

Need help? Not sure where to start?

If you're struggling, resources are just a call, text, or click away.

- Sleep problems
- Lack of energy
- Loss of concentration
- Substance use
- Loss of appetite or eating concerns
- Feeling overwhelmed or stressed
- Loss of enjoyment
- Thoughts of death or suicide

Call or text 988
or chat 988lifeline.org

988 | SUICIDE & CRISIS
LIFELINE

Connect with a trained counselor
24/7 for **free** and confidential
support for you or someone
you care about.

Washington County
Crisis Services
Call 651-275-7400

Washington
County

24/7 mobile mental health
services for adults and children
experiencing a crisis.

 **WellSpring**
PROJECT

WellSpring helps people become healthier and more resilient at every stage of life with links to local and national resources for you and those in your community.



Make It  .org

Make It OK works to stop the stigma of mental health and illness and supports mental well-being through learning, talking, sharing, and resources.



You are not alone — help is available.


CONNECT
WASHINGTON COUNTY

Supporting the well-being of children, youth,
and their families in Washington County.