Hudson Area Counseling Resources

Notice & Key

- **Disclaimer:** The Hudson School District does not endorse any of the listed resources. Choice of agency is entirely the responsibility of the caregiver. Always check with your insurance company and agency to verify benefits.
- **BadgerCare Accepted ([BadgerCare Accepted]):** Indicates that the provider accepts BadgerCare.
- **Telehealth ([Telehealth Available]):** Indicates that telehealth / virtual options are available.
- **Last Updated:** September 2026

General Counseling & Therapy Services

Adulteen Counseling

- **Features:** [Telehealth Available]
- **Location:** River Falls, WI
- **Phone:** 715-629-7047
- **Website:** Adulteen Counseling Website
- **Populations Served:** Adults, teens, children, and families
- **Specialties & Services:** Anxiety, depression, fears, grief and loss, trauma, divorce/blended families

Associated Clinic of Psychology

- **Location:** 2501 Hanley Rd Suite 101, Hudson, WI
- **Phone:** 715-954-5300
- **Website:** Associated Clinic of Psychology Website
- **Specialties & Services:** Depression, anxiety, Dialectical Behavior Therapy (DBT), psychological testing

Western Wisconsin Health

- **Features:** [BadgerCare Accepted]
- **Location:** 1100 Bergslien St, Baldwin, WI
- **Phone:** 715-684-1111
- **Website:** Western Wisconsin Health Behavioral Services
- **Populations Served:** Child/adolescent counseling, family counseling, individual counseling
- **Specialties & Services:** Anger management, ADHD, behavioral issues, depression, grief and loss, life transitions, emotion management, medication management, anxiety, psychiatry, stress management, trauma-informed therapy, play therapy

Boorman Counseling

- **Features:** [Telehealth Available]
- **Location:** New Richmond, WI
- **Phone:** 715-977-2441
- **Website:** Boorman Counseling Website
- **Populations Served:** Ages 12+, individual, family, couples
- **Specialties & Services:** Counseling, assessment & testing, EMDR (Certified Trauma Treatment), teletherapy, art therapy

Canvas Health

- **Features:** [Telehealth Available]
- **Location:** Stillwater / Oakdale / Cottage Grove
- **Phone:** 651-777-5222 (Appointments)
- **Website:** Canvas Health Website
- **Populations Served:** Children, adolescents, adults, and families
- **Specialties & Services:** Assessment, therapy & psychiatry for mental illness, substance use disorders, and crisis situations

Catherine Olson Counseling

- **Features:** [BadgerCare Accepted] [Telehealth Available]
- **Location:** 990 Hillcrest Street, Suite 109, Baldwin, WI
- **Phone:** 651-269-0924
- **Website:** Catherine Olson Counseling Website
- **Specialties & Services:** Play therapy, art therapy, mindfulness, Cognitive Behavioral Therapy (CBT)

Children's Hospital - Mental Health

- **Website:** Children's MN Mental Health Locations
- **Specialties & Services:** Assessment, therapy & psychiatry, outpatient mental health services, acute mental health services

Coriander Living Collective

- **Features:** [Telehealth Available]
- **Provider Staff:** Kelly Curtis (Clinical MH Counseling Intern) offers virtual options and discounted rates via email (kelly@corianderlivingcollective.com)
- **Location:** 208 N Second St, Suite 535, River Falls, WI
- **Phone:** 651-300-4939
- **Website:** Coriander Living Collective Website

• **Specialties & Services:** Single incident, complex, attachment, and developmental trauma; anxiety & panic; self-injurious & suicidal behavior; career & life transitions; Criminal Justice System involvement; grief & loss; teenagers; EMDR and Brainspotting

Collaborative Counseling & Psychology

• **Features:** [BadgerCare Accepted] [Telehealth Available]

• **Location:** 901 Fourth Street, Hudson, WI 54016

• **Phone:** 763-210-9966

• **Website:** Collaborative Counseling & Psychology Website

• **Specialties & Services:** Individual, teen group, family, play therapy, DBT, substance use

