

CARLTON 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

Community Memorial Hospital
Hospital and ER: **(218)-879-4641**
Raiter Family Clinic: **(218)-879-1271**

Min No Aya Win Clinic: **(218)-878-3729**
*For Fond Du Lac Band Members

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

SUPPORTIVE WEBSITES:

For variety of mental health, behavioral health, and recovery services to children, youth, and adults in the community:

<https://hdcnorth.org/carlton-county-services/>

For group and individual counseling and support:

www.namiduluth.org/

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:

Mental Health First Aid Training:

www.mentalhealthfirstaid.org

QPR Suicide Prevention Training:

qprinstitute.com

Last Updated: 7/19/2023

This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$771,767 with 5% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.



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