

# GET HELP

If you reach your breaking point and are fearful for your safety or that you may harm a family member, seek help immediately. Below are a few resources to quickly access:

<b>Therapy Agencies:</b>	<b>Crisis Services:</b>
Human Development Center – Cloquet (218)879-4559	Call 911 for emergency support
Paradigm Therapy Services - Cloquet (218)302-4901	Text for Life – Text MN to 741741
Melissa Anderson Psychological Services – Moose Lake (218)485-4445	Crisis Text Line Tool Kit – <a href="https://forms.gle/XWErwNaXL4zSe2h69">https://forms.gle/XWErwNaXL4zSe2h69</a>
North Homes Family Services – Duluth (218)733-3000	National Suicide Prevention Lifeline 1-800-273-8255
Monarch Counseling – Moose Lake Area (218)372-3801	Birch Tree Center – Duluth (218)623-1800
National Alliance on Mental Illness(Nami MN) (651)645-2948	
Carlton County Public Health and Human Services – Cloquet (218)879-4511 **Ask to speak to the on-call social worker to request support services.	