

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

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 Rapid Access or Short Term Therapy 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

# 2024-25 Monthly Programs

September  
October  
November  
December  
January  
February  
March  
April  
May  
June

Navigating the "Mental Health System"  
School and Youth Mental Health  
Youth Mental Health Disorders  
Chill Out & Mindful Parenting  
Brain, Body and Mental Health  
Fierce Advocacy and Assertive Communication  
Mental Health Crisis or Emergency  
Building on Strengths for Youth Mental Health  
Stress, Trauma and Resilience  
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.

