

Hmong Mental Health Resources

Minneapolis – St. Paul Twin Cities

Kev Pab Rau Kev Noj Qab Haus Huv Siab-yog koj xav yuav pab txog txoj kev nyuaj siab

Hmong Mental Health Providers

Amanda Moua, LICSW

Psychotherapist

Clinic: Canopy Mental Health

615 NE 1st Ave. Suite 505, Minneapolis, MN 55413

(612) 712-7200

<https://www.canopymhc.com/therapists/amanda-moua>

Fue Yang, LPCC

Yang Counseling Services LLC

322 County Road D East

Saint Paul, MN 55117

support@miresource.com

<https://miresource.com/provider/fue-yang-qyy8>

Focus areas include:

- Depression
- Grief and loss
- Immigration stress
- Cultural trauma

Mai Bao Xiong, LMFT

Marriage & Family Therapist

Embie Therapy LLC

2136 Ford Parkway #5140

Saint Paul, MN 55116 (612) 712-5250

<https://www.embietherapy.com/>

Maria Moua, LMFT

Maria Moua Therapy

Forest Lake, MN 55025

(651) 564-7836

<https://mariamouatherapy.com/>

Kao Lee Vang

9298 Central Ave NE STE 310

Minneapolis, MN 55434

Phone: 651-955-4633

Ker Xiong, LICSW

4201 Excelsior Boulevard St. Louis Park, MN 55416

Phone: (952) 933-8900

<https://www.lifemedical.us/providers/ker-xiong-msw>

Languages:

- Hmong
- English
- Lao

Lao Yang

6800 78th Avenue N

Brooklyn Park, MN 55445

Phone: (855) 913-3168

<https://lifestance.com/provider/therapist/mn/brooklyn-park/lao-yang/>

Linda Khang and Vickey Thao

Couples/Relational Therapy, Adult individual Therapy, & Adolescent Individual Therapy
(ages 13-17)

<https://www.mncouplescounseling.com/team/linda-Khang/>

<https://www.mncouplescounseling.com/team/vicky-thao/>

Shee Xiong, LPCC**M Health Fairview Mental Health & Addiction Rice Street Clinic**

980 Rice Street, Saint Paul, MN 55117

Languages: Hmong, English

phone: 651-232-3640

<https://providers.mhealthfairview.org/provider/shee-xiong/2298745>

Canvas Health

Phone: (651) 777-5222

<https://www.canvashealth.org/>

Vanguard Mental Health & Wellness Clinic

2165 Woodlane Dr Suite 100

Woodbury, MN

Phone: (651) 283-3794

<https://www.vanguardmhclinic.com/>

Center for Social Healing (Wilder Foundation)

St. Paul, MN

<https://www.wilder.org/services/center-for-social-healing/>

Crisis & Support Resources

Canvas Health Crisis Services

Phone: (651) 777-5222

<https://www.canvashealth.org/crisis-services/>

Minnesota Crisis Line

Call or Text: 988

<https://www.health.state.mn.us/communities/suicide/988/systems.html>

Nami Minnesota

1919 University Avenue West, Suite 400

St. Paul, MN 55104

Local: 651-645-2948

<https://namimn.org/support/information-and-resources/crisis-resources/>

Ramsey County Mental Health Crisis Line

Phone: (651) 266-7900

<https://www.ramseycountymn.gov/residents/health-medical/clinics-services/mental-health-crisis-services>