

DOUGLAS COUNTY MENTAL & BEHAVIORAL HEALTH HELP OPTIONS

IMMEDIATE ASSISTANCE:

Emergencies: Call **911**

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

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

Douglas County 24 Hour Crisis Lifeline:
(715) 395-2259

PEER HELP:

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

NAMI Support Groups:

(920)-452-5152 OR <https://namidouglascounty.wi.wordpress.com/support-groups/>

Human Development Center: **(715)-392-8216**

- Community support programs
- Crisis Intervention for Teens

SUPPORT & LONG TERM SOLUTIONS

Begin with your primary care provider, OR

Aspirus St. Luke's Superior Clinic:

(715)-395-3900

Aspirus St. Luke's Behavioral Health Clinic:

(218)-249-7000

Lake Superior Community Health Center

<https://lschc.org/> OR **(715)-392-1955**

National Alliance on Mental Illness (NAMI):

(608)-268-6000

SUPPORTIVE WEBSITES:

For LGBT mental health assistance:

www.thetrevorproject.org

For group and individual counseling and support: www.namiwisconsin.org

For locating housing assistance, food banks, transportation, and other community resources:

www.weareresourceful.org/

For Douglas County Mental Health and Human Services: www.douglascountywi.org/271/

[Mental-Health](http://www.douglascountywi.org/271/Mental-Health) OR call (715)-395-1304

Where to Learn More to Help Myself and Others:

Mental Health First Aid Training:

www.mentalhealthfirstaid.org

QPR Suicide Prevention Training:

qprinstitute.com

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