



Get to Know RCCMHC

FOR STAFF: Ramsey County Children's Mental Health Collaborative is here to help YOU and the families you serve.

<https://www.rccmhc.org/>



Visit our Virtual Calm Room to find 80+ evidence-based tools to help relax, distract, and cope.

<https://www.rccmhc.org/breathe>



Community Bulletin Boards for Adults, Teens & Youth make it easy to find & share local, time sensitive resources <https://www.rccmhc.org/community-bulletin-board>



Use a search tool to find local mental health services plus find info on crisis and metro-area hospital services, upcoming Resource Fairs and more! <https://www.rccmhc.org/resources>



Sign up youth or caregivers for FREE resource navigation and resilience coaching with weekly or monthly "check-ins." Our team is mostly BIPOC. Hmong & Spanish language options are available.



FREE trainings, wellness events and leadership opportunities for families. We provide gift cards & "tangible tools" etc. <https://www.rccmhc.org/family-trainings>



Download our Virtual Care Organizer. RCCMHC can help caregivers set up a Google Folder to share with a Care Team. <https://www.rccmhc.org/all-in-one-place>



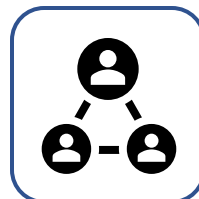
Apply for professional development training grants or scholarship awards <https://www.rccmhc.org/training-scholarship>



FREE professional trainings & CEUs <https://www.rccmhc.org/trainings-professionals> Free Help for Helpers & Support Families in Challenging Times: <https://www.rccmhc.org/families-in-crisis>



Text or Call 800-565-2575 This resource line is for families AND providers. Get connected to local services or brainstorm challenging situations. Register for text notifications!



Visit the Common Referral page to support self-referrals or make professional referrals. (RCCMHC, Case Management, Crisis Stabilization etc.) <https://www.rccmhc.org/referral>

RCCMHC also provides grants for School Linked Mental Health, Innovative Mental Health Services, and Non-Billable Services (such as telehealth technology, wraparound, youth groups, crisis kits and tools, circles of support, social emotional learning tools, therapy for uninsured/underinsured, suicide prevention tools, youth mentorship, resource navigation, listening sessions, and whole-family services) <https://www.rccmhc.org/grants>

In 2020, we reached 25,000 youth, families, and providers. Learn more here: <https://www.rccmhc.org/impact>



For more information, please contact wendy@rccmhc.org or holly@rccmhc.org