

# DOUGLAS COUNTY MENTAL & BEHAVIORAL HEALTH HELP OPTIONS

## **IMMEDIATE ASSISTANCE:**

Emergencies: Call **911**

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

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

Douglas County 24 Hour Crisis Lifeline:  
**(715) 395-2259**

## **PEER HELP:**

Dual Recovery Anonymous: **(218)-786-2836**

NAMI Support Groups:  
**(920)-452-5152** OR <https://namidouglascounty.wi.wordpress.com/support-groups/>

Human Development Center: **(715)-392-8216**  
- Community support programs  
- Crisis Intervention for Teens

## **SUPPORT & LONG TERM SOLUTIONS**

Begin with your primary care provider, OR  
Aspirus St. Luke's Superior Clinic:  
**(715)-395-3900**

Aspirus St. Luke's Behavioral Health Clinic:  
**(218)-249-7000**

Lake Superior Community Health Center  
<https://lschc.org/> OR **(715)-392-1955**

National Alliance on Mental Illness (NAMI):  
**(608)-268-6000**

## **SUPPORTIVE WEBSITES:**

For LGBT mental health assistance:

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

For group and individual counseling and support: [www.namiwisconsin.org](http://www.namiwisconsin.org)

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

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

For Douglas County Mental Health and Human Services: [www.douglascountywi.org/271/](http://www.douglascountywi.org/271/)

[Mental-Health](http://www.douglascountywi.org/271/Mental-Health) OR call (715)-395-1304

## **Where to Learn More to Help Myself and Others:**

Mental Health First Aid Training:

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

QPR Suicide Prevention Training:

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

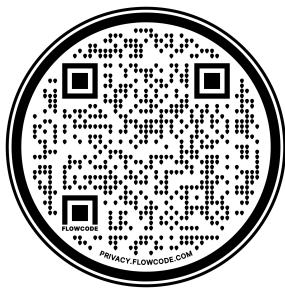
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