

# ITASCA COUNTY MENTAL & BEHAVIORAL HEALTH HELP OPTIONS

## **IMMEDIATE ASSISTANCE:**

Emergencies: Call **911**

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

First Call for Help: **211**

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

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

## **PEER HELP:**

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

MN Warmline: **855-WARMLINE** or Text  
**Support to 85511**

Kiesler Wellness Center: **(218)-326-5114**

NAMI Family Support Group: **(920)-452-5152**

Wellness in the Woods: **1-(800)-273 8255**

## **SUPPORT & LONG TERM SOLUTIONS**

Begin with your primary care provider, OR

Bigfork Valley Hospital: **(218)-743-3177**

*Hibbing*

Aspirus St. Luke's Hibbing Clinic:

**(218)-362-7100**

Fairview Mesaba Clinic: **(218)-362-6937**

Grand Itasca Clinic and Hospital:

**(218)-326-7344**

Nashwauk - Fairview Mesaba Clinic:

**(218)-885-2858**

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 short term adult crisis stabilization: [www.newleafhealingcenter.com/](http://www.newleafhealingcenter.com/)

For locating housing assistance, food banks, transportation, and other community resources: <https://www.weareresourceful.org/>

## **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)

Arrowhead Behavioral Health Initiative: [www.abhimn.org](http://www.abhimn.org)

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