Couples and Family Therapy Center

• **Location:** 2217 Vine Street, Suite 206, Hudson, WI

• **Phone:** 715-441-1828

• **Website:** Couples and Family Therapy Center Website

• **Specialties & Services:** Child and teen therapy for anxiety, depression, behaviors, emotion dysregulation, school stress, trauma, relationships, substance use

Valley Counseling, LLC

• **Location:** 900 Crestview Drive, Suite 220, Hudson, WI

• **Phone:** 715-386-2003

• **Email:** info@yourvalleycounseling.com

• **Website:** Valley Counseling Website

• **Populations Served:** Individual, couple, family therapy (may see children as young as age 3–4)

• **Specialties & Services:** Behavioral issues, constant conflict, emotional meltdowns, parent guilt, school behaviors, peer issues, sibling fights

FamilyMeans

• **Features:** [Telehealth Available]

• **Location:** Hudson / Stillwater

• **Phone:** 651-439-4840 (Appointments)

• **Website:** FamilyMeans Website

• **Specialties & Services:** Anxiety, attention/hyperactivity, crisis, depression, eating concerns, grief, sexual abuse, trauma, sleep disturbances, substance use

Family Therapy Associates

• **Features:** [BadgerCare Accepted] [Telehealth Available]

• **Location:** 150 W First Street, Ste 270, New Richmond, WI & 2010 O'Neil Rd, Suite E, Hudson, WI

• **Phone:** 715-246-4840

• **Website:** Family Therapy Associates Website

• **Specialties & Services:** Child, adolescent, anger management, family, DBT, art therapy; Telehealth Psychiatry with Dr. Agrawal (ages 6+)

East Metro Family Counseling

• **Provider Staff:** Mitch Leppicello

• **Location:** 700 Commerce Drive, Suite 295, Woodbury, MN 55125

• **Phone:** 651-408-5132

• **Website:** East Metro Family Counseling Website

• **Specialties & Services:** Evaluating and treating social, emotional, and behavioral functioning across a wide range of mental health issues, with expertise in Autism Spectrum Disorder (ASD)

HealthPartners Regions Behavioral Health

• **Location:** 8550 Hudson Blvd N, Lake Elmo, MN

• **Phone:** 612-371-5400

• **Website:** HealthPartners Children's Mental Health Care

• **Specialties & Services:** Children's mental and behavioral health, including depression, anxiety, anger, self-harm, eating disorders, ADHD, substance use, etc.

Hudson Counseling Services

• **Location:** 901 Dominion Drive, Hudson, WI

• **Phone:** 715-808-8070

• **Website:** Hudson Counseling Services Website

• **Specialties & Services:** Child, parenting, teen, family, EMDR, substance use

Westfields Hospital and Clinic

• **Provider Staff:** Dr. Dane Jensen, MD (Child & Adolescent Psychiatrist)

• **Location:** 535 Hospital Road, New Richmond, WI

• **Phone:** 715-243-2900

• **Website:** Westfields Hospital Specialties

• **Populations Served:** Patients from ages 5–17 (or 18 if still in high school)

• **Specialties & Services:** ADHD, anxiety, depression, bipolar disorder and psychotic illness, borderline personality disorder, developmental and relational trauma

Janet Whaley

• **Location:** 570 North Asbury St. #106A, St. Paul, MN 55104

• **Phone:** 651-233-4100

• **Website:** Janet Whaley Counseling Website

• **Specialties & Services:** CBT, DBT, anxiety, depression, grief, PTSD, abuse, bipolar, self-injury, substance use, transgender health, EMDR

Kinni Counseling

• **Features:** [Telehealth Available]

• **Location:** 112 E Walnut St, River Falls, WI

• **Phone:** 715-200-9042

• **Website:** Kinni Counseling Website

• **Populations Served:** Ages 7+

• **Specialties & Services:** Family therapy & individual therapy

River Valley Counseling

• **Features:** [BadgerCare Accepted]

