If you or someone you care about is struggling with emotional concerns, help is available.

**You Are Not Alone**

According to the National Institute of Mental Health (NIMH) almost 15 million adults will experience depression and 40 million adults will experience anxiety in a given year, in the US alone.

Approximately 1 out of 8 adults have received some type of specialty mental health treatment in the past year (SAMHSA)

Approximately 1 in 9 children and adolescents will experience depression, and research indicates that adolescents benefit from treatment that includes counseling or psychotherapy (NIMH), compared to medication alone.

Most people will benefit from treatment of emotional concerns, particularly if they begin treatment early, when symptoms first emerge (NIMH).

Our well-trained providers use treatment interventions that are supported by research. They are prepared to help you live a healthier and more satisfying life.

**Contact Information**

UND—Montgomery Hall, Room 308
290 Centennial Drive
Grand Forks, ND 58202-8255

701-777-3745
Clinic Director:
Cindy Juntunen, Ph.D.

**Clinic Hours**
12—7 pm, Monday—Thursday

**How do I set up a referral or schedule an appointment?**

Please contact the clinic at 701-777-3745 to schedule an appointment.

We will find the right fit of services for you.

http://education.und.edu/counseling-psychology-and-communityservices/rural-psychology-integrated-care/index.cfm

These services are made possible by the Rural Psychology and Integrated Care project, funded by the US Department of Health & Human Services, Health Resources & Services Administration.
Services Provided at Northern Lights

Counseling for individuals, couples, families, and groups in our Montgomery offices.

Tele-counseling for individuals and couples, using secure and private on-line technology for people living anywhere in North Dakota.

Therapy for adolescents and children, including play therapy.

Assessments and evaluations for emotional, behavioral, and cognitive concerns.

How we can help

We can meet your needs for a wide range of issues including:


We can also help individuals and family members manage the behavioral and emotional aspects of physical health and medical concerns.

Our clinical staff

Services are provided by students and employees of the UND Department of Counseling Psychology & Community Services.

Graduate students who are pursuing PhDs in Counseling Psychology, or a Master's degree in Mental Health Counseling, Addictions Counseling, or Rehabilitation Counseling provide counseling services, under the supervision of licensed faculty members.

Fees and Scheduling

We are committed to providing services to all members of the community, regardless of ability to pay. Therefore, we use a sliding-scale fee system. Your fee for each session will be determined based on your income and family size. Sessions can be as little as $2.00 each.

Most clients meet for 40-50 minutes on a weekly or every-other-week basis.