A crisis may cause you to experience stress, anxiety, fear and anger. **It is OKAY to feel this way but it is important to take care of your mental wellness.** Everyone handles stress differently therefore it is essential that you and your family be mindful of your behavior and emotions.

**YOU ARE NOT ALONE, HELP IS AVAILABLE**

### Local Resources
- **Woodland Centers** .................. 320-235-4613  
  *Mobile Crisis* .......................... 1-800-432-8781
- **Community Outreach Counseling** ........ 320-905-4206
- **Carris Health** ......................... 320-231-5030
- **Divine Hope Counseling** ....320-231-9763
- **Greater Minnesota Family Services**  
  *Family Services* ....................... 320-403-4167
- **Life Seasons Counseling** .... 320-235-4900
- **Lighthouse Counseling** ...... 320-214-1202
- **Knutson New Direction Counseling**  
  *Knutson New Direction* .............. 320-441-7000
- **Rice Institute Mental Health** ........ 320-231-4399
- **Willow Creek Counseling** ...320-354-4200
- **Crossroads Counseling Centers Inc.**  
  *Crossroads Counseling Centers Inc.* 320-214-8558

### National Resources
- **SAMHSA** .............................. 1-800-985-5590  
  *Disaster Distress Helpline*
- **National Helpline** .................. 1-800-662-4357
- **National Suicide Prevention Lifeline**  
  *Treatment Locator;* [https://findtreatment.gov/](https://findtreatment.gov/)