type: none"> BCBS Health Partners Medicare Preferred One Prime West Tricare MN Help UCare 	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"> Same day crisis Appointments Discount for same day pay. Sliding Scale 	<ul style="list-style-type: none"> TMH In-Person Phone

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In-Focus Psychotherapy, LLC. 209 S. 2nd St. Suite 310 Mankato, MN 56001 406-763-6287 infocuspsychotherapy.com	<ul style="list-style-type: none"> Does not accept insurance Private Pay Good Faith Estimate Offered 	Monday through Thursday 8:00 to 4:30 By Appt Only	<ul style="list-style-type: none"> Adult ADHD Assessments Prof Development Training ART DBT Groups 	<ul style="list-style-type: none"> TMH In-Person
Journeys Toward Healing 151 St. Andrews Ct. #710 Mankato, MN 56001 507-386-7121 jthcc.org	<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
Lutheran Social Services 710 S Second St. Mankato, MN 56001 507-625-7660 lssmn.org	<ul style="list-style-type: none"> Many insurances Medical Assistance Minnesota Car Sliding Scale Payment Schedule 	Tuesday, Wednesday & Thursday 1:00 to 5:00	<ul style="list-style-type: none"> Psychological Testing Diagnostic Assessments Immediate Openings 	<ul style="list-style-type: none"> TMH In-Person
Mankato Clinic Department of Psychiatry and Psychology 1400 Madison Ave, Suite 352 Mankato, MN 56001 507-387-3195 mankatoclinic.com/psychiatry-1	<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 	Monday - Friday 7:30 to 5:00	Must have referral from Mankato Clinic doctor.	<ul style="list-style-type: none"> TMH In-Person
Mankato Marriage and Family 510 Long St Suite 101 Mankato, MN 56001 507-625-4884 MMFTC.com	<ul style="list-style-type: none"> Aetna BCBS Ucare Medical Assistance United Healthcare Medicare 	Monday through Friday 9:00 to 5:00	<ul style="list-style-type: none"> Individual Couples Family 	<ul style="list-style-type: none"> TMH In-Person
Mankato Mental Health Assoc. 201 N. Broad St. Suite 308 Mankato, MN 56001 507-625-4448 Mankatomenalhealth.com		Monday - Friday 8:00 to 5:00	<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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Mankato Psychology Clinic 209 South 2nd St. Suite 306 Mankato, MN 56001 507-387-1350 mankatopsychologyclinic.com	<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) 	Monday - Thursday 8:00 to 6:00 Friday 8:00 to 5:00 Later appts available at clinician discretion	<ul style="list-style-type: none"> • Testing • Assessments 	<ul style="list-style-type: none"> • TMH • In-Person
Mayo Clinic Health System Various Locations Mankato, MN 56001 507-594-6500 507-594-5700 (hospital) mayoclinic.org/departments-centers/psychiatry-psychology	<ul style="list-style-type: none"> • Aetna • Allstate • BCBS • Dakota Care • Medica • Medicare • Medicaid • Preferred One • United Healthcare 	Varies	Must be Mayo patient already	<ul style="list-style-type: none"> • TMH • In-Person
Mending Roots Therapy 1227 Caledonia St. Mankato, MN 56001 507-388-8874 mending-roots-therapy.com	<ul style="list-style-type: none"> • Most 	Monday - Thursday 9:00 to 5:00 Friday 9:00 to 12:00	<ul style="list-style-type: none"> • Discounts for Uninsured 	<ul style="list-style-type: none"> • TMH • In-Person
Mental Health Collaborative of Mankato 3 Civic Center Plaza, Suite 300 Mankato, MN 56001 (507) 837-0429 Mhcmankato.com	<ul style="list-style-type: none"> • All major 	Generally 8:00 - 5:00	<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
Minnesota Center for Psychology Melanie Huska https://www.minnesotacenterforpsychology.com/provider-bios/melanie-huska	<ul style="list-style-type: none"> • Aetna • BCBS • Cigna • Health Partners • Medica • Medicare • Medical Assistance • Preferred One • UCare • United Healthcare 	Varies	Telehealth Practice Focus on College Students	<ul style="list-style-type: none"> • TMH

