



Whether we are your first call for help or your last resort.

NYFS is here to help.

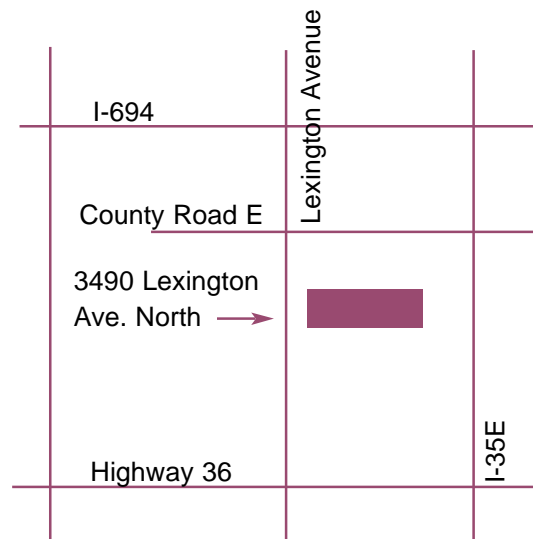
Contact Us | Please contact us at:
 Northwest Youth & Family Services
 3490 Lexington Ave. N. Suite 205
 Shoreview, MN 55126

Phone: 651.486.3808
 Fax: 651.486.3858

www.nyfs.org

Office Hours | NYFS is open Monday, Tuesday and Thursday from 8 a.m. to 8 p.m. We are open from 8 a.m. to 5 p.m. on Wednesday and 8 a.m. to 3:30 p.m. on Friday. Evening appointments may be available.

Directions |



Outpatient Mental Health



Real Help.
Right Here.
Right Now.

Your strengths. Your success.

At NYFS, we know that people come in all shapes and sizes - and so do their needs. In order to provide effective and comprehensive help, we work to understand the whole person and family in the context of their personal, school, work and lives.

Our licensed mental health professionals serve youth, adults and families from diverse cultures, ethnicities and life experiences. We offer a variety of therapeutic services such as play therapy for the very young, support and educational groups for struggling parents and one to one personal or couples counseling that gets to the heart of the problem.

Seventy two percent of NYFS clients showed some or much improvement in their symptoms.

Together we will help you find your strengths and overcome barriers to success such as:

- depression
- anxiety
- family conflict
- marital/relationship conflict
- behavioral issues

“Outstanding, professional, safe, trusting, comfortable, compassionate resourceful and practical.”

- Outpatient Mental Health Client

Outpatient Mental Health Services

Our staff will help you identify and develop your personal strengths and use them to combat the issues that negatively affect your life.

We are one of the few agencies in the area that specialize in the mental health needs of youth. We have over 30 years of experience working with the entire family and the school system to ensure success for each child in our care.

Additional Services

- Psychological testing for youth and adults is available.
- Psychiatric and medication management services for youth are available to aid the therapeutic process when needed.
- Educational and support groups are offered periodically to help parents and teens
- Our Speaker's Bureau can send someone to speak at your workplace, event or civic function.

Eliminating Barriers

Because we are dedicated to preparing youth and families for healthy lives, no one is turned away due to an inability to pay. NYFS accepts most insurance plans. When medical coverage doesn't apply, clients may be eligible for a sliding-fee schedule and payment plan.

Our staff work to provide culturally competent services to people from many different backgrounds. If you would like this information in a language other than English, you can call 651.486.3808. Please say “interpreter” and indicate the language you prefer and your phone number. We will call you back in a few minutes with an interpreter.

According to the Surgeon General's report on Mental Health, 70 percent of children and youth with mental health problems receive no treatment at all.

Si desea esta información en un lenguaje que no sea Inglés, favor de llamar al 651.486.3808 y decir “interpreter,” el lenguaje que desea hablar y su número telefónico. Lo llamaremos en unos minutos con el intérprete.