



The DBT for LGBTQIA+ program at Mental Health Systems (MHS) gives individuals a safe space to just be themselves while they navigate difficult and unique challenges.

Members of the LGBTQIA+ community deal with unique stressors and special elements while just trying to live the lives they want - and deserve. Learn skills to manage depression, anxiety, interpersonal conflict, safety, and daily stressors.

Be Yourself - and Be Accepted



Why DBT for LGBTQIA+?

At MHS, we understand that navigating life in the LGBTQIA+ community can be difficult. Adults in this community are twice as likely to experience mental health issues compared to heterosexual adults. This program welcomes ALL individuals, and creates a safe space for them to be themselves - and be accepted. With DBT, they can expect validation and support as well as practical tools to approach challenges and stressors.

Insurance and Accessibility

MHS accepts most major insurance plans and many State-funded plans. At MHS, we verify coverage prior to your first appointment, so there are no surprises.

Pride: DBT for LGBTQIA+

- 3 days per week, 3 hours per session
- Meets Mondays, Tuesdays, and Thursdays, from 9am-12pm.
- Skills teaching, diary card, and skills application hour
- Location: Edina and Virtu-Clinic
- More days, times, and locations coming soon!

Call now to schedule an intake



Visit mhs-dbt.com or scan the QR code to learn more about our programs. Call 952-299-6800 to schedule an intake assessment.

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





Dialectical Behavior Therapy (DBT)

What is DBT?

Dialectical Behavior Therapy (DBT) is a comprehensive and evidence-based psychotherapy.

DBT is structured as a skills-based, intensive outpatient program that integrates elements of cognitive-behavioral therapy (CBT) with concepts of mindfulness and acceptance.

DBT aims to empower individuals to better manage their emotions, tolerate distress, improve relationships, and ultimately lead more fulfilling lives.

What is Taught in DBT?

DBT consists of teaching and generalizing skill use in 4 main modules, each targeting different aspects of emotion regulation and interpersonal effectiveness:

- 1 Mindfulness: Helps stay focused on the present, managing emotional reactions and coping with challenges effectively.
- 2 Distress Tolerance: Provides tools to manage crises and intense emotions without worsening symptoms.
- 3 Emotion Regulation: Aims to build emotional resilience by recognizing patterns and creating healthy routines.
- 4 Interpersonal Effectiveness: Teaches skills to help improve quality of relationships by focusing on communication, boundary setting, and self-worth.

