



Agency	Services	Phone Number	Address
Amberwing amberwing@essentialhealth.org	Outpatient day treatment for children and teens. Free family support & liaison services.	218- 355-2100 <i>24-hr crisis line:</i> 218-623-1800	615 Pecan Ave. Duluth, MN 55811 amberwing@essentialhealth.org
Arrowhead Psychological Clinic Mnpsych.com	Therapy & counseling for individuals, couples, families.	218-723-8153	715 E. Central Entrance Duluth, MN 55811
Behavioral Health Clinic <a href="https://wibehavioralhealth.com/">https://wibehavioralhealth.com/</a>	In-person and online psychometric testing services, counseling, evaluations	appointments@bh cwausau.com 715-842-9500	630 S. 36th Avenue, Wausau, WI,
Birch Tree Center <a href="http://www.thrivebehavioralnetwork.com/btc">www.thrivebehavioralnetwork.com/btc</a>	24/7 Crisis intervention & help connecting you with resources.	<i>24-hr crisis line:</i> 218-623-1800 or text “Life” to 61222	4720 Burning Tree Rd. Duluth, MN 5581
Center Against Sexual and Domestic Abuse (CASDA) casda.org	24-hour helpline to crisis counseling, information, weekly counseling, weekly support groups & emergency shelter	715-392-3136	318 21st Ave E, Superior, WI 54880
Creative Counseling Group LLC CCGcounseling.com	Counseling for individuals, groups, couples, & families.	715-718-5606	3215 Tower Ave., Suite 108 Superior, WI 54880
Douglas County Health and Human Services	Adult Protective Services, Alcohol and Other Drug Abuse, Economic Support, Mental	715-395-1304	1316 N 14th St #400, Superior, WI 54880

douglascountywi.org	Health Services, Youth and Family Services		
Encouragement Clinic Encouragementclinic.clientsecure.me	Therapy services including; anxiety, depression, maternal mental health, LGBTQIA+, relationship issues	218- 212-3435	2207 E 5th St. Superior, WI 54880
Essentia Health <i>Grief Support</i> Essentiahealth.org	Grief & bereavement counseling & support.	218-786-1255 <i>24-hr crisis line:</i> 1-888-826-0099	407 E. 3rd St. Duluth, MN 55805
Essentia Health <i>Outpatient Mental Health Counseling</i> Essentiahealth.org	Get a referral from your primary care provider.	715-817-7100 or 1-844-232-9262	3500 Tower Ave. Superior, WI 54880
Essentia Health St. Mary's-Superior Clinic www.essentiahealth.org/stmaryssuperiorclinic	ADHD assessment, adolescent depression and anxiety, grief, PTSD, stress management, long-term care.	218-786-8790	3500 Tower Ave, Superior, WI 54880
Emily Program Emilyprogram.com	Multidisciplinary approach to eating disorders and related mental health and body image issues.	1-888-364-5977	26 East Superior St., Suite 315 Duluth, MN 55802
Harbor City Psychological Associates Harborcitypsych.com	Psychotherapy for adolescents, adults, & families.	218-722-4058	Medical Arts Building 324 W. Superior St., Suite 730 Duluth, MN 55811
HDC Human Development Center humandevelopmentcenter.org	Free mental health screening & help accessing resources.	715-392-8216 <i>crisis line:</i> 715-395-2259	1500 N. 34th St. Superior, WI 54880
IndiGO https://indigowi.org/	Provides information, training and support to people with disabilities in making informed	715-392-9118	2911 Tower Ave Suite 9, Superior, WI 54880

	decisions about disability related needs.		
Insight Counseling Insightcounselingduluth.com	Counseling for individuals, couples, families. Support groups, grief therapy, EMDR.	218-481-7660	Alworth Building 306 W. Superior St., Suite 1000 (10th floor) Duluth, MN 55805
Lake Superior Community Health Center <i>Behavioral Health</i>  Lschc.org	Individual, family, and group counseling for youth and adults.	715-395-5380	2222 E. 5th St., Superior, WI 54880
National Alliance on Mental Illness (NAMI)	Resources, support groups and advocacy	Email: namidouglasscou ntywi@gmail.co m	PO Box 1224 Superior, WI 54880
Northland Psychological Services  northlandpsychological.com	Counseling for individuals, groups, couples, families.	218-729-6480	1707 Miller Trunk Highway Duluth, MN 55811
Northwest Journey Children's Mental Health Day Treatment  www.nwcgc.com/services/journey	Services to prevent out of home placements, therapeutic support for children and families	715-349-2829	69 N. 28th Street Suite 28 Superior, WI 54880
Nystrom & Associates, Ltd.  nystromcounseling.com	Therapy services for children, teens, adults, couples, families.	218-722-4379	332 W. Superior St., Suite 300 Duluth, MN 55802 nystromcounseling.com
SOAR	Management of mental health disorders, behavioral development, career guidance, family mediation, anxiety, depression recovery.	715-468-2841	3712 Tower Ave. Suite C, Superior, WI 54880
St. Luke's Hillside Center <i>Mental Health Clinic</i>	Get a referral from your primary care provider.	218-249-7000	220 N. 6th Ave. E. Duluth, MN 55805

<a href="http://www.slhduluth.com/services/mental-health">www.slhduluth.com/services/mental-health</a>			
<b>Superior Behavioral Services</b> <a href="http://Superiorbehavioralservices.com">Superiorbehavioralservices.com</a>	Applied behavior Analysis to help address behavioral challenges in children ages 18 months to 13 years	218-216-7798	3301 James Day Ave. Superior, WI 54880
<b>Superior Counseling LLC</b> <a href="https://www.superiorcounselingllc.com/mental-health-care-services">https://www.superiorcounselingllc.com/mental-health-care-services</a>	Counseling for mental illness, emotional difficulty, anxiety, depression, trauma.	218-464-7674	324 W Superior St. #530, Duluth, MN 55802
<b>Turning Point Mental Health Services, LLC</b> <a href="http://Turningpointduluth.com">Turningpointduluth.com</a>	Counseling for individuals, couples, families.	218-722-1351	2024 W. 3rd St. Duluth, MN 55806
<b>Two Rivers Therapy</b>	Social and coping skills, parenting support, anxiety, depression, ADHD, self-harm, anger, play therapy, couples and uncoupling.	218-606-1100	404 West Superior Street, Suite 210, Duluth, Minnesota 55802

**Crisis Lines:**

**CALL 911 IN AN EMERGENCY**

National Suicide/Crisis Hotline: dial 988 or visit [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org) for online chat

HDC's Project Reach Out 24-hour Crisis Line for Youth: 715-394-9177; Outside of Douglas County (1-800-777-7844)

Douglas County's 24-hour Crisis Line for Adults: 715-395-2259

National 24-hour Crisis Text Line: Text "Home" to 741741

SAMHSA Disaster Distress Hotline: Call 1-800-985-5990 or text "TalkWithUs" to 66746

National Youth Crisis Hotline 1-800-442-HOPE (4673)

Domestic Violence Hotline 1-800-799-SAFE (7233)

Trevor Lifeline(for LGBTQ+ youth) call 1-866-488-7386 - OR - text START to 678678

National Runaway Safeline at 1-800-RUNAWAY or 1-800-786-2929

National Alcohol Substance Abuse Information Center 1-800-784-6776

Teen Dating Abuse Helpline 1-866-331-9474

Rape, Abuse & Incest National Network 1-800-656-HOPE (4673)

American Pregnancy Hotline 1-866-942-6466