

**“
IT'S
OKAY
TO ASK
FOR
HELP.
”**

COOK COUNTY SCHOOLS

MENTAL HEALTH RESOURCES

School Resources:

Mrs. Sandstrom, ISD 166 School Social Worker
218-387-2271 ext. 406 - asandstrom@isd166.org

Ms. Kotowicz, ISD 166 School Counselor
218-387-2271 ext. 404 - kkotowicz@isd166.org

Therapy Service Providers:

ACCEND Services
218-724-3122

Sawtooth Mountain Clinic Behavioral Health
218-387-2330

Steps of Change: Kelly Hawsen
218-370-8773

Sherrie Moe
218-766-1795

Community Support Resources:

Cook County Community Support Line
218-877-7071 Free & Confidential Services

Cook County Public Health & Human Services
218-387-3620

Grand Portage Human Services
218-475-2453

24/7 Crisis Lines:

Crisis Text Line
Text: "MN" to 741741

Birch Tree Center
1-844-772-4724

National Suicide Prevention Lifeline
1-800-273-TALK(8255)