



Let us help.

Lake County Mental and Behavioral Health Options >

If you or someone you know is experiencing a mental health or substance use problem, there are several resources available to find out more information or get connected with help.



Partners advancing rural health.

For Immediate Assistance

- Emergencies: **911**
- Crisis Text Line: Text **MN** to **741741**
- Let's Talk: **844-772-4724**
- Suicide Helpline: **988**
- Veterans Helpline: **988** (Option 1)

Peer Help

- Dual Recovery Anonymous: **218-786-2836**
- Group for People Living with Anxiety and Depression (GLAD):
E-mail nsmentalhealth@gmail.com
- MN Warmline: **855-WARMLINE** or text **Support** to **85511**
- NAMI Family Support Group:
920-452-5152

Support and Long Term Solutions

Begin by talking to your primary care provider, or call:

- Lake View Medical Clinic: **218-834-7700**
- Lake View Silver Bay Medical Clinic:
218-226-4431
- St. Luke's Mental Health-Hillside Clinic:
218-249-7000
- Human Development Center:
218-834-5520
- NAMI: **651-645-2948**

Supportive Websites

- For locating housing assistance, food banks, transportation, and other community resources:
www.weareresourceful.org/
- For group and individual counseling and support: www.namiduluth.org/
- For LGBT mental health assistance:
www.thetrevorproject.org
- For more information on telehealth, mental health, and technical support resources:
www.wildernesshealthmn.org/telemental-health/

Learn More to Help Myself and Others

- Lake County Resource List:
<https://www.co.lake.mn.us/health-and-human-services/>
- North Shore Mental Health Group: on Facebook or email at:
nsmentalhealth@gmail.com
- Mental Health First Aid Training:
<https://www.mentalhealthfirstaid.org>
- QPR Suicide Prevention Training:
<https://qprinstitute.com/>

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