• **Location:** 131 Carmichael Road, Suite 206, Hudson, WI 54016

• **Phone:** 715-690-2115

• **Website:** River Valley Counseling Website

• **Specialties & Services:** CBT, DBT, EMDR, mindfulness, solution-focused therapy

Marriage and Family Health Services

• **Features:** [BadgerCare Accepted]

• **Location:** Eau Claire, WI

• **Phone:** 715-832-0238

• **Website:** Marriage and Family Health Services Website

• **Programs:** Migisi Program (ages 5–11), Mikan Program (teens)

• **Specialties & Services:** Play therapy, trauma, grief, outpatient & day treatment

Mike Moller, Psy.D.

• **Features:** [BadgerCare Accepted] [Telehealth Available]

• **Location:** 900 Sixth St N, Suite 102, North Hudson, WI

• **Phone:** 715-386-0856

• **Website:** Dr. Mike Moller Services Website

• **Specialties & Services:** Assessments, play therapy, psychotherapy, family therapy, psychological testing; comprehensive psychological assessments (ADHD, personality disorders, depression, anxiety, trauma, etc.)

Minnesota Health Clinics

• **Features:** [Telehealth Available]

• **Location:** 1000 Radio Dr. #210, Woodbury, MN

• **Phone:** 651-454-0114

• **Website:** Minnesota Mental Health Website

• **Specialties & Services:** Anxiety, depression, trauma, grief, gender identity, child ADHD, school performance, behavioral difficulties, bipolar, anger management, LGBTQ+, personality disorder, OCD, sleep concerns

Natalis Counseling & Psychology

• **Features:** [Telehealth Available]

• **Location:** 7582 Currell Blvd., Suite 114, Woodbury, MN

• **Phone:** 651-739-7539

• **Website:** Natalis Psychology Website

• **Specialties & Services:** EMDR, trauma/PTSD, DBT, substance use counseling, depression, anxiety

Growing Together Counseling & Healing, LLC

• **Location:** 625 Commerce Dr., Ste 116, Hudson, WI

• **Phone:** 651-252-1003

• **Website:** Growing Together LLC Website

• **Specialties & Services:** CBT, experiential therapy, family therapy, group therapy

NuView Psychological Services

• **Location:** 6120 Oren Ave. N, Stillwater, MN

• **Phone:** 651-430-0888

• **Website:** NuView Psychological Services Website

• **Specialties & Services:** ADHD, anxiety, depression, grief

Sagent Behavioral Health

• **Location:** 2501 Hanley Rd, Suite 201, Hudson, WI (also Stillwater and Woodbury clinics)

• **Phone:** 534-544-8454

• **Website:** Sagent Behavioral Health Website

• **Specialties & Services:** ADHD, anger, autism, depression, emotional regulation, anxiety, eating disorders, OCD, PTSD, trauma, substance abuse

Peace Tree Counseling

• **Features:** [BadgerCare Accepted]

• **Location:** 108 Chieftain St., Osceola, WI 54020

• **Phone:** 715-417-3241

• **Website:** Peace Tree Counseling Website

• **Populations Served:** Children, adolescents, and families

• **Specialties & Services:** PTSD, abuse, trauma resolution, grief, family and relationship counseling, sexual orientation and gender identity issues, substance use and substance use assessments

Psychological Resource Group

- **Location:** 3020 Woodbury Dr., Woodbury, MN
- **Phone:** 651-739-1128
- **Website:** Psychological Resource Group Website
- **Specialties & Services:** Assessment, counseling, consultation; giftedness, learning disabilities, attention deficit, developmental disorders and emotional/behavioral, family conflict, grief/loss, depression, anxiety, behavior, substance use, and substance use assessments

Reflecting Willows LLC

- **Features:** [Telehealth Available]
- **Provider Staff:** Jessica Tomsen, LCSW
- **Phone:** 651-900-9540
- **Website:** Reflecting Willows Website
- **Specialties & Services:** CBT, acceptance and commitment therapy, mindfulness, art therapy, anxiety, depression, grief

