

SOUTH ST. LOUIS 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

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

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

Arrowhead Behavioral Health Initiative:
www.abhimn.org

Last Updated: 3/13/2023

This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$771,767 with 5% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.



WILDERNESS
HEALTH

Partners advancing rural health



Scan the code
to see our website.