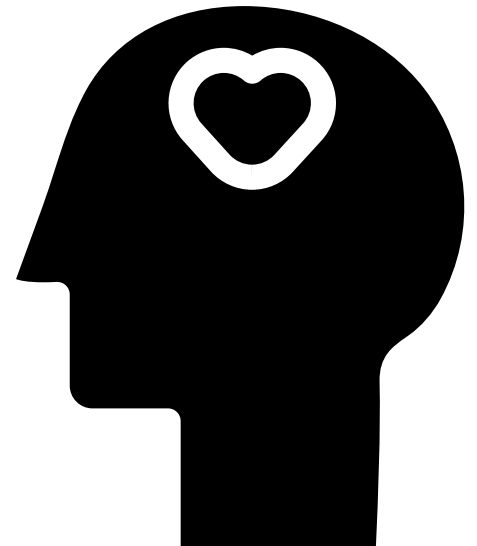




TWIN PORTS GUIDE TO

**MENTAL
WELL-BEING**

MARCH 2022



FOR EVEN MORE RESOURCES, PLEASE VISIT [WEARERESOURCEFUL.ORG](https://www.weareresourceful.org) FOR LOCAL
FREE OR REDUCED-COST RESOURCES
DIAL 2-1-1 TO BE CONNECTED TO LOCAL RESOURCES 24/7 THROUGH UNITED WAY

MENTAL WELLNESS ACTIVITIES

Informal ways to maintain or improve your mental well-being

Self-care activities

If you are feeling overwhelmed, stressed out, or just need to take a step back...

- Go for a walk
- Send a caring message to someone in your life
- Make your favorite meal
- Try journaling
- Do some yoga/stretching
- Play a favorite song and dance along to it
- Paint a picture of something outside your window
- Watch an episode of your favorite TV show
- Bake a yummy dessert
- Call or text a family member
- Decorate the sidewalk with chalk
- Check in on a friend
- Read a book
- Declutter your closet
- Unplug from social media for a day
- Grab coffee from your favorite coffee shop

Mobile apps to help with mindfulness

Headspace

- Offers hundreds of guided meditations on everything from managing stress and anxiety to sleep, focus, and mind-body health
- Guided exercises for kids with sessions on kindness, calm, and focus

Calm

- Guided meditation, Sleep Stories, breathing programs, stretching exercises, and relaxing music
- Mindfulness for beginners, intermediate and advanced users

Perfect Duluth Day

- Stay up to date on current events happening in the Twin Ports area
- Complete calendar of events available at perfectduluthday.com

Pruitt Center for Mindfulness and Well-Being

- Provides resources, expertise, and learning projects to support mindfulness and well-being
- Current weekly offerings:
 - Virtual “Mindful Mondays” Mondays from 12-12:30pm; Zoom link: uwsuper.zoom.us/j/98427723449
 - Virtual live yoga
 - Wednesdays from 8-8:50am; Zoom link: uwsuper.zoom.us/j/84486589795
- For more info visit uwsuper.edu/mindfulness

Duluth YMCA

- Offering fitness, aquatic, sports, and health and wellness opportunities for the whole family to destress, reconnect, and become their healthiest selves. Access to pools, sauna, group exercise classes, wellness center, weight room, gymnasium, racquetball courts, track, St. Luke's physical and hydro therapy services, and St. Luke's Kid's Club child watch.
- Y memberships and programs available FOR ALL in the community, with 20-70% scholarships available for those in need.
- Visit duluthymca.org or call 218-722-4745

Superior Douglas County YMCA

- Growing, learning and thriving are at the heart of their mission.
- Offering fitness classes virtually and in-person, child care, day camp, swim lessons, recreation and lap pools, youth sports, and health and wellness opportunities for the whole family to de-stress, reconnect, and become their healthiest selves.
- Y memberships and programs available FOR ALL. Financial assistance available for those in need. Every day they work side by side with their neighbors to make sure everyone has the opportunity to better themselves.
- Visit superiorymca.org or call 715-392-5611

STAYING CONNECTED

Weekly support groups to help you de-isolate and safely gather

National Alliance on Mental Illness (NAMI)

Offers support, education, and advocacy to those affected by mental illness. Peer support groups (Douglas Co):

