

ASHLAND AND BAYFIELD COUNTY MENTAL & BEHAVIORAL HEALTH HELP OPTIONS

IMMEDIATE ASSISTANCE:

Emergencies: Call **911**

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

Veteran Lifeline: **988** (Option 1)

Ashland and Bayfield County 24 Hour Crisis
Lifeline: **(866) 317-9362**

PEER HELP:

Ashland Health and Human Services:
(715)-682-7004

NAMI Support Groups: **(920)-452-5152**

<https://namiwisconsin.org/support-and-education/being-together/>

Hope Haven Peer Run Respite: **(715)-665-HOPE**

SUPPORT & LONG TERM SOLUTIONS

Begin with your primary care provider, OR

Aspirus St. Luke's Ashland Clinic:

(715)-685-6600

North Lakes Community Clinic

Ashland: **(715)-685-2200**

Iron River: **(715)-372-5001**

National Alliance on Mental Illness (NAMI):

(608)-268-6000

SUPPORTIVE WEBSITES:

For LGBT mental health assistance:

www.thetrevorproject.org

For local resources and supports:

<https://namiwisconsin.org/about-nami-wisconsin/find-my-nami/>

For locating housing assistance, food banks, transportation, and other community resources:

www.weareresourceful.org/

For Ashland County Mental Health and Human Services: <https://tinyurl.com/mr3sm6df>

OR call (715)-682-7004

Where to Learn More to Help Myself and Others:

ASIST-Applied Suicide Intervention Skills Training:

livingworks.net/training/livingworks-asist/

Mental Health First Aid Training:

www.mentalhealthfirstaid.org

QPR Suicide Prevention Training:

qprinstitute.com

safeTALK - Suicide Alertness for Everyone:

livingworks.net/training/livingworks-safetalk/

Last Updated: 10/9/2024

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.



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