

NORTH ST. LOUIS 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**

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
Hibbing

Fairview Mesaba Clinic: **(218)-362-6937,**
(866)-806-7139

Aspirus St. Luke's Hibbing Clinic:
(218)-362-7100

Mountain Iron

Fairview Mesaba Clinic: **(218)-741-2250**
Aspirus St. Luke's Mountain Iron Clinic:
(218)-748-7480

Nashwauk

Fairview Mesaba Clinic: **(218)-885-2858**

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

SUPPORTIVE WEBSITES:

Lakeview Behavioral Health: <https://lakeviewbh.com/>

Northland Counseling Center:
<https://northlandcounseling.org/>

Range Mental Health:
<https://www.rangementalhealth.org/>

For connections to quality of life services:
<https://www.pathwaystowellnessmn.org/>

For LGBT mental health assistance:
www.thetrevorproject.org

For group and individual counseling and support:
www.namiduluth.org/

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

Where to Learn More to Help Myself and Others:

Mental Health First Aid Training:
www.mentalhealthfirstaid.org

QPR Suicide Prevention Training:
qprinstitute.com

Arrowhead Behavioral Health Initiative:
www.abhimn.org

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