For Adults, all at 5:30pm:

- Each month, second Wednesdays (zoom link: us04web.zoom.us/j/285030174) and fourth Wednesdays (zoom link: us04web.zoom.us/j/244483092)
- Each month, first Thursdays (zoom link: us04web.zoom.us/j/459041048) and third Thursdays (zoom link: us04web.zoom.us/j/758012769)

For Teens, both at 4:30pm:

- In-person: each month, second Tuesdays at VIP Pizza, 1201 Tower Ave, Superior
- Virtual: each month, second Thursdays (zoom link: us02web.zoom.us/j/88652578827) and fourth Thursdays (zoom link: us02web.zoom.us/j/81988790428)

If you have questions, call 920-452-5152 or visit namidouglascountywi.wordpress.com

Emotional Survival Skills Group -- Lake Superior Community Health Center

- Thursdays 12:30-2pm, telehealth
- Gain control over your emotions, set boundaries in your life, handle distressing situations, improve self-awareness
- Call 715-395-5380 for more info

Circles of Security

- Classes designed to intervene early in the mental health of children and to prevent stress between caregivers and children
- \$25 registration fee, classes are through Zoom
- Call 218-464-0588 or visit lpcfc.org/circle-of-security to register

Trans Plus Support Groups ♦

- Weekly and bi-monthly support groups for the trans+ community (virtual and some in-person gatherings)
- Community events and social outings for trans+ community, friends & family
- Trans 101 trainings and more about the experiences of people in our community
- Find more info at transplus.org or by emailing transplumn@gmail.com

NAMI Minnesota Peer Support Groups

Virtual support groups available for a number of different communities. See all available support groups at namimn.org/support/nami-minnesota-support-groups. Here are a few:

- African-American focused Connection Support group - Thursdays 6-7:30pm
 - Link to register: us02web.zoom.us/meeting/register/tZEsf-GtrzooE9brMLs0eKyPuMC3alZsZICp
 - Or call/text 763-301-9940 to register.
 - BIPOC support groups also available.
- LGBTQ+ Connection Support group - Saturdays and Sundays 1-2:30pm
 - Links to register: Saturdays: us02web.zoom.us/meeting/register/u5Evf-yurjwp5AQUeIPugbFOz09zla1q1g.
 - Sundays: us02web.zoom.us/meeting/register/tZIkC-Omuqj0pGtbiQh1wsKjtr9-lupt4qpW_
- Young Adult NAMI Connection for People with Disabilities - 4th Thursday of the month from 6:30-8pm
 - Link to register: zoom.us/meeting/register/tJcudu6qrzgoHtbu7aelt650lK4x8tIsOwyb

Together for Youth ♦

- Weekly meetings Wednesdays from 4-6pm for all LGBTQIA+ youth and allies ages 14-20
- One-on-one support, education and advocacy presentations offered
- Call 218-529-2224 or email kathy.hermes@lssmn.org for more info

AIM Twin Ports Support Group

- American Indian Movement support group located in the twin ports area of Minnesota/Wisconsin
- Facebook link to join group: facebook.com/groups/3281203408591050

ASKING FOR HELP

Local providers that can help with feelings of anxiety, depression, loneliness, etc...

Human Development Center ○ □ △

- Offers mental health and addiction services to everyone, regardless of ability to pay
- Telehealth therapy available with limited in-person appointments
- Call 218-728-4491 or visit humandevelopmentcenter.org.

Lake Superior Community Health Center ○ □ △

- Offers treatment for anxiety, depression, grief, loss, trauma-informed care, stress management, and more
- Telehealth and in-person appointments available
- Some expedited services for first-time appointments
- Call 218-722-1497 (Duluth) or 715-392-1955 (Superior) or visit lschc.org.

