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** .................. 320-403-4167
- **Life Seasons Counseling** .... 320-235-4900
- **Lighthouse Counseling** ...... 320-214-1202
- **Knutson New Direction Counseling** .................. 320-441-7000
- **Rice Institute Mental Health** .................. 320-231-4399
- **Willow Creek Counseling** ... 320-354-4200
- **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** .................. 1-800-273-8255
- **Treatment Locator;** [https://findtreatment.gov/](https://findtreatment.gov/)