

Mental Health Resources

Crisis - Text **HOME** to 741741

crisistextline.org

The goal of Crisis Text Line is to provide support to individuals who are struggling with their mental well-being, and to help them reach a calmer and safer state. We also strive to equip our users with tools that they can use to manage future crises better.

Suicide Prevention - 988 (text and call)

General Mental Health Resources

www.namimn.org

Celebrate Recovery

Are you going through a tough time dealing with issues like mental health, addiction, eating disorders, family dysfunction, or grief? If yes, then we have a group that could help you. Please check out Celebrate Recovery by clicking on the link provided above to learn more about it. You can also locate a group near you as there are groups available in areas such as Cambridge, Mora, Pine City, and Forest Lake.

Online Counseling Support

www.Myhopeglobal.com

www.betterhelp.com

www.muslimmentalhealth.com

Substance Use and Support

www.Northstarbehavioralhealthmn.com

www.mntc.org

Housing Support

www.housinglink.com

www.metrocouncil.org