



E-NEWS: APRIL

People Incorporated Mental Health Services



EMPOWERING PEOPLE: SPOTLIGHT ON PEOPLE INCORPORATED'S OUTPATIENT MENTAL HEALTH CLINICS

People Incorporated Mental Health Services believes that everyone deserves access to mental health care. We offer accessible outpatient mental health therapy services in four locations to support and improve individuals' lives. We are here to serve people, including adults and youth, who are eligible or on Medicaid insurance, to remove barriers that prevent individuals and families from seeking help. Our trained professionals provide a safe and supportive environment for individuals to explore their mental health needs.

If you or someone you know would like support with their mental health challenges, reach out to People Incorporated for same-day or next-day appointments, and you will not have to face it alone. Help is available. Call our Central Access Contact Center at 651-774-0011 or visit our website at www.peopleincorporated.org to learn more about our services and how we can support you.

YOUR MIND MATTERS ACCESSIBLE MENTAL HEALTH SUPPORT FOR ALL Want more info? Call our Central Access Contact Center at 651-774-0011	Mental health is just as important as physical health. Many individuals face challenges that can be addressed through supportive services. We meet our clients where they are. Providing services in 4 locations across the Twin Cities Metro: • 2120 Park Ave in Minneapolis • 1930 Coon Rapids Blvd NW in Coon Rapids • 317 York Ave in Saint Paul • 5555 Boone Ave N in New Hope
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“Mental health is community health. When we work with folks who are experiencing mental illness on a daily basis, we can do something for them that’s big or small, that will change their lives. It makes a world of difference.” – People Incorporated staff member.



What can the Training Institute do for you?

Training Institute Training Services Offered:

- De-escalation Techniques: Learn how to manage and de-escalate tense workplace situations effectively.
- Understanding Trauma: Gain insights into the impact of trauma and how to support and work with employees who may be experiencing it.
- Professional Boundaries and Ethics: Ensure your team understands the importance of maintaining professional boundaries and ethical standards.
- Link 2 Leadership Series: A comprehensive program for new and upcoming leaders, from individual contributors to supervisors/managers and directors, designed to develop leadership skills and prepare them for future roles.

**TRAINING
INSTITUTE**
PEOPLE INCORPORATED
MENTAL HEALTH SERVICES

PEOPLE INCORPORATED'S TRAINING INSTITUTE

Empower Your Team with Us

The Training Institute understands the importance of supporting mental health in the workplace. We offer a range of services designed to provide organizations with the tools and knowledge needed to foster a mentally healthy environment for their employees. Over 200 companies, non-profits, and government agencies have partnered with us to bring various education training to their staff and organization.

Impact on Employees:

Providing mental health training for your staff enhances their skills and shows them that their well-being is a priority for your organization. Employees who feel supported in their mental health are likelier to be engaged and productive at work.

Invest in your team's mental health today by contacting the Training Institute at training@peopleincorporated.org. Our experienced trainers are ready to provide customized training sessions tailored to your organization's needs and make a positive impact on your employees' mental health and well-being.

For more information and to book a training session visit <https://www.traininginstitute.org/w/>



651-774-0011



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3000 Ames Crossing Rd, Suite 600, Eagan, MN 55121

COMMUNITY

Wise Giving: Support Mental Health for All Ages

At People Incorporated Mental Health Services, we believe that everyone deserves access to mental health care, regardless of their insurance status or age. These donations help us create dignified and healing residences with trauma-informed spaces, provide mental health data-driven innovations, and provide integrated compassionate care that has a long-term impact on mental healthcare for communities.

Impact of Your Donations:

Your generous contributions support individuals with mental health needs across various demographics, including those uninsured, youth, adults, families, and homeless populations. By donating to People Incorporated, you help us provide accessible mental health services to those in need and vulnerable populations. This includes outpatient therapy, crisis intervention, and long-term housing solutions.

People Incorporated CEO to speak at Becker's 15th Annual Meeting

Our very own Jill Wiedemann-West will speak at panels this month at Becker's 15th Annual Meeting in Chicago, IL!

ARTABILITY

2025 Workshops

We are starting guided workshops for participants aged 55+ each month, at V3 Sports Center and Rivers Retirement Community. Check our Eventbrite (linked below) for more details!



[Sign up!](#)

“When the carpet came flying out from underneath me, People Incorporated saved me.”
— former client.

Support People Incorporated!

Your support can make a significant difference in the lives of those facing mental health challenges. Contact a team member at give@peopleincorporated.org and join us in our mission to improve mental health in our community and foster awareness through conversations.



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