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|  |  | Depression/Anxiety |
| **WHEN TO SEEK EMERGENCY CARE:**People with depression/anxiety should go to the emergency room or call 911 if they are: having suicidal thoughts, thoughts of self-harm, or are a danger to themselves or others.Contact**PHONE:****763-333-7733** *24-hour access to care***FAX:****763-333-7711****WEBSITE:****childandteenmedicalcenter.com****EMAIL:****info@childandteenmedicalcenter.com**LOCATIONS:**Blaine:**11107 Ulysses Street NE, Suite 100Blaine, MN 55434**Fridley:**7225 University Ave. Fridley, MN 55432PROVIDERS:Kaylee Adams, CNPJennifer Benton, CNPCatherine Chang, MD John Hollerud, MDJennifer Rousseau, MDStephen Sitrin, MDBenjamin Williams, CNP Molly Wirtz, CNP |  | Crisis Assistance* Call “\*\*CRISIS” (\*\*274747) from a cell phone or text MN to 741741
	+ Free help for those having a mental health crisis
* Canvas Health 24-hour Crisis Line: 763-755-3801
* University of Minnesota Riverside Emergency Department
	+ 2312 South 6th Street, Minneapolis, MN 55454
	+ Behavioral Emergency: 612-273-5640
	+ Behavioral Info: 612-672-6402

Local mental health providers* **Natalis Counseling and Psychology (see CTMC patients)**
	+ Scheduling 763-333-7733
	+ Provider line for establish patients: 651-739-7539
	+ <https://www.natalispsychology.com/>
* **Dr. Robert Van Siclen (See CTMC patients)**
	+ Scheduling: 763-333-7733
	+ <http://www.drvansiclen.com/>
* Lee Carlson
	+ 763-780-3036
	+ <https://leecarlsoncenter.org/>
* Family Innovations
	+ 763-421-5535
	+ <https://www.familyinnovations.com/>
* Nystrom and Associates
	+ 763-284-3706
	+ <https://www.nystromcounseling.com/>
* Prairie Care
	+ 763-762-8800
	+ <https://www.prairie-care.com/>

what to expectPatients diagnosed with anxiety and/or depression will need to be seen on a regular basis with a Child and Teen Medical Center (CTMC) provider. Depression/anxiety patients may also be referred to a mental health provider for psychological testing, on-going therapy sessions and/or complex medication managementImportant to know:***Depression and anxiety can make it hard for you to deal with everyday situations. By using some of these self-care strategies, you can take some of the stress out of your life.**** Eat healthy. Eat a balance of protective, nutrient-dense foods. These foods include fresh fruits, vegetables, legumes, whole grains, lean meats, cold-water fish, eggs, low-fat dairy, soy products, nuts and seeds. Avoid processed and high sugar foods and drinks
* Drink plenty of water and limit caffeine intake
* Get plenty of rest (7-8 hours per night)
* Exercise 30-60 minutes daily (walking, biking, swimming, weightlifting, etc.)
* Shower/bathe regularly
* Disconnect from electronics and social media
* Engage in activities and/or hobbies that create happiness and promote creativity (color, journal, puzzles, paint, read a book)
* Volunteer or help someone in need
* See a mental health counselor on a regular basis
* Take depression/anxiety medications as prescribed by your provider
* Engage in relaxation activities (deep breathing, yoga, meditation)

Helpful stress relief/relaxation apps for android or iphone * My3
* Calm-Harm
* Virtual Hopebox
* COVID coach
* Calm
* Insight Timer
* Moshi Twilight
* Stop, Breathe, Think app
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