

Region 7E Resource
Kanabec, Pine, Isanti, Chisago, Mille Lacs Counties

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**
- **Veterans Lifeline** Ph. **800-273-8255** press 1
- **Crisis Text Line:** Text "HOME" to **741 741**
- **Trevor Project:** Text "START" to **678 678**
- **Wellness in the Woods** - Peer Support
Telephone Warmline
Ph. 844-739-6369
- **NAMI Minnesota Warmline**
Ph. 888-334-7754
- **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

Local Mental Health Services

Recovering Hope Treatment Center
Ph. 844-314-HOPE

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

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

Legacy Counseling
Ph. 320-679-2438

Love the Journey
Ph. 320-679-6964

Canvas Health
Ph. 844-697-8766

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Additional Community Resources:

Lakes & Pines CAC

Ph. 844-314-HOPE

Ph. 800-832-6082

Mora Food Pantry

Ph. 320-679-5513

214 NW Railroad Ave., Mora
morafoodpantry@gmail.com

SNAP (Second Harvest Heartland)

Ph. 651-387-1606

WIC (Women Infant Children)

Kanabec County Family Nurses

Ph. 320-679-6330

Hours:

Tuesday & Fridays - 9:30am - Noon

1st Tuesday of Month - 5pm - 6pm

Shelter Resources:

The Refuge Network

Ph. 800-338-7233

New Pathways

Ph. 763-691-0121

A Place for You | Pine City

Ph. 320-438-7070

Mille Lacs Band of Ojibwa

Ph. 320-532-7409

Hospitals:

Welia Health

Ph. 320-679-1313

Cambridge Medical Center

Ph. 763-689-8700

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