

- **Text or call 988 Lifeline** | 988lifeline.org
- **LifeCare Medical Center**  
ER-24/7 care 218-463-2500 to access crisis services
- **Employer EAP (Employee Assistance Program)**  
Ask your employer for contact info.
- **LifeCare Behavioral Health** | 218-463-4732  
May schedule an appointment without a referral. Therapy and medication management services available, in person and online.
- **Roseau County Social Service** | 218-463-2411
- **Veterans Crisis Line** | Dial 988, Press 1
- **Altru Clinics** (for primary care services)  
Greenbush | 218-782-2400, Roseau | 218-463-1365, Warroad | 218-386-2020
- **Riverview Health** | Chemical Dependency | 1-800-584-9226
- **Warm-Line** | 855-WARMLINE (855-927-6546) (9am - 9pm)  
When you need someone to talk to.
- **Wellness in the Woods** | 1-844-739-6369 (5pm - 9am)

## Other Supports:

- **Community Grief Support Group** | 218-463-3420
- **TEARS Support Group for Survivors of Suicide Loss**  
701-780-1828 | virtual and in person
- **NAMI-National Alliance on Mental Illness** | [www.nami.org](http://www.nami.org)