

SOUTH ST. LOUIS 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**

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

St. Luke's Primary Care Clinics:
(218)-249-4000

St. Luke's Mental Health-Hillside Clinic:
(218)-249-7000

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:

Mental Health First Aid Training:
www.mentalhealthfirstaid.org

QPR Suicide Prevention Training:
qprinstitute.com

Arrowhead Behavioral Health Initiative:
www.abhimn.org

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