

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. Crisis Text Line/National Suicide Prevention Lifeline

Text-based help with relationship issues, general mental health and suicidal thoughts

Text "MN" to 741741 or call 1.800.273.8255

- 3. Northland Children's Mental Health Collaborative Youth mental health resources for children and families northlandchildrensmentalhealth.org
- NAMI (National Alliance on Mental Illness) Duluth Area Resources, support groups and advocacy namiduluth.org
- Let's Talk, Region 3 Mental Health Initiative 24-hour mental health resources letstalkmn.com

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