How to get free counseling

No insurance needed. You can stay anonymous.

Walk•In Counseling Center

1 Check clinic hours

For counseling in English, no appointment is needed. All times are Central.

Monday, Wednesday & Friday — **1:00–3:00 p.m.**
In person, by video, or by phone

Monday through Thursday — **5:30–7:30 p.m.**
By video or phone only

2 Choose how to join

In person
2421 Chicago Avenue S.
Minneapolis, MN 55404 • Afternoon clinics only

By video
zoom.us/j/458270804
Join from a computer, tablet, or smartphone.

By phone
1-312-626-6799
Enter meeting ID 458-270-804.

If the phone line is busy, try another number with the same meeting ID.
929-205-6099 • 301-715-8592 • 346-248-7799
669-900-6833 • 253-215-8782

3 Check in

A Clinic Coordinator will welcome you and connect you with a counselor.
People are seen in the order they arrive.

For counseling in Spanish

Call 612-870-0565, ext. 2, for an appointment, subject to counselor availability.

Holiday closures and current hours walkin.org/get-counseling-now/