



Therapy (Youth/Families)

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/Family/Group Therapy

RECLAIM

📍 St. Paul 🖥️ Virtual

🌐 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:** Adolescent Gender Exploration, BIPOC Group, Parents/Caregivers

Sentier Psychotherapy

📍 St. Paul 🖥️ Virtual

🌐 sentiertherapy.com ☎️ (763) 913 - 8261

We are proud to be a hub in the Twin Cities for gender diverse kids, adolescents, adults, parents, and families and provide individual and group therapy tailored to gender expansive populations.

👥 **Groups:** Middle School, High School, and Young Adult LGBTQ, Parenting Non-Binary/Trans Teens and Young Adults

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.

Cascade Therapy Group

📍 St. Paul 🖥️ Virtual ☎️ 651-358-2227

🌐 cascadetherapygroup.com

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

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 to live easier, better, more fulfilled lives.

The Luminous Mind

📍 Roseville 🖥️ Virtual

🌐 theluminousmind.com ☎️ (651) 300 - 1112

Mental health clinic that is dedicated to empowering community through the delivery of culturally-responsive therapy through a de-colonized lens. Services in Arabic, Sindhi, Punjabi, Oromo, Hindi, Urdu, Amharic, Tibetan, Tigrinya.

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.

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.



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, psychiatric nurse practitioners, acupuncturists, neuropsychologists and testing psychologists, yoga therapists, wellness coaches, trauma specialists, and more. Some therapists have their offices at Family Tree.

👥 **Groups:** Parents/Caregivers of Trans/Gender Expansive Folks

Walk-In Counseling Center

📍 Minneapolis 🖥️ Virtual

🌐 walkin.org 📞 Call Zoom at 1-312-626-6799.

When prompted, enter the 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
- Minnesota Teen Mental Health Directory 🌐 mnteenmentalhealth.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 🌐 nqttcn.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