

## **PROVIDER RESOURCES:**

### **PSYCHIATRIC ASSISTANCE LINE (PAL)**

The Psychiatric Assistance Line (PAL) is a free service available to health professionals Monday through Friday from 8:00 am to 6:00 pm. Any healthcare provider can call for mental health triage and referral, or for a consultation with a Board Certified Child and Adolescent Psychiatrist regarding a patient. This is a free service provided by PrairieCare Medical Group through a grant from DHS. <https://www.mnpsychconsult.com/>

### **MINNESOTA CRISIS STABILIZATION SERVICES**

- **Safe Harbor:** Short term adult crisis residential stabilization services in Brainerd, MN  
Call: 218-454-3844  
Visit their website at: <https://www.npmh.org/safe-harbor-services>
- **New Leaf Healing Center:** Short Term Crisis Stabilization facility in Cohasset, MN  
Call: 218-910-4855  
Visit their website at: <https://www.newleafhealingcenter.com/?en-GB>

### **LOCAL MENTAL HEALTH PROVIDERS**

#### **ONLINE RESOURCES**

#### **ONLINE RESOURCES FOR SPECIAL POPULATIONS**

YOUTH

LGBTQ+ YOUTH

PARENTS

CAREGIVERS

MEN

OLDER ADULTS

VETERANS