



Hiawatha Valley

MENTAL HEALTH CENTER

EAP:

Employee Assistance Program

We're here to help you!

- ◇ Stress
- ◇ Parenting & Family Concerns
- ◇ Depression
- ◇ Substance Use Disorder
- ◇ Personal or Emotional Difficulties

HVMHC Locations:

- ◆ Caledonia
- ◆ Red Wing
- ◆ Wabasha
- ◆ Winona

Contact Us!

info@hvmhc.org
1-800-657-6777

If you need immediate support call:
1-844-274-7472

Hiawatha Valley Mental Health
Center
Phone: 1-800-657-6777
Fax: 507-453-6267
E-mail: info@hvmhc.org

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