CARLTON COUNTY MENTAL & BEHAVIORAL HEALTH HELP OPTIONS

IMMEDIATE ASSISTANCE:

Emergencies: Call 911

Let's Talk: (844)-772-4724

Suicide and Crisis Lifeline: Text or Call 988

Veteran Lifeline: 988 (Option 1)

PEER HELP:

Dual Recovery Anonymous: (218)-786-2836

MN Warmline: 855-WARMLINE or

Text Support to 85511

NAMI Family Support Group:

(920)-452-5152

SUPPORT & LONG TERM SOLUTIONS

Begin with your primary care provider, OR

Community Memorial Hospital

Hospital and ER: **(218)-879-4641** Raiter Family Clinic: **(218)-879-1271**

Min No Aya Win Clinic: (218)-878-3729
*For Fond Du Lac Band Members

National Alliance on Mental Illness (NAMI): (651)-645-2948

SUPPORTIVE WEBSITES:

For variety of mental health, behavioral health, and recovery services to children, youth, and adults in the community:

https://hdcnorth.org/carlton-county-services/

For group and individual counseling and support: www.namiduluth.org/

For LGBT mental health assistance: www.thetrevorproject.org/

For locating housing assistance, food banks, transportation, and other community resources: www.weareresourceful.org/

Where to Learn More to Help Myself and Others:

Mental Health First Aid Training: www.mentalhealthfirstaid.org

QPR Suicide Prevention Training: qprinstitute.com

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