



We believe you

Your pain is real and you're in the right place.

Chronic pain is more than results of scans, lab tests, or the standard definitions. Your pain is real and valid, and is as intense as any human condition. We don't claim to take your pain away, but we do claim to take your pain out of the spotlight.

Take pain out of the spotlight

There is a better life ahead

Schedule a time when we can meet you and listen to your story. We don't require convincing, but we do require information. Then we customize a plan to help you recover your life and the joy of living it. Know that we are committed to you and getting you to a better place.



You deserve to feel more than hopeless

We listen. We hear. We deliver compassion, acceptance, and relief. Thrive is a program that guides you to a place of resilience, hope, and the means to sideline your physical and emotional pain. We help you take back your life.

Call us at 952-835-2002 to reclaim your life.



VISIT mhs-dbt.com or CLICK the LINKS to learn more about our programs. Call 952-835-2002 to schedule an intake assessment.

Other Programs:

Early Adolescent DBT
Adolescent DBT
State Certified Adherent DBT
Intensive Outpatient (IOP) DBT
Dual Diagnosis DBT for Chemical and Mental Health
Intensive Outpatient (IOP) Cognitive Behavior Therapy (CBT)
Horizons DBT for Developmental Disabilities
Thrive for Chronic Pain and Mental Health
DBT for Health Care Professionals
Vision of Wellness for Psychotic Disorders

Prioritize your needs TODAY!

*Schedule an in-person or online
appointment
Share your story
Get started on the path back*

