



Therapy (Adult)

All of the therapy clinics below accept insurance and/or offer sliding scale fees for their services. This is an informational resource Family Tree provides the community and is not an endorsement of any organization nor an exhaustive list.

Individual/Couple/Group Therapy

Transcend Psychotherapy

📍 Minneapolis 🖥️ Virtual 📞 (612) 445 - 0225

🌐 transcendpsychotherapy.com

Psychotherapy services to ALL people with a particular focus on working with transgender and queer-identified members of our community.

👥 **Groups:** Trans Feminine, Trans Masculine, Non-Binary

Cedar Hill Therapy

📍 Minneapolis, St. Louis Park 🖥️ Virtual

🌐 cedarhilltherapy.com 📞 (612) 284 - 4291

Therapists have extensive training in areas of mental health, sexuality, identity, and knowledge of how those pieces intersect with other aspects of the human experience. ADHD & ASD testing and med management.

👥 **Groups:** Trans/Nonbinary Peer Support

Edges Wellness Center

📍 Minneapolis, Menomonie, WI 🖥️ Virtual

🌐 edgeswellness.com ✉️ info@edgeswellness.com

We provide couple, individual, relational and family therapy; gender specialist services across the lifespan; and sex therapy services.

👥 **Groups:** Transition in Relationships, DBT for Queer Folx, Chronic Illness/Disability, Sex Worker, Religious Trauma, Neurodivergent, Trans/Nonbinary, BIPOC

RECLAIM

📍 St. Paul 🖥️ Virtual 🗳️ Ages 12-25

🌐 reclaim.care 📞 (612) 235 - 6743 ext. 4

Mission is to increase access to mental health care for queer and trans youth ages 12-25 so they may reclaim their lives from oppression in all its forms.

👥 **Groups:** BIPOC Group, Adolescent Gender Exploration, Parents/Caregivers

Canopy Mental Health

📍 Minneapolis, Richfield 🖥️ Virtual

🌐 canopymhc.com 📞 (612) 712 - 7200

We are a values-based mental health organization offering outpatient and online therapy options to best meet your needs. We provide culturally informed therapy services for historically underserved and marginalized populations in the Twin Cities.

👥 **Groups:** Interpersonal Wellness & Skills

The Luminous Mind

📍 Roseville 🖥️ Virtual

🌐 theluminousmind.com 📞 (651) 300 - 1112

Mental health clinic that is dedicated to empowering community through the delivery of strength-based, culturally-responsive, professional services through a de-colonized lens. Services available in 9+ languages.

Interna Mental Health & Wellness

📍 Minneapolis, Egan, Inver Grove Heights 🖥️ Virtual

🌐 internamentalhealth.com 📞 612-314-6704

Woman and queer owned group collective private practice dedicated to fostering a vibrant and inclusive mental health community.

👥 **Group Offerings:** Adult Children of Substance Dependent Parents

Cascade Therapy Group

📍 St. Paul 🖥️ Virtual

🌐 cascadetherapygroup.com 📞 651-358-2227

A group of helping professionals committed to racial and gender justice and human rights, eliminating health disparities, and improving relationships, health, and well-being.



Lyn-Lake Centers for Wellbeing

📍 Minneapolis, St. Paul 🖥️ Virtual
🌐 therapy-mn.com 📞 (612) 979 - 2276

We're a large, diverse group of experienced psychotherapists, dietitians, testing psychologists and more. Some therapists and support groups are located in Family Tree's building.

👥 **Groups:** Queer Adults, Trans Masc, Trans Fem, Gender Expansive, Parents/Caregivers of Trans Folks, People in Struggle Together Peer Support

Dandelion Spirit Psychology

📍 Eagan, New Hope 🖥️ Virtual
🌐 dandelionspiritpsych.com 📞 (651) 212 - 5104

We are neurodiversity and LGBTQ+ affirming, trauma-informed providers who work with children, adolescents, and adults.

Walk-In Counseling Center

📍 Minneapolis 🖥️ Virtual 🌐 walkin.org 📞 Call Zoom at 1-312-626-6799. Meeting ID: 458-270-804.

Free, first-come-first-serve walk-in counseling provided by volunteer, licensed mental health professionals.

Additional Therapist Directories

- MN LGBTQ+ Therapists' Network 🌐 lgbttherapists.wildapricot.org
- MN Mental Health Providers of Color Database 🌐 rb.gy/4bnyuf
- MN BIPOC Therapists for Rainbow Health Clients (July 2024) 🌐 shorturl.at/nmxVL
- MN Therapist Listings for Rainbow Health Clients (July 2024) 🌐 shorturl.at/He77B
- National Queer & Trans Therapists of Color Network 🌐 nqttn.com

Therapist Mad Libs

1. *I am looking for a therapist to help me with:*
2. *My financial / insurance situation is:*
3. *My scheduling needs are:*
4. *I would like a therapist who shares some / all of these identities:*



RECOMMEND A PROVIDER

Do you have experience with a trans friendly provider or resource not on our list? Send us ideas or feedback on our referrals at bit.ly/49PSjmN