

## Employee Assistance for Crisis Situations

Employee Assistance Program: Available to all employees and immediate family members, regardless of benefits eligibility through Lincoln Financial Group. To learn more about the Lincoln Financial *EmployeeConnect* program, visit [www.Lincoln4Benefits.com](http://www.Lincoln4Benefits.com) or [www.GuidanceResources.com](http://www.GuidanceResources.com) (user name = LFGsupport; password =LFGsupport1), or talk with a specialist at 888-628-4824.

If someone is experiencing suicidal thoughts: Dial 911 and/or dial the National Suicide Prevention Lifeline number 1-800-273-TALK (8255) or simply go to your nearest hospital emergency room. For additional information and support go to [www.save.org](http://www.save.org)

### Counseling Referral List

Here are various counseling resources recommended by ACR staff. ACR does not have personal knowledge of any of these recommendations. You may need to check whether they are covered under your specific insurance policy.

\*Tamarind Knutson, Psychologist, 2579 Hamline Ave N Suite D Roseville, MN; 651-628-4986. Her specialties include: anxiety, depression, grief and loss, trauma and others. She has also worked at ACR Home on Oakwood for many years. <http://www.thoughtfultherapy.net/>

\*Arden Woods Clinic Group - (651) 482-9361 (St. Paul)

\*Family Based Therapy Associates— Steve or Jan – (763) 780-1520, 199 Coon Rapids Boulevard, Suite 306, Coon Rapids, Minnesota 55433

\*Christine Ubben - (952) 373-0494 – Apple Valley and Burnsville

\*Jane McCampbell - (612) 414-0383 –Edina [janemccampbellcounseling.com](http://janemccampbellcounseling.com)

\* Patrick Repp, Psychologist and Marriage & Family Therapist—Arden Hills 651-486-4828, <http://www.minnesotarenewal.org/PatrickRepp.html>

\*Nystrom & Associates, Ltd. (651) 628-9566, 1900 Silver Lake Rd, Ste 110, New Brighton, MN 55112

\*<http://christiantherapist.com/> This website provides a search engine for a variety of Christian therapists and mental health providers throughout the nation. There are a few listed on the website in Minnesota. This is NOT a comprehensive search! ☺

\*The United Way Help and Referral Line. This is a free 24-hour service. <http://www.211unitedway.org/queries/NameSearch.htm>