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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 100  Blaine, MN 55434  **Fridley:**  7225 University Ave.  Fridley, MN 55432 PROVIDERS: Kaylee Adams, CNP  Jennifer Benton, CNP  Catherine Chang, MD  John Hollerud, MD  Jennifer Rousseau, MD  Stephen Sitrin, MD  Benjamin 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 expect Patients 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 management Important 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 |