

WHERE TO SEEK CARE

A Freeborn County Health Care Resource Guide

In case of emergency or life threatening conditions call 911 immediately.



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NURSE LINE – FREE

Advice 24/7 from Mayo Clinic Health System for anyone by phone. Call 507-373-2384 or 888-999-2386 (toll-free).

MENTAL HEALTH RESOURCES – FREE to \$

- **Freeborn County Mental Health Center:** 507-377-5440 (8 a.m. to 5 p.m.) or www.co.freeborn.mn.us
- **Freeborn County Mental Health Crisis Line:** 507-377-5499 (5 p.m. to 8 a.m.)
- **Mayo Clinic Health System Behavioral Health Services:** 507-377-6406 or mayoclinichealthsystem.org
- **South Central Mobile Crisis Team:** 877-399-3040 or horizonhomes.org/#!crisiscenter

COMMUNITY HEALTH RESOURCES – FREE to \$

- **Freeborn County Public Health:** 507-377-5100 or www.co.freeborn.mn.us



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e-HEALTH – FREE to \$

- **Mayo Clinic Express Care Online** is available 8 a.m. to 11 p.m., 7 days a week through Patient Online Services. mayoclinichealthsystem.org
- **Patient Online Services:** mayoclinichealthsystem.org

EXPRESS CARE CLINIC – \$

- **Mayo Clinic Health System Express Care:** Appointments or walk ins welcome. Open daily, extended hours & holidays. 2708 Bridge Avenue (Hy-Vee), Albert Lea



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CLINIC VISIT – \$\$

- **Mayo Clinic Health System:** 507-373-2384, 404 W. Fountain St., Albert Lea
Appointment required. mayoclinichealthsystem.org
- **Health Reach Campus:** 507-668-2900, 1705 S.E. Broadway, Albert Lea

SAME DAY CLINIC (URGENT CARE) – \$\$

Mayo Clinic Health System: 507-668-2041, 404 W. Fountain St., Albert Lea
Appointments recommended. Open extended hours. mayoclinichealthsystem.org



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EMERGENCY ROOM – \$\$\$\$

Mayo Clinic Health System: 507-373-2384, 404 W. Fountain St., Albert Lea
Serious health needs that require immediate action. mayoclinichealthsystem.org

For additional health care services visit mayoclinichealthsystem.org or www.co.freeborn.mn.us