

# IT'S OKAY TO ASK FOR HELP

## Suicide Prevention:

\*National Suicide Prevention Lifeline: (800) 273-TALK

\*Text 4Life: Text "life" to 61222

\*Cyber Bullying Hotline: (888) 414-7678

## Family Relationship Issues:

\*Evergreen House Crisis Hotline: (218) 751-4332

\*Northwoods Coalition for Family Safety (218) 751-0211

## Substance Abuse:

\*Bemidji Area Program for Recovery: (218) 444-5155

\*National Center for Substance Abuse: (800) 662-HELP

## Sexual Assault:

\*Support Within Reach: (218) 444-9524

\*RAINN/National Sexual Assault Hotline: (800) 656-HOPE

## Local Law Enforcement:

\*Non Emergency: (218) 333-9111

\*Emergency: 911