Everyone needs help at some time

Everyone who walks through the doors of a Canvas Health clinic has a unique set of circumstances—a journey that leads them to the point where they need our services.

It may be that they have **constant intense feelings**, have experienced a **trauma or loss they can’t stop thinking about**, have **unexplained physical symptoms**, or have feelings of hopelessness, grief, or disconnection to the people and activities they love.

A person might feel **anxious, depressed**, or that they need a **substance to cope** with everyday life.

Or it might be that they know that **things can get better** relationships, work performance, parenting — or the ability to move forward.

You are not alone

Canvas Health’s skilled therapists, practitioners, psychiatrists, nurses, and alcohol and drug counselors consider it an honor to serve people who are choosing to make their lives better through our mental health and substance use services.

Together, we work with each person to implement the right combination of our 35 programs and services to provide an individualized continuum of care. We help people of all ages and from every walk of life.

**Our Mission:** *Canvas Health is dedicated to bringing hope, healing and recovery to the people we serve.*

Outpatient services that fit your life

- Counseling and therapy for children, adolescents, and adults
- Assessment, consultation, and therapy for adolescents and adults struggling with substance use
- Evidence-based treatment methods such as DBT for adolescents and adults
- Mental health and chemical health services in schools
- Adolescent and adult day treatment
- Crisis services
- Services for survivors of sexual assault
- Child, adolescent, and adult psychiatry
- Other programs to fit your needs

Visit [www.CanvasHealth.org](http://www.CanvasHealth.org) to learn more or call an intake coordinator to discuss how we can help: (651) 777-5222.
Compassionate, stigma-free help for those struggling with mental illness, substance use, crisis, sexual assault, grief, loss, and trauma.

We’re looking forward to seeing you

Clinic locations:

A Cottage Grove
8451 East Point Douglas Road

B Forest Lake
555 West Broadway Avenue

C Oakdale
7066 Stillwater Boulevard North

D Richfield
1550 East 78th Street

E Stillwater
375 East Orleans Street

F West St. Paul
33 East Wentworth Avenue, Suite 210

G North Branch
38873 14th Avenue

For sexual assault advocacy and support in Washington County, call (651) 777-1117

To receive immediate assistance in your home for mental health crises within:
Washington County, call: (651) 777-5222
Anoka County, call: (763) 755-3801
Chisago, Isanti, Pine, Kanabec and Mille Lacs Counties, call: 1 (800) 523-3333

Call us to make an appointment in one of our clinics
Oakdale, Stillwater, Cottage Grove, Forest Lake, or North Branch: (651) 777-5222
Richfield or West St. Paul: (612) 676-1604

Find out more about our programs at www.CanvasHealth.org.