

important **CONTACT INFORMATION**



If you are experiencing a medical emergency, are in danger, or are feeling suicidal, call 911 immediately.

Crisis Text Line

Text HELLO to 741741 or message us on [facebook.com/CrisisTextLine](https://www.facebook.com/CrisisTextLine) to chat with a Crisis Counselor. Twenty-four hours a day, seven days a week

Depression, Bipolar & Crisis Support

800-273-TALK (8255)
Twenty-four hours a day, seven days a week
<http://www.dbsalliance.org>

National Alcohol and Substance Abuse Information Center

800-784-6776
Twenty-four hours a day, seven days a week
<http://www.addictioncareoptions.com>

National Suicide Prevention Lifeline

800-273-TALK (8255)
Twenty-four hours a day, seven days a week
<http://www.suicidepreventionlifeline.org>

National Suicide Hotline

800-SUICIDE (784-2433)
800-442-HOPE (4673)
Twenty-four hours a day, seven days a week
<http://www.hopeline.com>

National Alliance on Mental Illness (NAMI)

(800) 950-NAMI (1+800-950-6264)

TeenLine

(310) 855-HOPE (4673)
(800) TLC-TEEN (852-8336)
Or text TEEN to 839863
6 p.m. to 10 p.m. Pacific Time, every night
<https://teenlineonline.org>

NAMI Northwoods's Information Line (Not a crisis line)

(715) 432-0180

North Central Health Care Crisis Center

(715) 845-4326 or 1 (800) 799-0122
For a hearing impaired/TDD line, dial **(715) 845-4928**



North Central Health Care

Person centered. Outcome focused.