

# **SOUTH ST. LOUIS COUNTY MENTAL & BEHAVIORAL HEALTH HELP OPTIONS**

## **IMMEDIATE ASSISTANCE:**

Emergencies: Call **911**

Crisis Text Line: Text **MN** to **741741**

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

Suicide Helpline: **988**

Veterans Help Line: **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

Aspirus St. Luke's Primary Care Clinics:  
**(218)-249-4000**

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

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 locating housing assistance, food banks, transportation, and other community resources:  
[www.weareresourceful.org/](http://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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