Twin Ports VA Mental Health Clinic ♻ □ △

- Provides Northern MN and Northern WI Veterans readily accessible healthcare
- Mental Health Services with on-site staff and telemedicine capability linked to providers in Minneapolis
- Must be enrolled in the Minneapolis VA Health Care System to receive treatment at this clinic.
- Visit va.gov/minneapolis-health-care/locations/twin-ports-va-clinic or call 612-467-4010

Superior Treatment Center □ △

- Outpatient drug and alcohol treatment
- Length of treatment depends on personal level of commitment and desire
- Call 218-336-9300 (Duluth) or 715-392-9300 (Superior) to schedule your initial assessment
- Visit superiortreatmentcenter.net/about-superior-treatment-center for more info

Fond Du Lac Behavioral Health Services

- Offers mental health services to promote well being and functionality of individuals living in the Fond Du Lac Reservation service area
- Services include mental health counseling (individual, group, family, couples), mental health counseling within schools for American Indian children, and more

Call 218-878-3729 or visit

fdlrez.com/humanservices/behavioralhealthmain.htm

North Shore Mental Health Services ♦ ○ △

- Individual therapy available for depression, anxiety, anger issues, LGBTQ+, trauma/PTSD, fertility issues, grief/loss
- Telehealth and in-person appointments available
- Call 218-270-5055 or visit northshorementalhealthservices.com

Nystrom & Associates ○ △

- Services include Psychiatry, Medication Services, Counseling & Psychotherapy, Group Therapy, and more
- Telehealth & in person available
- Call 651-628-9566 or visit nystromcounseling.com

** Children/youth specific services

♦ LGBTQIA+ services

♻ Veteran services

□ Service operates in Superior

△ Service operates in Duluth

○ Sliding fee program offered for eligible individuals without insurance coverage

ASKING FOR HELP

Local providers that can help with feelings of anxiety, depression, loneliness, etc...

WebMed Mental Health Services ○ ▲

- Services include: individual and group therapy, addiction services, crisis psychiatric visits, ADHD testing, and more
- Telehealth and in-person appointments available at Duluth location
- Community supportive programming
- Outpatient substance use treatment
- Visit webmedmn.com, call 218-310-8896 or email info@webmedmn.com

Arrowhead Psychological Clinic ○ ▲

- Services include: individual therapy for anxiety, depression, relationship issues, stress management, panic attacks, Attention Deficit Disorder, and more
- Services available specifically for children and adolescents to help improve communication, increase cooperation, and motivate; helps teach skills such as self-esteem, respect, compassion, etc.
- Couples counseling and family therapy services
- Call 218-723-8153 or visit mnpsych.com

Insight Counseling ○ ▲

- Services include: individual, family, couples, and grief counseling; help with anxiety, depression, PTSD, trauma, etc.
- Telehealth and in-person appointments
- Call 218-481-7660 or visit insightcounselingduluth.com

Northland Psychological Services ○ ▲

- Services include: individual, group, couple & family, and child & adolescent therapy, and a supplement line
- Call 218-729-6480 or visit northlandpsychological.com

Northwood Children's Services ** ♦ ▲

- Provides care, treatment, and education of children with significant emotional, behavioral, and learning disabilities
- Full continuum of support including Outpatient Services for families, Intensive Day Treatment for children preschool aged through high school, a 35 day assessment program, Residential Treatment, and Corporate Foster Care
- -Call 218-724-8815 or visit northwoodchildren.org

Amberwing ** ▲

- Outpatient services for 2-18 years old
- Family Resource Center offers free family support, parent forums, liaison services between schools, providers, etc.
- Call 218-355-2100 or visit amberwing.org

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Therapeutic Services Agency Inc. ** △

- Outpatient Mental Health services provided including Diagnostic Assessments and therapy for children, teens, families, and adults at 1001 East 9th Street, Suite 110, Duluth. Early childhood DC 0-5 mental health assessments also available. Call 320-629-7600 or visit hoperealized.com
- Deaf and Hard of Hearing Mental Health Services available to deaf, deafblind, or hard of hearing children (birth to 22 years old) and their families. Services include: diagnostic assessment, psychotherapy, skills training. Services available in most schools and at their Duluth Office at 1001 East 9th Street, Suite 110, Duluth. Call 218-343-6196

Douglas County Veterans Service Office ♻ □

- Assists in preparation and submission of claims for benefits to which all Veterans may be entitled
- Principle advocate on veterans' related issues
- Call 715-395-1331 or visit douglascountywi.org/874/Veterans-Service-Office for more info

Duluth Vet Center ♻ △

- Individual and group counseling for Veterans, service members and their families
- Limited in-person services; telehealth encouraged
- Call 218-722-8654 or visit va.gov/find-locations/facility/vc_0429V for more info

