

**Rochester Community and Technical College**

# **Campus and Community Resource Guide**

- **Alcohol and Other Drug**
- **Anxiety Disorders**
- **Depression**
- **Eating Disorders**

# Alcohol and Other Drug Resources

## CAMPUS RESOURCES

**RCTC Student Health Services**  
(507) 285-7261

**RCTC TTY**  
(507) 280-2968

**RCTC Counseling Center**  
(507) 285-7260

**RCTC Human Resources**  
(507) 285-7183

**State Employee Assistance Program**  
(612) 296-0765

## COMMUNITY RESOURCES

**Adolescent Substance Abuse Service**  
(Assessment, counseling, aftercare)  
Mayo Clinic  
284-4065

**Al-Anon**  
PO Box 693  
282-3764

**Alcoholics Anonymous**  
Alano Club  
1340 3<sup>rd</sup> Ave SE  
289-5636

**AA Information**  
(Information on other area meetings)  
281-1747

**Alcoholism & Drug Dependence Unit**  
(Adult Inpatient)  
St. Mary's Hospital  
255-4122

**Cron Homes, Inc.**  
(Half-way House)  
622 North Broadway  
282-1204

**The Gables Recovery Home**  
(Treatment – Adult Women)  
604 5<sup>th</sup> St. SW  
282-2500

**Guest House, Inc.**  
(Treatment)  
4800 48<sup>th</sup> St. NE  
288-4693

**Nicotine Dependency Unit**  
Mayo Clinic  
266-1930

**Outpatient Chemical Dependence Service**  
Mayo Clinic  
266-5100

**Family Service Rochester**  
(Assessment, counseling, treatment)  
903 West Center Street  
287-2040

**Zumbro Valley Crisis Receiving Unit**  
(Detoxification)  
2116 Campus Drive SE  
281-6248  
TDD - 287-1325

**Zumbro Valley Mental Health Center**  
(Counseling, education, treatment)  
1932 Viking Dr. NW  
281-6240  
TDD – 287-1325

## NATIONAL RESOURCES

**Cocaine Helpline**  
1-800-Cocaine  
(1-800-262-2463)

**National Institute on Drug Abuse**  
(NIDA) – U.S. Department of Health  
1-800-729-6686

# Anxiety Disorders Resource Guide

## CAMPUS RESOURCES

### **RCTC Counseling Center**

SS133  
285-7260

### **RCTC Student Health Services**

RG115  
285-7261

## COMMUNITY RESOURCES

### **Zumbro Valley Psychological Services**

1932 Viking Drive NW  
Rochester, MN 55901  
281-6240  
1-800422-0161  
(sliding fee scale services available)

### **Family Service Rochester**

903 West Center Street  
Rochester, MN  
287-2040  
(sliding fee scale services available)

### **Mayo Clinic Department of Psychiatry and Psychology**

200 SW First Street  
Rochester, MN  
266-5100

### **Olmsted Medical Center Psychological & Psychiatric Services**

210 9<sup>th</sup> Street SE  
Rochester, MN  
288-3443

## NATIONAL RESOURCES

### **Freedom From Fear**

308 Seaview Avenue  
Staten Island, NY 10305  
(718) 351-1717  
Website: [freedomfromfear.org](http://freedomfromfear.org)

Many other individual and group private-practice counseling services are available in the Rochester area. Consult local directory for these listings.

# Depression Resource Guide

## RCTC

### CAMPUS RESOURCES

**RCTC Counseling Center**

SS133  
285-7260

**RCTC Student Health Services**

RG115  
285-7261

### COMMUNITY RESOURCES

**Zumbro Valley Psychological Services**

1932 Viking Drive NW  
Rochester, MN 55901  
281-6240  
1-800422-0161  
(sliding fee scale services available)

24 hour hotline:  
281-6248 or 1-800-422-0670  
2116 Campus Drive SE  
Rochester MN 55904

**Family Service Rochester**

903 West Center Street  
Rochester, MN  
287-2040  
(sliding fee scale services available)

**Mayo Clinic Department of Psychiatry and Psychology**

200 SW First Street  
Rochester, MN  
266-5100

**Olmsted Medical Center Psychological & Psychiatric Services**

210 9<sup>th</sup> Street SE  
Rochester, MN  
288-3443

### NATIONAL RESOURCES

**National Mental Health Association**

2001 N. Beauregard Street, 12th Floor  
Alexandria, VA 22311  
Phone 703/684-7722  
Fax 703/684-5968  
<http://www.nmha.org>

**National Mental Health Association Resource Center**

1-800-969-NMHA (800-969-6642 )

Many other individual and group private-practice counseling services are available in the Rochester area. Consult local directory for these listings.

# Eating Disorders Resources

## CAMPUS RESOURCES

**RCTC Counseling Center**  
285-7260

**RCTC Student Health Services**  
285-7261

**Family Service Rochester**  
903 West Center Street  
Rochester, MN  
287-2040  
(sliding fee scale services available)

**Aimsonion Clinic**  
300 Third Ave SE Suite 206  
Rochester, MN  
280-4445

## COMMUNITY RESOURCES

**Debra Esch, M.S., L.P.**  
Licensed Psychologist  
Associates in Psychiatry &  
Psychology  
Ironwood Square Bldg., Suite 405  
300 Third Avenue, SE  
Rochester, MN 55904  
288-8544  
1-800-422-0249

**Zumbro Valley Psychological Services**  
1932 Viking Drive NW  
Rochester, MN 55901  
281-6240  
1-800-422-0161  
(sliding fee scale services available)

**Mayo Clinic Department of Psychiatry and Psychology**  
200 SW First Street  
Rochester, MN  
266-5100

**Olmsted Medical Center Psychological & Psychiatric Services**  
210 9<sup>th</sup> Street SE  
Rochester, MN  
288-3443

## NATIONAL RESOURCES

**Eating Disorder Awareness and Prevention**  
603 Stewart Street Suite 803  
Seattle, WA 98101  
206-382-3587  
<http://www.edap.org>

Many other individual and group private-practice counseling services are available in the Rochester area. Consult local directory for these listings.