COMMON DISORDERS OR MENTAL HEALTH PROBLEMS

Adjustment Disorders: Short-term or less than six months in duration. Poor response to a major life stressor, inability to cope. May be characterized by physical complaints, anxiety, depression, fast changes in mood, or confusion.

Anxiety/Panic Disorders: Unusual restlessness, uncontrollable intense fear, inability to leave the house or face others or situations, avoidance of places or people, unable to stop thinking about something.

Depression: Unusual sadness, a low mood, low self-esteem, loss of energy, crying for no reason, unexplained anger or confusion, self-doubt, suicidal thoughts, loss of appetite, insomnia or too much sleep.

Personality Disorders: Long-term patterns of behavior that interfere with relationships or ability to communicate. Attention-seeking, self-injures or self-destructive behavior. Lack regard for others.

Mania: Hyperactive, pacing, compulsive eating or other behavior, racing thoughts or speech, decreased need for sleep, inflated self-esteem. May or may not accompany a depressive episode, preceding or after.

COUNSELING SERVICES

WOODLAND CENTERS
Montevideo Office
517 N. 17th St.
P.O. Box 187
Montevideo, MN 56265
320-269-6581 Toll Free: 1-800-992-1716

* Individual Therapy
* Therapy Groups
* Family Counseling
* Marital Therapy

* Family Based Counseling (for children & families)
Contact: Chippewa County Family Services
* You may also turn to your pastor or doctor for guidance.
* If you are a student and would like to talk to someone within your school, please talk to your school Social Worker or Counselor, or contact the school office for more information.

EMERGENCY/CRISIS

* Woodland Centers-Crisis Center
24 Hour Crisis Line: 1-800-992-1716
Willmar: 320-235-4613

* Sexual Abuse Advocacy Services
Pathways – 1-888-564-4894
* Chippewa County Sheriff’s Department
Montevideo 320-269-2121
* Yellow Medicine County Sheriff’s Department
Granite Falls 320-564-2130
* Montevideo Police Department
320-269-8808
* Tri-County General Crime Number
320-269-3095
* Shelter House
320-269-6520
* Women’s Rural Advocate Program (WRAP)

EMPLOYMENT SERVICES
Workforce Center
129 W. Nichols Ave
Montevideo, MN 56265 320-269-5561

* Southwest Private Industry Council (PIC)
* Division of Rehabilitation Services (DRS)
* Job Service
* Re-employment insurance
* Green Thumb
* State Services for the Blind

FINANCIAL SERVICES

Chippewa County Family Services
320-269-6401 or 1-877-450-6401
ask for Financial Intake Worker

* TEFRA (MA for children with severe emotional behaviors)
* MN Family Investment Program
* Food Stamps
* General Assistance
* General Assistance Medical Care
* Child Support collections for non-public & public assistance recipients
* Medical Assistance for Employed Persons with Disabilities
* MN Supplemental Assistance
* Minnesota Care (Health Care Program)
* Prescription Drug Program
* Social Security Office: 507-532-3510

LEGAL SERVICES

* Western Minnesota Legal Services
1-800-662-4011
* Montevideo Satellite Office
320-269-6857
* Migrant Legal Aid

NATIVE AMERICAN INDIAN HEALTH SERVICES & SOCIAL SERVICES

Upper Sioux Community Center
P.O. Box 147
Granite Falls, MN 56241 320-564-4900

Okiciyapi 1-320-564-4894

Native American Sexual Assault Victim’s Services
320-894-7756

Beginning Experience
For adults who are divorced or who have lost a spouse. 1-507-532-3770
MENTAL HEALTH SERVICES

For Adults & Children
Chippewa County Family Services
719 N. 7th St.
Community Service Building-Suite 200
320-269-6401 or 1-877-450-6401

Woodland Centers
517 N. 17th St.
P.O. Box 187
Montevideo, MN 56265
320-269-6581 or 1-800-992-1716

* Case Management:
Chippewa County Family Services
* Pre-petition Screenings:
Chippewa County Family Services
* Assist with Residential Placements:
Chippewa County Family Services
* Community Support Services:
Woodland Centers and/or Chippewa County Family Services
* Day Treatment:
(Adults) Woodland Centers
(Children) Contact your School
* Women’s Shelter:
1-800-476-3234
* Education/Public Speaking:
Chippewa County Family Services & Woodland Centers
* Information & Referral:
Chippewa County Family Services & Woodland Centers
* New Beginnings Drop-In Center for Adults
1-320-269-0985
* Western Plains
Chippewa County Family Services

PRAIRIE FIVE COMMUNITY ACTION COUNCIL

Community Service Building
Montevideo, MN 56265
320-269-6578 1-800-292-5437
* Heat Assistance * Housing
* Money Management * RIDES program
* Food Shelf * Budgeting
* Senior Dining * Head Start
* Clothing Centers * Child Care Resource
and Referral

HOSPITALS

* Chippewa County Montevideo Hospital
320-269-8878
* Rice Memorial Hospital Willmar
320-235-4543
* Granite Falls Municipal Hospital & Manor
320-564-3111

CLINICS

* Montevideo Clinic
320-269-6435
* Satellite Clinics
Clarkfield 320-669-4417
Milan 320-734-4632
Clara City 320-847-3711
* Granite Medical Center Granite Falls
320-564-2511

IN-PATIENT PSYCHIATRIC SERVICES

* Willmar Regional Treatment Center (WRTC)
320-231-5100
* Rice Memorial Hospital
320-231-4560

Brochures Provided By:
Chippewa County Local Mental Health Advisory Council