

# YOU ARE NOT ALONE

MENTAL HEALTH RESOURCES FOR GRAND PORTAGE AND  
COOK COUNTY, MINNESOTA

## Local Mental Health Supports:

- Cook County Public Health and Human Services (8 a.m. - 4 p.m.): 218-387-3620
- Cook County Afterhours Crisis Line: 218-623-1800 or 1-844-772-4724
- Sawtooth Mountain Clinic (8 a.m. - 5 p.m.): 218-387-2330
- Grand Portage Human Services (8 a.m. - 4:30 p.m.): 218-475-2453
- The Violence Prevention Center: 218-387-1262

## National and Statewide Crisis Lines:

- National Suicide Prevention Lifeline: 800-273-8255
- State Crisis Text Line: Text "MN" to 741741
- The Trevor Project LGBTQ Crisis Line: 1-866-488-7386
- Veteran's Crisis Line: 1-800-273-8255 (press 1), or send a text to 838255

## Mental Health Warmlines and Helplines:

- Minnesota Warm Line Peer Support Connection (5 p.m. - 9 a.m.): 844-739-6369
- The NAMI Helpline (9 a.m.-7 p.m.): 1-800-950-NAMI (6264)
- National Parent Helpline: 855-427-2736, operated by Parents Anonymous
- 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.**

