



2421 Chicago Avenue South
Minneapolis, MN 55404

walkin.org
Fax: 612-870-4169

Phone: 612-870-0565

FREE, ACCESSIBLE MENTAL HEALTH AND CRISIS COUNSELING

Some in-person services now available (MWF 1-3 pm)

Walk-In Counseling Center is a non-profit organization that has provided counseling services to people with urgent needs and few options since 1969. Counseling is always **FREE and ANONYMOUS, with NO APPOINTMENT needed during clinic hours**. All services are provided by professional clinicians who are volunteers. **ANYONE** can use our services. Asking for help can be the healthiest thing you do!

In January 2023, we resumed in-person access during early afternoon clinics on Monday, Wednesday and Friday, from 1-3 pm. All clinics are still no-appointment and still accessible virtually. Evening clinics remain virtual.

CLINIC HOURS: (Hours will not change.)

Monday, Wednesday, Friday afternoons: In-person *and* virtual (phone or internet).

Monday through Thursday evenings: 5:30 – 7:30 p.m. virtual only (phone or internet).

Please come, call or login to Zoom **only during clinic hours**. You will talk with the clinic receptionist who will connect you with a counselor ASAP. Please be patient.

IN PERSON: Come to 2421 Chicago Ave, Minneapolis, on Monday, Wednesday or Friday from 1-3 p.m.

BY PHONE: During clinic hours, find a quiet place. *Please don't phone while driving!*

Call the Zoom phone number for the Midwest – 1 (312) 626-6799. When prompted by Zoom, enter the Meeting ID for the Walk-In clinic: 458-270-804.

BY COMPUTER INTERNET: During clinic hours, go to: zoom.us/j/458270804

Follow the on-screen instructions to open Zoom.

Click on the blue button to “Launch Meeting.”

Next you will see “Please wait, the meeting host will let you in soon,” so please wait.

Turn your computer camera on.

Having trouble? Go to our website, walkin.org.

SERVICIOS EN ESPAÑOL / SERVICES TO SPANISH SPEAKERS

Seguimos atendiendo a los hispanohablantes: El cliente debe llamar a nuestro número principal (612-870-0565), x 2 para español. Volveremos a llamar al cliente para programar la consejería.

We continue to serve Spanish speakers: The client should call our main number (612-870-0565), x 2 for Spanish. We will call the client back to arrange for counseling.