



# Let us help.

***Lake County Mental and Behavioral Health Options ›***

If you or someone you know is experiencing a mental health or substance use problem, there are several resources available to find out more information or get connected with help.

**WILDERNESS  
HEALTH**  
Partners advancing rural health

## For Immediate Assistance

- Emergencies: **911**
- Crisis Text Line: Text **MN** to **741741**
- Let's Talk: **844-772-4724**
- Suicide Helpline: **988**
- Veterans Helpline: **988** (Option 1)

## Peer Help

- Dual Recovery Anonymous: **218-786-2836**
- Group for People Living with Anxiety and Depression (GLAD):  
email [nsmentalhealth@gmail.com](mailto:nsmentalhealth@gmail.com)
- MN Warmline: **855-WARMLINE** or text **Support** to **85511**
- NAMI Family Support Group:  
**920-452-5152**

## Support and Long Term Solutions

Begin by talking to your primary care provider, or call:

- Aspirus Lake View Two Harbors Clinic:  
**218-834-7700**
- Aspirus Lake View Silver Bay Clinic:  
**218-226-4431**
- Aspirus St. Luke's Behavioral Health Clinic: **218-249-7000**
- Human Development Center:  
**218-834-5520**
- NAMI: **651-645-2948**

## Supportive Websites

- For Locating housing assistance, food banks, transportation, and other community resources:  
[www.weareresrouceful.org/](http://www.weareresrouceful.org/)
- 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 more information on telehealth, mental health, and technical support resources: [www.weldernesshealthmn.org/telemental-health/](http://www.weldernesshealthmn.org/telemental-health/)

## Learn More to Help Myself and Others

- Lake County Resource List:  
<https://www.co.lake.mn.us/health-and-human-services/>
- North Shore Mental Health Group: on Facebook or email at:  
[nsmentalhealth@gmail.com](mailto:nsmentalhealth@gmail.com)
- Mental Health First Aid Training:  
<https://www.mentalhealthfirstaid.org>
- QPR Suicide Prevention Training  
<https://qprinstitute.com/>

*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.*