

Mental Health Resources

You Matter. You are not alone.

If you are experiencing a mental health emergency, please dial 911.

- **Suicide & Crisis Lifeline** Dial **988**
 - **Crisis Text Line:** Text "HOME" to **741 741**
 - **Trevor Project:** Text "START" to **678 678** (LGBTQ+)
 - **Wellness in the Woods** – Peer Support
Telephone Warmline
Ph. 844-739-6369
 - **NAMI Minnesota Warmline**
Ph. 888-334-7754
 - **Veterans Lifeline** Ph. **800-273-8255** *press 1*
 - **East Central Crisis Services (Canvas Health)**
Ph. 800-523-3333
 - **MN Domestic Violence Crisis Line**
Text: 612-399-9995 Call: 866-223-111
 - **Central MN Sexual Assault**
Ph. 800-237-5090
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Local Mental Health Services

Recovering Hope Treatment Center
Ph. 844-314-HOPE

Family Based Therapy Assoc.
Ph. 763-689-9407

Lighthouse Child & Family Services
Ph. 320-983-2335

Selah Wellness Clinic
Ph. 320-372-2323

Kanabec County Family Services
Ph. 320-679-6353

Legacy Counseling
Ph. 320-679-2438

Ampersand Psychological Services
Ph. 320-703-8151

Love the Journey
Ph. 320-679-6964

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Local Mental Health Services Cont...

Beth Good & Associates
Ph. 763-260-7004

Mains for Change (Equine Therapy)
Ph. 320 -364-3256

Therapeutic Services Agency
Ph. 320-629-7600

Website and additional resources:

Minnesota Mental Health

mnmentalhealth.org

National Alliance of Mental Illness

nami.org

NAMI Minnesota

namimn.org

American Foundation of Suicide Prevention

afsp.com

Crisis Text Line

crisistextline.org

Minnesota Department of Health Suicide Prevention

Monthly e-newsletter sign up that offers valuable information and trainings

SAVE - Suicide Awareness Voices of Education

Resources, trainings, education, grief support, and more.

Steve Rumlmer HOPE Network

Naloxone Education, Opioid Overdose Prevention, Advocacy