



WebMed Mental Health and Substance Abuse Services
512 Skyline Blvd Cloquet, MN | 925 E Suite 113, Duluth Mn
P: 218.310.8896 | F.218.206.6276

Crisis Information

Should you have an emergency, go to your hospital room or call 9-1-1. Should you need to talk to someone right away, the following crisis lines are available 24 hours a day, 7 days a week.

Police/Ambulance/Fire	9-1-1
Carlton County Sheriff Department	(218) 384-3843
St Louis County Sheriff Department	(218) 726-2340
Cloquet Police Department	(218) 879-1247
Moose Lake Police Department	(218) 485-8404
Thompson Township Police Department (Esko)	(218) 870-9719
Fond du Lac Police Department	(218) 878-8040
Aid to Victims of Sexual Assault	(218) 726-1931
Family Justice Center for Abuse	(218) 623-1000
Safe Haven Shelter	(218) 728-6481
WINDOWS (Victim Services)	(218) 499-8088
National Domestic Abuse Line	1(800) 799-7233
MN Statewide Hotline for Abuse	1(866) 223-1111
Fond du Lac Domestic Abuse/Sexual Assault/General Crime	(218) 879-1227
Fond du Lac Crisis Line	(218) 348-1817
Crisis Call Center/Suicide Prevention	1(800) 273-8255
Poison Control Center	1(800) 222-1222

*Should you ever be in a crisis situation, you can ask your therapist to help you develop a crisis plan to prepare you to deal with an emergency that may arise. This plan lists things you can do to seek help during a crisis should you have an urgent need, you can call and leave a message for your therapist during clinic hours. IF this is an urgent matter, please communicate the urgency with the office staff so they are better equipped to help you and contact your provider immediately. If you should call after clinic hours, our afterhours answering service will assist you as necessary and contact the call after hours provider.



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Duluth/Superior/Cloquet Recovery Meeting List with Fellowship

Monday:

7PM Lester Park AA. United Church. 5401 E Superior St, Duluth

Tuesday:

7PM. Peace Church. 1111 N 11th Ave E, Duluth

Wednesday:

12PM Cloquet Alano Club

6PM Back to Basics. Duluth Alano Club

7PM Duluth Alano Club

Thursday:

8PM. Serenity Club. Superior

Friday:

7PM. Trinity Church . 1108 8th St. Duluth

1030PM. John Club. Superior

Saturday:

1030AM John Club. Superior

8PM. Serenity Club. Superior

11PM. Serenity Club. Superior

Sunday:

7PM. Duluth Alano Club

8PM. Duluth Alano Club

8PM. Serenity Club, Superior