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. **Birch Tree Center**
   24-hour crisis line for support, information and problem solving, and mobile in-person crisis intervention
   Call: 218-623-1800
2. **Txt4life/Crisis Text Line**
   Text-based help with relationship issues, general mental health and suicidal thoughts
   Text "MN" to 741741 and a counselor will text back
3. **Northland Children's Mental Health Collaborative**
   Youth mental health resources for children and families
   northlandchildrensmentalhealth.org
4. **NAMI (National Alliance on Mental Illness) Duluth Area**
   Resources, support groups and advocacy
   namidululutharea.com
5. **Let's Talk, Region 3 Mental Health Initiative**
   24-hour mental health resources
   letstalkmn.com

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