

# LAKE 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**

Group for People Living with Anxiety  
and Depression (GLAD):

**E-mail: [nsmentalhealth@gmail.com](mailto:nsmentalhealth@gmail.com)**

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

## **SUPPORT & LONG TERM SOLUTIONS**

Begin with your primary care provider, OR

Aspirus St. Luke's Lake View Clinic:  
**(218)-834-7700**

Aspirus Lake View Silver Bay Clinic:  
**(218)-226-4431**

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

Human Development Center: **(218)-834-5520**

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:**

Lake County Resource List:  
**<https://www.co.lake.mn.us/health-and-human-services/>**

ASIST-Applied Suicide Intervention Skills Training:  
**[livingworks.net/training/livingworks-asist/](http://livingworks.net/training/livingworks-asist/)**

Mental Health First Aid Training:  
**[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)**

QPR Suicide Prevention Training:  
**[qprinstitute.com](http://qprinstitute.com)**

safeTALK - Suicide Alertness for Everyone:  
**[livingworks.net/training/livingworks-safetalk/](http://livingworks.net/training/livingworks-safetalk/)**

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