

Where empathy meets credibility

At MHS, there's a deep compassion for those struggling with the world, and the world within. Compassion is where we start. We're experienced, educated and devoted professionals. Let us help you.

Our specialty: Dialectical Behavior Therapy (DBT)

Skills create hope, relief & change

Our DBT programs teach techniques and skills to manage and ultimately, rise above challenges.



Virtu-Clinic

Therapy Conducted Virtually. We believe you should have access to caring and professional therapeutic treatment no matter where you live and no matter your mobility issues. By all means, connect!

mhs-dbt.com/virtu-clinic

Take an active role
in your life.

Call to schedule a needs assessment

952-835-2002

mhs-dbt.com

Clinic Locations:

Northwest Metro - Plymouth

Central Metro - Roseville

East Metro - Woodbury

West Metro - Edina

South Metro - Apple Valley



Make happy your plan

At MHS, we thoughtfully help you find the joy that eludes you.



Adult DBT Programs

Skills for a better life

DBT focuses on managing and outsmarting your mental health challenges.

Those challenges can include:

- mood disorders such as anxiety and depression
- borderline personality disorder
- eating disorders
- substance abuse
- self-harm urges and behaviors

Your treatment

Each DBT session is personalized. We teach four core skills modules. Mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.

Adolescent DBT Programs

Being a teen is already tough

Growing up is not simple. We tailor DBT to fit the specific needs of young people. It's not DBT-lite, it's DBT-appropriate. Change their story in the early chapters.

- Early Adolescent DBT, 12-14 years old
- Adolescent DBT, 14-18 years old



Redirect your life

DBT for ready addiction recovery and mental health

Waypoint teaches skills to combat the dependency demons and navigate a better path forward. Waypoint breaks the cycle of dark and light with tools to self-regulate, refocus, and recover to a brighter space. Duration of treatment is driven by your needs and progress.



First responding

Mental care for health care professionals

To work in the healthcare field is a high-stress endeavor. Mental illness doesn't discriminate. Boost DBT for health care professionals, provides respite and teaches skills, in an environment of empathetic reassurance.

This is a program for you, separate from your clients and patients.

- Ten-session support and skills program
- Ongoing care in our weekly Dialectical Behavior Therapy (DBT) for Healthcare Providers program.

We all need a supportive Boost.



Your pain is real pain

Transformation from chronic pain is possible

Pain won't always show up on scans, or comply to standard definitions. We believe your pain is real. Thrive guides you to a place of resilience, hope, and relief. Quiet your pain, so you can be heard.



Cognitive Behavioral Therapy

Think about feeling better

Our CBT program is for people whose thoughts affect how they feel, relate to others, and function in the world. CBT recognizes that our cognitions play a central role in emotional distress and behavior problems. We help you replace damaging thoughts with balanced and healthy thoughts. Think about the reality of positive change.

Highly Coordinated Care

Treating the whole person and knowing the whole story

At MHS, we are keenly aware that our services are not performed in a vacuum. We make every coordinated effort to inform and be informed by all other healthcare professionals treating you. Awareness and understanding allows us to best collaborate and complement all aspects of your well-being.



VISIT mhs-dbt.com or call 952-835-2002 to schedule an intake assessment.