# LAKE 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

Group for People Living with Anxiety and Depression (GLAD):

E-mail: <u>nsmentalhealth@gmail.com</u> MN Warmline: 855-WARMLINE or Text Support to 85511

### SUPPORT & LONG TERM SOLUTIONS

Begin with your primary care provider, OR

Aspirus St. Luke's Lake View Clinic:

### (218)-834-7700

Aspirus Lake View Silver Bay Clinic: (218)-226-4431

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

Human Development Center: (218)-834-5520

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

### SUPPORTIVE WEBSITES:

For group and invdividual counseling and support: <a href="http://www.namiduluth.org/">www.namiduluth.org/</a>

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:

Lake County Resource List: https://www.co.lake.mn.us/health-and-humanservices/

ASIST-Applied Suicide Intervention Skills Training: **livingworks.net/training/livingworks-asist/** 

Mental Health First Aid Training: www.mentalhealthfirstaid.org

QPR Suicide Prevention Training: **<u>qprinstitute.com</u>** 

safeTALK - Suicide Alertness for Everyone: livingworks.net/training/livingworks-safetalk/

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