

Adult Mental Health Services

The Department of Human Services (DHS) oversees publicly funded programs offering community-based mental health services for Minnesotans with mental illness. Our staff are dedicated to supporting adults with a mental illness in their personal journey toward recovery.

Strengthening Minnesota’s mental health system of care

DHS works to strengthen mental health services and access to these services in all parts of the state.

- DHS works with 16 regional adult mental health initiatives and 11 tribal authorities to develop, implement, monitor and evaluate public mental health services.
- DHS collaborates with providers, managed care organizations, housing and employment agencies, advocates, consumers and family members to develop policies that are recovery-focused and person-centered.
- DHS supports and provides training and technical assistance to direct service providers and counties to ensure that evidence-based and research informed practices are used to promote independent living, community integration and a reduced use of more restrictive services.

At DHS, we help to create a culture that promotes and supports recovery from mental illness.

We are dedicated to supporting people with a mental illness in their personal journey toward recovery.



ARMHS—Adult Rehabilitative Mental Health Services IRTS—Intensive Residential Treatment Services ACT—Assertive Community Treatment
MH-TCM — Mental Health Targeted Case Management

Community-based services

DHS oversees many publicly funded programs offering community-based mental health services for Minnesotans with mental illness. We are committed to a continuum of treatment and support services that enable adults with a mental illness the freedom of choice in their personal journey toward recovery.

Adult Rehabilitative Mental Health Services

ARMHS brings services directly to people in their own homes or elsewhere in the community, helping individuals acquire, practice and enhance skills that have been lost or diminished.

Assertive Community Treatment

ACT is an intensive, comprehensive, non-residential rehabilitative mental health service directed to individuals with a serious mental illness.

Certified Peer Support

Peer support is provided by current or former mental health service consumers who received special training and certification to help other people become fully engaged in the recovery process.

Day Treatment

Day treatment offers an intensive service with the goal of reducing or relieving the effects of mental illness and providing training to help the person live in the community.

Intensive Residential Treatment Services

IRTS is provided in a residential facility and helps psychiatric stability, personal and emotional adjustment and self-sufficiency, while building skills to live more independently.

Outpatient Services

Outpatient Services includes individual, group and family therapy, diagnostic assessments, medication management and psychological testing.

Mental Health—Targeted Case Management

MH-TCM assists recipients in gaining access to needed educational, health, legal, medical, social, vocational and other services and supports. The four core components are: assessment, planning, referral/linkage and monitoring/coordination.

Mobile Crisis Services

Mobile crisis teams provide crisis services to individuals within their own homes and at other sites outside the traditional clinical setting.

Partial Hospitalization

Partial hospitalization offers time-limited psychotherapy and other therapeutic services.

Permanent Supportive Housing

Supportive housing helps individuals have their own private and secure homes, along with access to the support services they need and want in order to retain their housing.

Residential Crisis Services

Residential Crisis Services offer short-term care at a facility equipped to assess, stabilize, and treat the person's mental health issues. Stays are typically four to five days but may be as short as one or as long as medically necessary.

Crisis Text Line

Crisis Text Line is a statewide suicide prevention text messaging service. Text MN to 741 741 for help 24/7 throughout Minnesota.

At DHS, we work to integrate mental health with physical health care, promote successful treatments, and serve people close to their communities, families and other supports.