

**You are not alone.**



**Ramsey County Children's Mental  
Health Collaborative**



**RESOURCE LINE**

**EMAIL**

**WEBSITE**

**800-565-2575 (call or text)**

**[family@rccmhc.org](mailto:family@rccmhc.org)**

**[www.rccmhc.org](http://www.rccmhc.org)**

**RCCMHC**

\*Qualifying youth must be struggling with emotions/behaviors and live in Ramsey County or attend a school affiliated with Ramsey County.

# Get to Know our "Collab Family"



## RESOURCE NAVIGATION AND CONNECTIONS

Confused about where to go or what to try next? Our Family Support Team can help you connect with local services or supports- mental health, basic needs, substance use, etc.



## HEALING, BELONGING, AND HOPE

We will support you with resilience coaching, coping skills practice and tools like our Family Care Organizer.



## THERAPY AND MENTAL HEALTH SUPPORT

We schedule Rapid Access or Short Term Therapy with a diverse group of therapists across Ramsey County. We can also refer to long term therapy or other therapeutic supports.



## CARE TEAM COORDINATION

Are you juggling too much? We can connect school, county, and other providers so you are all working together as a team.



## VIRTUAL PROGRAMS AND RESOURCE EVENTS

Free classes, wellness programs, youth activities, and large resource events. Lots of giveaways and free supplies.



## LEADERSHIP & ADVOCACY

Join our large group of caregivers and youth who want to make a difference for families in Ramsey County.

# 2023-24 Monthly Programs

During the schoolyear, we host several free classes and programs. Each month, has a special theme related to youth mental health and whole-family wellbeing.

September  
October  
November  
December  
January  
February  
March  
April  
May  
June

Navigating the "Mental Health System"  
Brain, Body and Mental Health  
Manage Challenging Behaviors/Emotions  
Chill Out & Other Coping Strategies  
School and Children's Mental Health  
Fierce Advocacy and Assertive Communication  
Mental Health Crisis or Emergency  
Building on Strengths and Growing Relationships  
Resilience: trauma & dealing with distress  
Keys to Calm Families: rules, rituals, routines

If your child/teen is struggling with challenging emotions or behaviors, you've come to the right place! All our services are FREE and we love meeting new families.

**Call or Text 800-565-2575**



# Online Resources



- CALM Room with 80+ coping tools
- Bulletin Board of local resources
- Agency Search Tool
- Crisis Resources
- Virtual Library