NORTHLAND HealthyMinds

Northland Healthy Minds wants you to know:

It's OK to have a mental illness – many people do
It's OK to talk about mental illness – talking makes us feel less alone
It's OK to get help with mental illness – life can get better

Northland Healthy Minds is a collaborative of businesses, organizations and people in Northeastern Minnesota and Northwestern Wisconsin working together to eliminate the stigma surrounding mental illness.

northlandhealthyminds.org

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Local Mental Health Care Resources

1. **Range Mental Health Center**
   24-hour crisis line for support, information and problem solving, as well as mobile crisis intervention. **Call: 218.288.2100**
2. **Crisis Text Line/National Suicide Prevention Lifeline**
   Text-based help with relationship issues, general mental health and suicidal thoughts. **Text "MN" to 741741, call 1.800.273.8255 or live chat with a counselor at SuicidePreventionLifeline.org/Chat**
3. **Wellstone Center for Recovery**
   This is a community-based program designed to assist adults experiencing a mental health crisis or emergency. Admissions are taken 24 hours a day, 7 days a week, 365 days a year. **Call: 218.741.4327**
4. **NAMI (National Alliance on Mental Health) Iron Range**
   Resources, information and advocacy
   Email: NamiIronRange@namimn.org or visit NamiDuluth.org
5. **Let's Talk, Region 3 Mental Health Initiative**
   24-hour mental health resources
   LetsTalkMN.com

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