

# MEDICAL CARE

Child and Teen Checkups are a benefit of Medical Assistance health plans, with no out-of-pocket fees.

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## Clinics

### **Allina Health Cambridge Medical Center** (763-689-8700)

- 701 S Dellwood St, Cambridge

### **Allina Health Isanti Clinic** (763-688-9700)

- 300 5th Ave NE, Isanti

### **M Health Fairview Clinic**

- 5366 386th St, North Branch (651-674-8353)
- 5200 Fairview Blvd, Wyoming (651-982-7000)

### **M Health Fairview Northland Medical Center** (855-324-7843)

- 911 Northland Dr, Princeton

### **Welia Health** (320-679-1212)

- 301 Highway 65 S, Mora



## MEDICAL CARE

### Medications and Prescriptions

#### **GoodRx** (855-268-2833)

- Free coupons for select prescriptions.

#### **MN Drug Card** (mndrugcard.com)

- Free statewide prescription assistance program for all Minnesotans

#### **Prescription Drug Drop Box**

- 2440 S Main St, Cambridge
- Drop unused or expired prescriptions or over-the-counter medications. No needles or chemotherapy or radioactive waste.

#### **Rx Outreach** (1-888-796-1234)

- Check eligibility online at Rxoutreach.org

#### **SingleCare** (singlecare.com)

- Sign up for coupons on select prescriptions to use at local pharmacies.



# MEDICAL CARE

## Sports Physicals

### Cambridge

- **Allina Health Cambridge Clinic** (763-689-8700)
  - 701 S Dellwood St, Cambridge
- **Comprehensive Health Clinics** (763-689-2462)
  - 137 2nd Ave SW, Cambridge
- **Total Health Chiropractic** (763-689-1110)
  - 911 Main St S, Cambridge

### Braham

- **Core Chiropractic** (320-396-3375)
  - 120 Central Dr W, Braham

### North Branch

- **Perrault Chiropractic** (651-674-4833)
  - 6361 Main St, North Branch

### Statewide

- **MinuteClinic/CVS Pharmacies** (866-389-2727)
  - Multiple locations



Prevent. Promote. Protect.

1700 E Rum River Dr. S, Cambridge MN 55008 | 763-689-1711

# MENTAL HEALTH

Mental health affects how we think, feel, and act, handle stress, relate to others, and make choices. If you or someone you know is struggling with their mental health, the first step is to call for help.

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## County Services

- **Isanti County Behavioral Health** (763-689-1711)
  - 1700 E Rum River Dr S, Suite A, Cambridge

## Mental Health Providers

### Cambridge

- **Allina Health Outpatient Addiction Services** (763-688-8221)
  - 522 11th Ave SW, Cambridge
- **Family Based Therapy Associates** (763-689-9407)
  - 237 2nd Ave SW Suite 117, Cambridge
- **Lighthouse Child and Family Services** (320-983-2335)
  - 340 Garfield St S, Cambridge
- **Nystrom & Associates, Ltd** (763-325-0300)
  - 817 N Main St, Cambridge
- **Therapeutic Services Agency** (320-629-7600)
  - 200 3rd Ave NE, Cambridge
- **Introspect Mental Health** (763-465-6700)
  - 144 2nd Ave SE, Cambridge

# MENTAL HEALTH

## Mental Health Providers

### Isanti

- **Serenity Circle** (763-600-2911)
  - 201 Main St W, Isanti
- **River Counseling** (763-444-5567)
  - 711 6th Ave NE, Isanti

### Princeton

- **Lighthouse Child and Family Services** (320-983-2335)
  - 1626 18th St, Princeton - day treatment
  - 124 N Rum River Drive, Princeton - day treatment
  - 340 Garfield St S, Cambridge
  - 150 10th St NW, Suite 2, Milaca

### North Branch

- **Canvas Health** (651-777-5222)
  - 5842 Old Main St Suite 2, North Branch

### St. Paul

- **Pregnancy and Postpartum Support MN** (1-800-944-4773)
  - 2136 Ford Parkway Suite 5269, St. Paul



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# MENTAL HEALTH

## Mental Health Crisis

### **Crisis Text Line** (Text MN to 741741)

- 24/7 suicide prevention resource, with confidential crisis counselors.

### **East Central Crisis Services (ECCS)** (651-674-8822)

- 38625 14th Ave, Suite 300D, North Branch
- Free 24 hour hotline for anyone in need of counseling and support.

### **National Alliance on Mental Illness of MN** (651-645-2948)

- 1919 University Ave W, Suite 400, St Paul
- Works with individuals, their families, professionals and the community at large by providing education, support and advocacy

### **National Suicide Prevention Lifeline** (988)

- 24/7 free and confidential emotional support.

### **United Way** (211, or 651-291-0211)

- Multilingual free and confidential helpline available 24/7. Helps people access information for human services.



Region 7E  
Adult Mental  
Health Initiative  
Resource Guides  
Available

Visit  
[AdultMentalHealth.org](http://AdultMentalHealth.org)