Vantage Mental Health

- **Features:** [Telehealth Available]
- **Provider Staff:** Justin Gerstner, MD (Psychiatrist)
- **Location:** 5995 Oren Ave North, Ste 203, Stillwater, MN
- **Phone:** 651-217-1480
- **Website:** Vantage Mental Health Website
- **Insurance Note:** Accepts most insurance (Not Forward Health)
- **Populations Served:** All ages
- **Specialties & Services:** Medication management, ketamine, ADHD testing, therapy

St. Croix County - Mental Health

- **Features:** [BadgerCare Accepted]
- **Location:** 1752 Dorset Lane, New Richmond, WI
- **Phone:** 715-246-8255
- **Website:** St. Croix County Behavioral Health Services
- **Specialties & Services:** Counseling, psychiatry, treatment approaches, substance use and substance use assessments

St. Croix Therapy

- **Features:** [BadgerCare Accepted]
- **Location:** 742 Sterbenz Drive, Hudson, WI
- **Phone:** 715-386-2128

• **Website:** St. Croix Therapy Website

• **Specialties & Services:** Physical therapy, occupational therapy, aquatic therapy, speech/language therapy

St. Croix Valley Youth Service Bureau

• **Location:** 6120 Oren Ave North, Stillwater, MN (651-439-8800) & 7876 Hudson Rd, Suite #1, Woodbury, MN (651-735-9534)

• **Website:** St. Croix Valley Youth Service Bureau Website

• **Specialties & Services:** Youth-focused family counseling, substance use and substance use assessments

Thrive Counseling & Assessment

• **Location:** Menomonie, WI

• **Phone:** 715-256-7166

• **Email:** info@thrivepcs.net

• **Website:** Thrive Counseling & Assessment Website

• **Specialties & Services:** Psycho-educational evaluation, dyslexia, ADHD, anxiety, depression, eating disorders, substance use disorders, and trauma; treatment approaches include CBT, EMDR, brainspotting

Points of Stillness

• **Location:** 2705 Enloe St., Hudson, WI 54016

• **Phone:** 715-690-2600

• **Website:** Points of Stillness Website

• **Specialties & Services:** Occupational therapy, speech-language therapy, and wellness programs for children and adults

Psychology Today Search Directory

• **Website:** Psychology Today Directory

• **Description:** Online database to search for local therapy options with filters for insurance, therapy type, and specialties

Neuropsychological Services

Caillier Clinic

• **Features:** [BadgerCare Accepted (depending on HMO)]

• **Location:** 1200 Hosford St. Ste 101, Hudson, WI

• **Phone:** 715-836-0064

• **Website:** Caillier Clinic Website

• **Assessments:** Neurocognitive, trauma, ADHD, learning disability

• **Treatments & Services:** Behavior skills, social skills, play therapy, trauma, behavior management, DBT, anger, autism, anxiety, depression, grief, individual and family therapy, substance use and substance use assessments

CDL Psychological Services

• **Features:** [BadgerCare Accepted (most HMOs)]

• **Provider Staff:** Dr. Greg Anderson

• **Location:** 1020 10th Ave, Suite 116, Baldwin, WI

• **Phone:** 715-497-7230

• **Website:** CDL Psychological Services Website

• **Specialties & Services:** Psychological testing, ADHD, ASD, academic achievement, cognitive functioning, anxiety, depression, mood disorders

Children's Hospital MN - Behavioral Health Department

• **Phone:** 651-220-6720

• **Website:** Children's MN Behavioral Health Conditions and Services

Developmental Discoveries

• **Location:** 3021 Harbor Lane N, Suite 211, Plymouth, MN

• **Phone:** 763-330-2730

• **Website:** Developmental Discoveries Website

• **Payment / Insurance:** Out-of-network for all insurance plans; accepts HSA/FSA/HRA debit cards, major credit cards, cash, and checks

• **Specialties & Services:** Autism evaluations, learning disabilities, ADHD, trauma/attachment, giftedness

