



Birch Tree Center

Birch Tree Center's services include: psychiatric medical assessment; crisis assessment, support and intervention; 24 hour nursing care; medication administration, management and monitoring; short-term problem solving and rehabilitative services; discharge/aftercare planning with referrals to further aftercare treatment; symptom management and relapse prevention; recovery focused care; and family support

 birchtreeduluth.com

 **General: 218-623-1800**

**24/7 Mobile Crisis: 844-77BIRCH
(844-772-4724)**

Human Development Center

The Human Development Center offers addiction services; adult and child case management; Adult Rehabilitative Mental Health Services (ARMHS); children's therapeutic services and supports; Community Support Program (CSP) - Minnesota; Community Support Program (CSP) - Wisconsin; early childhood mental health services; employment connection program; First Episode Psychosis; Homeless Project; Outreach Center and Outreach Center apartments; Parent Child Interaction Therapy (PCIT); Project Reach Out; psychiatry; psychotherapy; and school-based services.

 humandevelopmentcenter.org

 **General: 218-728-4491**

Crisis: 800-634-8775

Lake Superior Community Health Center

Lake Superior Community Health Center offers depression and anxiety screening; integrated behavioral health treatment for anxiety, depression, bipolar disorder, stress management, life changes, grief, loss, coping, problem solving, medication management, trauma-informed care; community resource referrals; outpatient chemical dependency and behavioral health treatment programs, individual and group sessions, and medication assisted treatment.

 lschc.org

 **218-722-1497**

**Substance abuse services:
715-395-5380**

Nystrom and Associates

Nystrom and Associates provides psychiatry and medication; counseling; psychotherapy; child and family therapy; marriage and couples counseling; in-home and group therapy; psychological testing; substance use disorder treatment; DBT; school based mental and chemical health; mother baby intensive outpatient treatment; nutrition counseling ; and pharmacy services.

 nystromcounseling.com

 **651-628-9566**

National Crisis Hotline

This national network of local crisis centers provides free and confidential emotional support to people in suicidal crisis or emotional distress.

 suicidepreventionlifeline.org

 **800-273-8255**

The Trevor Project

The Trevor Project is a national organization providing crisis intervention and suicide prevention services to lesbian, gay, transgender, bisexual, queer, and questioning (LGBTQ) young people.

 thetrevorproject.org

 **24-hour Help Line: 866-488-7386**