

Mental Health

Agency/Program	Contact	Services
A Balanced Mind Psych Wellness 4023 State St. Ste 100 Bismarck, ND	(701) 751-3737	Insurance accepted: Aetna Choice POS II, Aetna Managed Choice POS Open Access, Aetna Signature, Administrators PPO, BCBS Blue Card PPO Conditions treated: Anxiety Phobic Disorders, Anxiety Dissociative and Somatoform Disorders, Attention Deficit Disorder (ADD), Bipolar Disorder, Depressive Disorders, Eating Disorders, Obsessive-Compulsive Disorder (OCD), Post Traumatic Stress Disorder (PTSD)
ADAPT, Inc 1720 Burnt Boat Dr #108 Bismarck, ND	(701) 255-3717	- Drug /Alcohol Services Please refer to Alcohol/Substance Abuse Treatment section
Alliance Mediation and Therapy, PC 418 E Broadway Ave Ste 216 Bismarck, ND	(701) 203-4264	mental health and addiction services for youth/adults/families, therapeutic approaches, including CBT, DBT, Solution & Strengths Based Focused strategies Sliding Scale: Yes Accepts Insurance: Yes Accepted Insurance Plans •Aetna •BlueCross and BlueShield •Coventry •Medica •Medicaid •PreferredOne •Sanford Health Plan •TRICARE •United
Anchor Christian Counseling 1501 N 12 th St. Ste 2 Bismarck, ND	(701) 255-3325	Professional, faith based counseling
Archway Mental Health Services 900 E Broadway Ave Bismarck, ND	(701) 530-7300 or (800) 732-9980	-Child and adolescent services -Adult services -Geriatric adult services -Family services
Bismarck VA Community Based Outpatient Clinic- US Dept of Veterans Affairs 2700 State St, Bismarck, ND	(701) 221-9125	Primary care services for veterans in the Bismarck area. • Behavioral Health services. • Handicapped Accessible: full and easy access for all veterans. • Personal Care: Highly qualified primary care providers, specialty care referrals to the Fargo VA Medical Center
Catholic Charities 600 S 2 nd St. Ste 202 Bismarck, ND	(701) 255-1793	-Pregnancy, Parenting and Adoption Services -Adults Adopting Special Kids (Aask) -Guardianship Services -Counseling Services -Disaster Response -Resource Referral -Speakers Bureau
Chambers & Blohm Psychological Services 309 N Mandan St. Ste 1 Bismarck, ND	(701) 323-0924	Children and Adolescent, Adults, Group Therapy, Marriage and Family Relationships, Addiction Services, Sexual Health, Medication Management, Psychological Testing, Intern Program, Bariatric Program
Dakota Institute of Trauma Therapy 4023 State St Bismarck, ND	(701) 751-447	Adult outpatient addiction services -BodyTalk -Core synchronism -Mental health -EMDR (eye movement, desensitization, and reprocessing) therapy
DeCoteau Trauma-Informed Care and Practice 515 ½ E Broadway Ave. Ste 106	(701) 751-0443	• Individual Therapy • Marriage & Family Counseling • Child & Adolescent

Bismarck, ND		<ul style="list-style-type: none"> • Relationship • Behavioral Management • Grief & Loss Counseling • Addictive Behaviors • Sexuality Issues • Depression • Stress Reduction & Relaxation • Anxiety & Worry • Panic Attacks • Obsessions & Compulsions • Poor Self-Esteem • Suicidal Ideation • Medication Management • Trauma/PTSD • Personality Assessment • Intellectual Testing • ADHD Assessment • Autism Spectrum Disorder Assessment
Link Counseling Services 1424 W Century Ave. Ste 206 Bismarck, ND	(701) 751-2020	Mental Health Services Annette Link, LPCC – Specialize in Counseling Services
Link Psychological Services PC-DR 1424 W Century Ave. Ste 206 Bismarck, ND	(701) 223-3571	Mental Health Services Dr. James Link, PHD – Specializes in Psychology
Lutheran Social Services of ND 1616 Capital Way Bismarck, ND	(701) 223-1510	<ul style="list-style-type: none"> • Behavioral Health • Children Services • Housing Services • Senior Services • Humanitarian Services
NuVation Health Services, PC 600 S 2 nd St. Ste 201 Bismarck, ND	(701) 258-3780 or (877) 937-1894	<ul style="list-style-type: none"> • Anger Management • Anxiety Disorders • Behavioral Disorders • Child/Adult Trauma • Compassion Fatigue • Depressive Disorder • Family Struggles • Grief And Loss • Infertility Struggles • Postpartum Struggles • Pregnancy Loss • Relationship Conflicts • Relationship Issues • Self-Esteem • Sexual Assault • Compassion Fatigue • Genetic Disorders • LGBT Issues
Protection and Advocacy 400 E Broadway Ave Ste 409 Bismarck, ND	(701) 328-2950	Please refer to Adult Services section or Developmental Disabilities section
Saint Sophies 3201 33rd Street South Fargo, ND 58104	Phone: (701)365-4488 Fax: (701)365-0727	<p><i>Expertise in...</i></p> <ul style="list-style-type: none"> •Depression •Bipolar Disorder •Relationship Issues •Psychotic Disorders •Child & Adult ADHD •Autistic Spectrum Disorders <p><i>Neuropsychological Testing is Available for Measuring:</i></p>

