

# LAKE COUNTY MENTAL & BEHAVIORAL HEALTH HELP OPTIONS

## **IMMEDIATE ASSISTANCE:**

Emergencies: Call **911**

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

Suicide and Crisis Lifeline: **Call or Text 988**

Veteran Lifeline: **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](mailto: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/](http://www.namiduluth.org/)

For LGBT mental health assistance:  
[www.thetrevorproject.org/](http://www.thetrevorproject.org/)

For locating housing assistance, food banks, transportation, and other community resources:  
[www.weareresourceful.org/](http://www.weareresourceful.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](mailto:nsmentalhealth@gmail.com)

Mental Health First Aid Training:  
[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

QPR Suicide Prevention Training:  
[qprinstitute.com](http://qprinstitute.com)

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