



Healing created together.

Individual Therapy

IN-PERSON OR TELEHEALTH CARE

Sometimes you just need to talk to someone. If you are feeling anxious, depressed or all alone, our therapists are here for you.



Compassionate Care

Hamm Clinic offers outpatient therapy for adults of all ages – from age 18 through the senior years. We provide support to individuals, couples, and families.

Our psychotherapists can help you deal with trauma, anxiety, depression, anger, grief, and other feelings that are getting in the way of living the life you want.

Our clients come from all walks of life and backgrounds. We serve everyone with compassion and respect. When you come to Hamm Clinic, you will receive collaborative and culturally responsive mental health care.

In a series of one-to-one meetings (in-person or virtual), you and your therapist will work together to set your goals – such as building self-esteem, improving emotional health, or achieving new purpose at home or work.

Your therapist will strive to understand your lived experience. And they will work with you as long as needed.

Hamm Clinic's mental health services are comprehensive, trauma-informed and culturally responsive.

651-224-0614

Call the intake line
for more information and to get signed up.



Hamm Clinic



Hamm Clinic



Hamm Memorial
Psychiatric Clinic

Hamm Clinic promotes
mental health with culturally
responsive, relational care,
especially those facing
financial barriers.



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