Family Rise Together △

- Serves families who are rebuilding parental relationships after reentry into the community from being incarcerated
- ARMHS services and Holistic Spiritual healing with BIPOC and Communities of Poverty families. Ages 18 and older.
- Counseling services offered for self-development, anxiety/depression, PTSD, anger management, and more.
- Call 218-461-1722 or email Hpintake@familyrisetogether.org

Duluth Counseling Center △

- Telehealth, telephone, and in-person therapy appointments available
- Offers therapy for depression and anxiety, couples, family & grief counseling, parenting support, stress management, and more
- Call 218-249-0595 or visit duluthcounselingcenter.com

Accend Services △

- Home & community based health care, mental health services, behavioral & mental health care consulting to persons with disabilities, their families, & their care providers
- Offers MNsure navigation to those who may be uninsured and in need of services
- Call 218-724-3122 or visit accendservices.com

Inner Fokus △

- Therapy, teletherapy, psychological testing, social skills training, and parent & caregiver support groups available
- Call 218-491-0746 or visit innerfokus.com for more info

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FAMILY AND RELATIONSHIP SAFETY

If you or a loved one is feeling unsafe or threatened by someone in your life

Program to Aid Victims of Sexual Assault (PAVSA)

- Offers hospital advocacy, mental health support, therapy, forensic medical exams, crisis counseling and legal advocacy for survivors of sexual violence and their loved ones, ages 12 and up.
- Visit pavsa.org for more info
- Reach an advocate 24-hours at 218-726-1931

Center Against Sexual & Domestic Abuse

- Provides services to individuals hurt by domestic violence, sexual assault, and child abuse
- Offers advocacy services, peer counseling, support groups, emergency shelter, etc.
- 24 hour help line available for crisis counseling and emotional support; call 1 (800) 649-2921
- Call 715-392-3136 or visit casda.org for more info

Men as Peacemakers Domestic Violence Restorative Circles

- Transition Circles
 - Help people who have used domestic violence (DV) begin to repair harm their violence has caused and build sustainable plans for living non-violently
- Support Circles
 - Voluntary, individualized support circles and resources for survivors of violence used by transition circle participants
- Call 218-727-1939 or visit menaspeacemakers.org to learn more about all of MAPs initiatives.

AICHO Dabinoo'Igan Emergency Domestic Violence Shelter

- 10-bed emergency shelter for victims of physical and sexual violence, trafficking, and stalking who need immediate shelter; can stay for up to 30 days
- Offers advocacy, info and referral, housing search assistance, financial assistance, and culturally specific programming
- Call the Hotline at 218-722-2247 if you are currently fleeing domestic violence

Safe Haven Shelter and Resource Center

- Provides advocacy, shelter and safety planning for victims of domestic violence
- Offers two virtual support groups
 - Healing Circle: Tuesdays from 6-8pm
 - Healing Steps: Wednesdays from 5:30-7:30pm
 - Call 218-623-1000 for info on how to attend
- Visit safehavenshelter.org for a list of all services

First Witness Child Advocacy Center

- A safe, child-friendly place for victims of child sexual and physical abuse to tell their story
- Provides child appropriate forensic interviews, crisis counseling to children and families and age appropriate education on personal body safety for children
- Call 218-727-8353 or visit firstwitness.org for general inquiries or if you have any worries or concerns

SPECIALIZED CARE

If you find yourself turning to substances to cope with life's stressors

Human Development Center ○ □ △

- Offers individualized treatment plans for each person seeking recovery from addiction
- Both individual and group addiction counseling available
- Telehealth services available
- Call 218-728-4491 or visit humandevelopmentcenter.org.
- 24-hour mobile mental health crisis services for Duluth and the surrounding area

Harm Reduction Sisters □ △

- Provides sterile injection supplies, overdose education, and naloxone. For mobile delivery, Tues-Sat 11am-7pm, call or text 218-206-6482. More info at harmreductionsisters.org.