		<p>Disruptive Behavioral Disorders, Posttraumatic Stress Disorder, Obsessive Compulsive Disorder, Generalized Anxiety and Panic Disorder, Brain Injury, Neuropsychological testing</p> <p><i>Neuropsychological Testing is Available for Measuring:</i></p> <ul style="list-style-type: none"> •Attention Span and Concentration •Memory •Intelligence and Academic Achievement •Presence of Psychosis •Personality functioning •Major Mental Illnesses <p><i>Address:</i></p> <p>Learning and Memory, Language, Visual-Spatial Skills, Motor Coordination, Behavioral Functioning, Emotional Functioning, Intellectual Functioning, Executive Functioning, Attention, Organization, Planning, Cognitive Flexibility</p>
Sanford Behavioral Health 414 N 7 th St Bismarck, ND	(701) 323-5870	Crisis Access, Counseling, Med Monitoring, Referral Services, Education about Treatment
Soul Survivor Counseling Services, PC 1120 College Dr. Ste 201 Bismarck, ND	(701) 258-2008	<p>Therapy</p> <ul style="list-style-type: none"> • Domestic violence • Sexual assault • Suicide assessment/prevention • Mood Disorders (depression, anxiety, and self-esteem, etc.) • Grief and loss • Post traumatic stress disorder • Transition (relationships, life events, job loss, medical, etc.) <p>Training Sessions on...</p> <ul style="list-style-type: none"> • Dynamics of domestic violence for victims, batterers, and children • Sexual assault effects and treatment • Healthy relationships • Connection between self-esteem and depression • PTSD treatment and traumatic bonding • Shame and Guilt • Batterers Treatment <p>Legal/Consultation Counseling Supervision</p>
St. Alexius Mandan Clinic North 2500 Sunset Dr. NW Mandan, ND	(701) 667-4600	<p>A variety of evidence-based therapy approaches, including but not limited to:</p> <ul style="list-style-type: none"> •Cognitive Behavioral Therapy (CBT) •Cognitive Behavioral Therapy for Insomnia (CBT – I) •Cognitive Behavioral Social Skills Training (CBSST) •Dialectical Behavior Therapy (DBT) •Acceptance and Commitment Therapy (ACT) •Prolonged Exposure (PE) for PTSD •Cognitive Processing Therapy (CPT) for PTSD •Illness Management and Recovery (IMR) •Motivational Interviewing (MI)
St. Alexius Psychiatry Center 900 E Broadway Ave Bismarck, ND	(701) 530-7300	<p>Psychiatric care for children, adolescents and adults who are experiencing psychiatric, behavioral or social problems...</p> <ul style="list-style-type: none"> •Mental health services •Alcohol and drug evaluation •Individual and group therapy •Recreational activities •Marital or family therapy <p><i>Assessment and therapy provided:</i></p> <ul style="list-style-type: none"> •Interpersonal problems •Thought disorders •Depression •Suicidal thoughts

		<ul style="list-style-type: none"> •Anxiety •Severe mood swings •Grief issues •Chemical dependency detoxification
True North Solutions 418 North 2nd Street Bismarck ND 58501	(701) 224-8783	Treat Children, Adolescents, and Young Adults through... Cognitive Behavioral Therapy (CBT), Insight Orientated, Behavior Modifying, Brief Solution Focused Therapy, Parent-Child Interaction Therapy (PCIT), Therapy through the mediums of play, art, pets, writing, etc., Relationship Development Intervention (RDI), Christian Child therapy, Christian Adolescent therapy
Village Family Service Center 107 W Main St. Ste 201 Bismarck, ND	(701) 255-1165	Family Team Decision Making Meetings, Adoption Services, Big Brothers Big Sisters, Family-Based Services, Financial Resource Center, Nokomis Child Care Center, Pregnancy Counseling, Children, Early Childhood Mental Health, Counseling Services, Online Counseling Services, Diagnostic-Level Services, Treatment Options, Connecting Resources, etc.
West Central Human Service Center 1237 W Divide Ave. Ste. 5 Bismarck, ND	(701) 328-8888 or (888) 328-2662 24 hr crisis line (701) 328-8899 or (888) 328-2112	<p>MENTAL HEALTH SERVICES</p> <p>Acute Outpatient Services Services available to children, youth, adults, and families include:</p> <ul style="list-style-type: none"> • Assessment • Individual Therapy • Family Therapy • Group Therapy • Family Based Therapy • Domestic Violence Program • Sexual Abuse Treatment Program <p>Mental Health Extended Care and Treatment Community-based services for individuals with a serious mental illness include:</p> <ul style="list-style-type: none"> • SMI case management services • SMI homeless case management services • Psychiatric nursing services • Aftercare services • SMI supported employment and extended services • Supportive living services • Community-based residential services (contracted) • Case aide services (contracted) • Adult psychosocial rehabilitation center (contracted) <p>Partnerships Program for Children's Mental Health Available to children who have serious emotional disorders, the Partnerships Program uses the wrap around process to coordinate and provide services for children and their families. Services include:</p> <ul style="list-style-type: none"> • Care coordination (partially contracted) • Case aide (contracted) • Respite care (contracted) • Parent aide • Safe beds (contracted) • Flexible funding (contracted) <p>Psychiatric/Psychological Services</p> <ul style="list-style-type: none"> • Psychiatric consultation • Psychiatric medication review • Psychological consultation • Psychological evaluation • Psychological behavioral intervention <p>Regional Intervention Services (Admission/Crisis Response)</p> <ul style="list-style-type: none"> • Admission and triage • Prescreening for voluntary and involuntary admission to the North Dakota State Hospital • Emergency services • Consultation and referral