

Mental Health Resources

International Falls Covenant Church – Staff & Support Groups

Pastor Seth Bjornrud, Lead Pastor 218-209-6293 seth.bjornrud@ifallscovenant.org
Stacy Hall, Advocate for Victims of Abuse 218-324-2709 stacy.hall@ifallscovenant.org
Celebrate Recovery – meets alternating Tuesdays at 7pm in Room 200
Grief Share – meets Thursdays at 6:30pm in Room 200

Christian Counseling

(International Falls)

Mary Einarson - Spectrum Counseling 612-226-9301 mary@spectrumcounselingmn.com

(Bemidji)

Stellar Human Services 218-444-2845 www.stellher.com
Robin Hewitt, MS, LLC 218-751-0887
Derrick Houle 218-751-8670

Local Counseling

Koochiching County Mental Health Services 218-285-7000
Northland Counseling Center 218-283-3406
Cedar Branch Counseling Group 218-319-7171
Kathi Hendrickson - Essentia Health 218-283-9431
Brenda Crowe - Blue Heron 218-285-9041
Friends Against Abuse 218-285-7220
Rainy River Recovery & Counseling 218-285-7029

If you are in a crisis, call 1 (800) 422-0045 or text "MN" to 741741
to connect with a 24-hour Crisis Counselor hotline