

Who We Are

With over three decades serving patients, Nystrom & Associates is one of the largest behavioral health organizations in the country. We are on a mission to empower people to be the best version of themselves by providing therapy, psychiatry, substance use and a variety of other services for adults, children, couples, and families.

We believe that:

- Every person is valuable and worthy of kindness, love, and compassion.
- Profound change is possible.
- By meeting people where they are and engaging them with dignity, we help individuals deal with life's challenges.
- It takes courage and vulnerability to make changes in one's life.
- It is a privilege and honor to share this journey.

Our Reach

- We serve more than 100,000 patients through approximately 1 million patient encounters annually.
- Our team of nearly 2,000 includes over 1,000 clinical staff with expertise and specialties that span the gamut of behavioral health services and other supports.

Services & Programs

- Therapy
- Psychiatry
- Substance Use Treatment
- Dialectical Behavioral Therapy (DBT)
- Psychological Testing (including ADHD)
- Community-based services

Where We're Located

- 60+ locations in five states, including Iowa, Minnesota, Missouri, North Dakota, and Wisconsin.
- In-person and virtual options.
- We accept most commercial and state insurance.

Investing in Communities

We are committed to making a difference in our communities and industry, and participate in many organizations and events, including:



In addition, our dedicated experts spend time at the local and national level, shaping policy, educating others on behavioral health issues, and volunteering with various nonprofits and advocacy organizations.

Our Vision

We are striving for a world in which focusing on your mental wellbeing is recognized as a strength, getting help is easy, and every person is seen as valuable, with unique gifts.

Our Values

Our values guide our actions and we operate from a place of HOPE: humility, optimism, people-centered, ethical practice.