

LAKE COUNTY MENTAL & BEHAVIORAL HEALTH HELP OPTIONS

IMMEDIATE ASSISTANCE:

Emergencies: Call **911**

Crisis Text Line: Text **MN** to **741741**

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

Suicide Helpline: **(800)-273-TALK** (8255)

Veterans Help Line: **(800)-273-TALK** (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**

SUPPORT & LONG TERM SOLUTIONS

Begin with your primary care provider, OR

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

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

SUPPORTIVE WEBSITES:

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

For LGBT mental health assistance:
www.thetrevorproject.org

Where to 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 E-mail them at nsmentalhealth@gmail.com

Mental Health First Aid Training:

www.mentalhealthfirstaid.org

QPR Suicide Prevention Training:

qprinstitute.com

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