Fraser

• **Location:** Multiple locations across Minnesota

• **Phone:** 612-767-7222

• **Website:** Fraser Website

• **Specialties & Services:** Autism, mental health, neuropsychology, rehabilitation therapy

Treatment Facilities & Intensive Programs

Aris Clinic

• **Location:** 2040 Woodwinds Drive, Woodbury, MN

• **Phone:** 651-259-9750

• **Website:** Aris Clinic Website

• **Payment / Insurance:** Accepts most major insurance; straight Medical Assistance (MA) accepted for outpatient appointments but does not cover IOP

• **Programs & Services:** Day treatment program for youth ages 8–18; Intensive Outpatient Program (IOP) for ages 8–18; psychiatric and psychotherapy services for all ages; medication management (all ages), play therapy (ages 3–12), talk therapy (ages 12+)

Northwest Journey

• **Location:** Menomonie, Amery, Prescott, and Siren, WI

• **Phone:** 715-268-5404

• **Website:** Northwest Journey Programs

• **Payment / Insurance:** Accepts all forms of insurance including Medical Assistance

• **Programs & Services:** Day or half-day treatment option; therapeutic support services for children, adolescents, and families transitioning back to the community from out-of-home placements (typically enrolled 3–9 months)

PrairieCare

• **Location:** Brooklyn Park, Edina, Maplewood, Mankato, Rochester, Woodbury, MN

• **Phone:** 866-490-5838

• **Website:** PrairieCare Intensive Outpatient Programs

• **Payment / Insurance:** In-network provider for most major insurance companies and managed care plans/MA

• **Programs & Services:** Outpatient psychotherapy, psychiatry services, Intensive Outpatient Programs (IOP), Partial Hospitalization Programs (PHP), hospitalization and residential services

Tomorrow's Children

• **Location:** Waupaca, WI 54981

• **Phone:** 715-258-1440

• **Website:** Tomorrow's Children Website

• **Programs & Services:** State-licensed Residential Care Center for boys and girls ages 5 to 18

Rogers Behavioral Health

• **Location:** 6442 City West Parkway, Suite 200, Eden Prairie, MN (800-767-4411) & 2125 Heights Drive, Suite 2A, Eau Claire, WI 54701 (833-308-5887)

• **Website:** Rogers Behavioral Health Website

• **Programs & Services:** Partial hospitalization (PHP) and intensive outpatient (IOP) care for children, teens, and adults with OCD and anxiety; PHP also available for children, teens, and adults with eating disorders

Nexus Family Healing

• **Location:** Multiple locations across Minnesota

• **Phone:** 763-551-8640

• **Website:** Nexus Family Healing Website

- **Payment / Insurance:** Accepts all insurance plans / Medical Assistance
- **Programs & Services:** Short- and long-term treatment programs at residential facilities for youth (ages 6–21) needing intensive support and care

Charlie Health

- **Features:** [Telehealth Available]
- **Phone:** 1-866-805-5055
- **Website:** Charlie Health Website
- **Payment / Insurance:** Accepts most major insurance providers
- **Programs & Services:** Virtual Intensive Outpatient Program (IOP) for ages 11–34 (typically lasts 9–12 weeks)

Fairview Dual Mental Health and Addiction Program - Adolescents

- **Location:** 960 Winnetka Ave N, Suite 101, Crystal, MN 55427
- **Phone:** 763-541-4993
- **Website:** M Health Fairview Adolescent Co-Occurring Program
- **Populations Served:** Ages 12–19 with mental health and SUD diagnosis
- **Programs & Services:** Adolescent Co-Occurring Disorders Outpatient Program (45–60 days duration)

UnityPoint Health - Meriter (Child & Adolescent Psychiatry)

- **Location:** 8102 Wellness Way, Madison, WI 53719
- **Phone:** 608-417-8777
- **Website:** UnityPoint Health Meriter CAP Link
- **Programs & Services:** Inpatient psychiatric program for ages 6–18 (depression, anxiety, suicidal thoughts, bipolar, reactivity, aggression); Outpatient Day Treatment for ages 13–18