

You are not alone.



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



RESOURCE LINE

EMAIL

WEBSITE

800-565-2575 (call or text)

family@rccmhc.org

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

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 and free supplies like our Family Care Organizer or CALM Toolkit.



THERAPY AND MENTAL HEALTH SUPPORT

We schedule therapy appointments with a diverse group of therapists across Ramsey County. We can also refer to specialty therapy and 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.



CLASSES & PROGRAMS

Each month, we meet over Zoom for lots of parent classes, Moodie Monday youth skills groups, and resource events.



LEADERSHIP & ADVOCACY

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

Online Resources



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

2025-26 Monthly Programs

September	Navigating the "Mental Health System"
October	Fierce Advocacy and Assertive Communication
November	School and Youth Mental Health
December	Chill Out & Mindful Parenting
January	Brain, Body and Mental Health
February	Youth Mental Health Disorders
March	Youth Mental Health Crisis or Emergency
April	Stress, Trauma and Resilience
May	Building on Strengths for Youth Mental Health
June	Calm Families: Rules, Rituals, Routines



Scan the QR Code to view a calendar and description of ALL parent and youth programs.

Call or Text 800-565-2575

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.

