

# Feeling sad, lonely, depressed and frustrated with life?



**There is help available, please call someone on this list  
and set up an appointment to talk about your feelings.**

## **Counseling Services: Emergency – Dial 9-1-1**

1. Jennifer Lambrecht – VCPS – 845-0483 ext. 4
2. Al Sorensen – VCPS – 845-0483 ext. 4
3. Vanessa Kocka – Washington – 845-0849
4. Judi Hillier – Jefferson – 845-0622
5. Mercy Hospital Mental Health Services: Deb Anderson MS LPC NCC -- 845-6436 – M-F: 8:30-5 except Tues.: 8:30-4, weekends as needed
6. Lifeseasons Counseling – Deb Elhard, Counselor -- 1-877-679-4800 (16+ to Adult -- in Valley City Monday: 9-7pm)
7. Joy Belzer Counseling --Health Education Center - Mercy Hospital -- 701-367-5985 (K-12 and adults). Website: [www.joybelzercounseling.com](http://www.joybelzercounseling.com) -- Email: [joybcounseling@aol.com](mailto:joybcounseling@aol.com)
8. Living Counseling Center -- Kama Jensen M.Ed. LPCC, -- (in Valley City – Thursday – adults and youth): 877-413-6423 [www.kamajensen.com](http://www.kamajensen.com)
9. Hospice of the Red River Valley -- 1-701-356-1572 -- Grief counseling
10. South Central Human Service Center -- 253-6300, 24-hour -- 800-260-1310
11. The Village Family Service Center - Fargo --701-451-4900 -- Personal Counseling: Mon., Tues., Thurs.: 8am-9pm and Wed. & Fri. 8am-5pm
12. Dr. Joel Wilson, psychologist – Sanford Medical Center -- 253-4000
13. Prairie St John's - Fargo – 701-476-7216

## **Crisis Services: Emergency – Dial 9-1-1**

1. Statewide (24-hour) crisis line for any mental health issue -- 2-1-1
2. Mercy Hospital Mental Health Services -- 845-6436 (24-hour)
3. Sanford Clinic - Valley City: 8-5 -- 845-6000
4. Essentia Clinic - Valley City: 8-5 -- 845-8060
5. Prairie St John's - Fargo -- Toll Free: 877-333-9565

## **Domestic Violence: Emergency – Dial 9-1-1**

1. APOC -- 845-0078 -- 845-0072--24 hour