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Minnesota Mental Health Services 530 N. Riverfront Dr. Mankato, MN 56001 507-720-0464 Mankatotherapist.com	<ul style="list-style-type: none"> Not Currently Accepting Insurance 	Monday - Friday 8:00 to 8:00 Saturday/Sunday 8:00 to 6:00	<ul style="list-style-type: none"> Testing Assessments Immediate Openings 	<ul style="list-style-type: none"> TMH In-Person
North Counseling 100 Warren St. #345 Mankato, MN 56001 507-519-2270 Northcounseling.com	<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
Northfield Dynamic Therapy 220 Division St. Northfield, MN 55057 507-581-5920 NorthfieldDynamicTherapy.com	<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
Nystrom and Associates 201 N. Broad St. Mankato, MN 56001 507-200-2624 Nystromcounseling.com	Depends on Provider: <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 	Monday - Thursday 7:00 a.m. to 8:00 p.m. Friday 7:00 a.m. to 5:00 p.m.	<ul style="list-style-type: none"> Evening Appointments Substance Abuse Assessments Medication Services 	<ul style="list-style-type: none"> TMH In-Person

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Open Door Health Center 309 Holly Lane Mankato, MN 56001 507-344-5512 ODHC.org	Accept Most Plans.: <ul style="list-style-type: none"> • Aetna • BCBS • Health Partners • Medica • Medicare/Medicaid • Preferred One • South Country • UCare • United Health Care • Prime West Health 	Monday, Tuesday, Thursday & Friday 8:00 to 5:00 Wednesday 9:00 to 5:00	<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
Pride Counseling Services 110 E Walnut St. Mankato, MN 56001 507-246-2667 Pridecounselingservices.com	<ul style="list-style-type: none"> • BCBS • UCare • Medica • United Health Care • South Country • Health Partners • Aetna • Preferred One • Cigna • Humana • Medical Assistance 	Monday - Thursday 9:00 a.m. to 5:00 p.m. Friday 9:00 a.m. to 1:00 p.m.	<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
South Central Crisis Center (Horizon Homes) 2100 Bassett Dr. Mankato, MN 56001 877-399-3040 HorizonHomes.org		24-Hour Crisis Center	<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
Surdy Family Services 709 S Front St, Suite 2 Mankato, MN 56001 507-304-7020 surdyfamilyservices.com	Most Major Insurances Accepted	Monday - Thursday 10:00 to 5:00 Friday 10:00 to 2:00 Evenings on Request	<ul style="list-style-type: none"> • Medication Mgmt • Individual, Family, Couples Therapy • Sliding Scale • Payment Plans 	<ul style="list-style-type: none"> • TMH • In-Person

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Tom Allen, Ph.D. 112 E Liberty St. Mankato, MN 56001 651-243-0053 tom@tomallenphd.com https://www.tomallenphd.com	<ul style="list-style-type: none"> • BCBS • Aetna • Anthem • Medica • Optum • Preferred One • United Healthcare • Health Partners • UMR • Out of Network 	Monday - Friday 8:00 to 5:00	<ul style="list-style-type: none"> • Counseling • Career Counseling • Free Phone Consultation • EMDR • CBT 	<ul style="list-style-type: none"> • TMH • In-Person
Willow Pathways Therapeutic Services 881 Madison Ave Mankato, MN 56001 507-225-0450 willowpathways.com	<ul style="list-style-type: none"> • BCBS • Blue Plus • Medicaid • Medica • South Country • United Healthcare • UCare • Optum 	Monday - Friday 9:00 to 5:30	<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

Mankato Public Safety: 911