

Twin Cities Counselors - Counselors are confidential resources who can support you as you address your substance use.

- On campus - [Hamre Center Counselors](#) 651-696-6275
- [Wilder Mental Health Services](#) 651-280-2310
- [Kristin Wilcox](#) 612-324-8736
- Nicole Carreon and Nicole Muzzy at [Nobility Wellness](#) 651-505-3040
- [Michael Sigrin](#) 651-964-0995
- [Lauren Ryan](#) 612-454-1656

Twin Cities Recovery Centers - These centers offer inpatient and outpatient addiction treatment as well as recovery support.

- [Kodiak Recovery](#) 763- 577-2489
- [Hazelden Betty Ford](#) 1-866-861-1308
- [Fairview Substance Use Disorder Outpatient Treatment Programs](#) 1-800-468-3120

Supports - Reputable national and local resources available online and via telephone.

- Helplines
 - [SAMHSA Helpline](#) Helpline (Substance Abuse and Mental Health Services Administration) 1-800-662-4357
 - [National Drug Helpline](#) 1-844-289-0879
 - [Minnesota Recovery Connection](#) 612-584-4158
- Twin Cities Support Groups
 - [St Paul Alcoholics Anonymous](#) 651-227-5502
 - [Narcotics Anonymous](#) 952-939-3939
 - [Cocaine Anonymous](#) (See website for phone info)
 - [Al-Anon/Alteen](#) 651-771-2208