

THERE IS HELP!

DAKOTA COUNTY
CRISIS CENTER
952-891-7171 (24/7)

EMERGENCY: 911
FOR LAKEVILLE POLICE
DEPARTMENT

"How you feel,
isn't who you are"

*"Stay strong,
your story isn't over yet"*

"Yes, I am in recovery.
Because even today was
hard, I'm still choosing
to be heretomorrow"

*"Healing is hard,
staying wounded is harder"*

"The biggest battles are
the ones that rage within us"

*"Out of all the things
I have lost, I miss my
mind the most"*

"We are all looking for
places to put our pain"

*"Not all scars show.
Not all wounds heal.
Sometimes you can't see
the pain someone feels"*

"Healing takes time
and asking for help
is a courageous step"



**LAKEVILLE POLICE
DEPARTMENT'S
CIT TEAM**

RESOURCES

Office of the Ombudsman for Mental Health and Developmental Disabilities:
<https://mn.gov/omhdd/>

NAMI Minnesota: <http://www.namihelps.org/>

NAMI Southeast Minnesota:
<http://namisemn.org/>

Minnesota Association for Children's Mental Health: <http://www.macmh.org/>

PACER Center, champions for children with disabilities: <http://www.pacer.org/>

The ARC Minnesota, disability and public policy advocacy:
<http://thearcofminnesota.org/>

United Way 211, search for local resources:
<https://www.211unitedway.org/>

Disability Hub MN, a free statewide resource network that helps you solve problems, navigate the system, and plan for your future: <https://disabilityhubmn.org/>

SAVE MN, suicide awareness and education:
<https://save.org/>

Minnesota Recovery Connection, advocacy, resources, and support groups:
<https://minnesotarecovery.org/>



SUPPORT GROUPS

Mental Health Minnesota, peer led support groups for recovery & wellness:
<https://mentalhealthmn.org/support/support-groups/>

Minnesota Depression Bipolar Support Alliance support groups:
<https://mentalhealthmn.org/support/support-groups/>

NAMI Minnesota support groups:
<http://www.namihelps.org/support/support-groups.html>

Minnesota Recovery Connection, support, care and resources to achieve recovery from addiction:
<https://minnesotarecovery.org/upcoming-events/category/all-recovery-meetings/month/>

Suicide Awareness Voices of Education (SAVE), grief support groups for those who have lost a friend or family member to suicide: <https://save.org/what-we-do/grief-support/find-a-support-group/>

SOCIAL SERVICES

MN Department of Human Services, for information about the MN mental health care system:
<https://mn.gov/dhs/>

Lutheran Social Service of Minnesota, provides a wide range of human support services:
<http://www.lssmn.org/>

Work Incentives Connection, disability benefits support:
<https://www.goodwilleasterseals.org/services/WIC>

Benefits.gov, a guide to available benefits in MN:
<https://www.benefits.gov/benefits/browse-by-state/state/164>

