



Where empathy meets credibility

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

Let us help you.

Our speciality: Dialectical Behavior Therapy (DBT)

Skills create hope, relief, and change. Our DBT programs teach tools and skills to manage, mitigate, and ultimately rise above challenges.

The core of our work is DBT

We use these proven, evidence-based therapies with a focus on emotional and social issues that relate to mental health challenges.

We specialize in teaching you the skills to address what prevents you from experiencing peace, joy, and being present in your life.



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

Programs we offer:

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

Locations for programming:

Apple Valley - Edina - Plymouth - Roseville -
Woodbury - Virtu Clinic