

# YOU ARE NOT ALONE

## MENTAL HEALTH RESOURCES FOR GRAND PORTAGE AND COOK COUNTY, MINNESTOA

### Local Mental Health Supports:

- Cook County Public Health and Human Services: 218-387-3620
- Cook County and Grand Portage 24/7 Resource & Crisis Line: 844-772-4724
- Grand Portage Human Services: 218-475-2453
- Sawtooth Mountain Clinic: 218-387-2330
- Violence Prevention Center: 218-387-1262

### National and State Crisis Lines:

- National Suicide Prevention Lifeline: 988 or 800-273-8255
- Crisis Text Line: Text 988 or "MN" to 741 741
- Trevor Project LGBTQ+ Crisis Line: 866-488-7386
- Veteran's Crisis Line: 1-800-273-8255 (press 1) or text 838255

### Mental Health Warmlines and Helplines:

- Minnesota Warm Line Peer Support Connection: 844-739-6369
- NAMI Helpline: 1-800-950-NAMI (6264)
- National Parent Helpline: 855-427-2736
- Minnesota Farm and Rural Helpline: 833-600-2670

**In the event of an emergency call 911**

**If you are struggling, don't wait**

**Please reach out, help is available**

