

# COOK 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:**

Peer Recovery Support Grand Portage Human Services: **(218)-475-2453**

North Shore Mental Health Group peer-led support: **nsmentalhealth@gmail.com**

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  
Cook County Public Health and Human Services: **(218)-387-3620**

Grand Portage Human Services:  
**(218)-475-2235**

North Shore Health: **(218)-387-3040**

Sawtooth Mountain Clinic: **(218)-387-2330**

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

## **SUPPORTIVE WEBSITES:**

Mental Health MN: Resources, MH Apps, and Wellness/Safety Tools

<https://mentalhealthmn.org/>

Mental Health resources can be found at:

[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:**

ASIST-Applied Suicide Intervention Skills Training:

[livingworks.net/training/livingworks-asist/](http://livingworks.net/training/livingworks-asist/)

Mental Health First Aid Training:

[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

QPR Suicide Prevention Training:

[qprinstitute.com](http://qprinstitute.com)

safeTALK - Suicide Alertness for Everyone:

[livingworks.net/training/livingworks-safetalk/](http://livingworks.net/training/livingworks-safetalk/)

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