

ITASCA COUNTY MENTAL & BEHAVIORAL HEALTH HELP OPTIONS

IMMEDIATE ASSISTANCE:

Emergencies: Call **911**

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

First Call for Help: **211**

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

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

PEER HELP:

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

MN Warmline: **855-WARMLINE** or Text
Support to 85511

Kiesler Wellness Center: **(218)-326-5114**

NAMI Family Support Group: **(920)-452-5152**

Wellness in the Woods: **1-(800)-273 8255**

SUPPORT & LONG TERM SOLUTIONS

Begin with your primary care provider, OR

Bigfork Valley Hospital: **(218)-743-3177**

Hibbing

Aspirus St. Luke's Hibbing Clinic:

(218)-362-7100

Fairview Mesaba Clinic: **(218)-362-6937**

Grand Itasca Clinic and Hospital:

(218)-326-7344

Nashwauk - Fairview Mesaba Clinic:

(218)-885-2858

National Alliance on Mental Illness (NAMI):

(651)-645-2948

SUPPORTIVE WEBSITES:

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

For LGBT mental health assistance: www.thetrevorproject.org/

For short term adult crisis stabilization: www.newleafhealingcenter.com/

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