

LOCAL MENTAL HEALTH PROVIDERS:

AITKIN COUNTY

- **Clearview Counseling** 38382 Dove Street, Unit #2, Aitkin. Call: 218-330-4303
- **Dori Atkins-Carlson:** Aitkin, McGregor, & Tamarack. Call: 218-820-2228.
- **New Beginnings Counseling:** 204 2nd Street NW, Aitkin. Call: 218-429-0105. Visit their website at: <https://newbeginningcounseling.com/>
- **Northern Pines Mental Health Center:** 13 3rd St NE, Aitkin. Call: 320-639-2025. Visit their website at: <https://www.npmh.org/>
- **Northland Counseling:** 20 3rd Street NE, Aitkin. Call: 218-670-0005. Visit their website at: <https://northlandcounseling.org/>
- **Riverwood Healthcare Center Behavioral Health Clinic:** 200 Bunker Hill Drive, Aitkin. Call 218-394-2490. Visit their website at: <https://riverwoodhealthcare.org/services/behavioral-health-services/>

WELLNESS IN THE WOODS

- **Peer Support Connection MN Warmline (PSC):** If you need someone to talk with, are feeling isolated, depressed, or anxious, you can contact the MN Warmline. PSC is a safe and free way for individuals to receive confidential and anonymous one on one peer support from trained Peers, Certified Peer Support Specialists, and Recovery Coaches. Available from 5 PM - 9 AM (7 days a week/365 days a year) **Call: 1-844-739-6369.**
If you want to specifically talk to an **African American Peer**
Available on Tuesday or Thursday from 5pm-9pm **Call: 1-844-244-5050**
Visit their website for more information: [Peer Support Connection MN Warmline](#)
- **VIRTUAL PEER SUPPORT NETWORK (VPSN):** Join meetings by ZOOM or by phone. Each meeting will provide tools to help you lead a healthier happier life. VPSN offers sessions that focus on specific topics, such as recovery support, senior living, LGBTQ+ support and more.
Available from 9 AM-5 PM (7 days a week)
Visit their website to view their training calendar or join a meeting: [Virtual Peer Support Network \(VPSN\) — Wellness in the Woods](#)