Rural AIDS Action Network (RAAN) □ △

- Free, confidential or anonymous HIV and Hepatitis C testing, medical case management, help paying for transportation to medical trips, support groups, syringe exchanges, and more. Call 218-481-7225 or visit raan.org for more info

Lutheran Social Service Teen Health Center

□ △

- Located in the Center for Changing Lives in Duluth at 1422 East Superior Street. Services for all 13-24 year-olds.
- Free HIV testing and those who get tested get a gift card, free syphilis testing and those who get tested get a gift card, education around HIV/AIDS and other STIs, pregnancy tests and Plan B, and harm reduction supplies like condoms, lubes, NarCan
- For more info, call 218-529-2224

Recovery Alliance Duluth △

- Peer-to-peer recovery support: judgement-free, non-clinical support from a Peer Recovery Specialist who has been through recovery themselves
- Also offers community education & advocacy
- Call 218-576-6005 or visit recoveryallianceduluth.org.

CONCERNED ABOUT A LOVED ONE?

If someone you know is struggling and you aren't sure how to help

MakeItOk.org

- A campaign to reduce the stigma of mental illnesses
- Provides info on what to say vs. what not to say when someone is confiding in you
- Offers educational materials about what mental illness is, common conditions, and how you can help to reduce the stigma that surrounds mental illness

NowMattersNow.org

- A website that visitors say lessens their suicidal thoughts in under ten minutes
- Video-based; features personal stories by those who have survived suicidal thoughts
- Also offers free online training for family members and friends of those with suicidal thoughts, substance or mental health problems

CRISIS

If you are experiencing a mental health crisis and/or need to talk to somebody right away, there are mental health professionals available 24/7

Local Resources

Arrowhead Regional Crisis Line: 844-772-4724 or text "MN" to 741741

24 hour crisis phone line for mental health support, info, and problem solving.

Text "MN" to 741741 for text-based suicide prevention services across the state of Minnesota. This will connect to a counselor who can help diffuse the crisis and point to local resources.

Wellstone Center Emergency 24-Hour Crisis Line: 218-288-2100

Reach trained crisis staff 24/7

South St. Louis County: 218-355-1530

Press 7 for Adult Mental Health

North St. Louis County: 218-471-7128

Press 7 For Adult Mental Health

Douglas County 24-Hour Crisis Line: 715-395-2259

State-certified mental health professionals available 24/7 for mental health support

Essentia 24/7 Substance Use Disorder Referral Line: 833-677-1262

24-hour hotline. Refers anyone suffering from a substance use disorder to local, trained providers, treatment, and resources.

Minnesota Warm Line: 651-288-0400

Open Mon-Sat noon-10pm

Safe, anonymous, confidential environment to connect with people here to listen. Calls are answered by a team of professionally trained Certified Peer Specialists, who have first hand experience living with a mental health condition.

National Resources

Trevor Lifeline: 866-488-7386 ♦

Trained counselors available 24/7 to assist LGBTQ youth who are in crisis, feeling suicidal, or in need of a safe judgment-free place to talk. Or text "START" to 678-678.

The Friendship Line: 800-971-0016

24/7 toll-free hotline/warmline for older and disabled adults. Available to people 60+ who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide. They also welcome calls from caregivers and/or disabled adults of all ages.

StrongHearts Native Helpline: 844-762-8483

24/7 confidential and anonymous culturally-appropriate domestic, dating, and sexual violence helpline for Native Americans. Call or text.

Veterans Crisis Line: 800-273-8255, Press 1 ⚔

If you're a Veteran in crisis or concerned about one, there are caring, qualified VA responders standing by to help 24 hours a day, 7 days a week. Also available to text 838255 or chat online at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net)

National Suicide Prevention Lifeline: 800-273-8255 or dial 9-8-8

Call for 24/7 free confidential support when experiencing emotional distress or crisis. Or for a "warm line" for those who may not be experiencing a crisis but would like to talk to someone: Mon-Saturday noon-10pm call 877-404-3190 or text "Support" to 85511

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This Mental Well-being Guide was created by the Ready North disaster resiliency network. Ready North strives to build greater regional resilience and strengthen disaster recovery through community-aligned preparedness projects. Members are committed to being inclusive in efforts to mitigate, prepare for, respond to, and recover from disasters. To learn more about Ready North, or if you're interested in joining the network, visit readynorth.org or email VISTA@dsacommunityfoundation.com.

