















MENTAL HEALTH RESOURCES & SERVICES

LOCAL, REGIONAL & NATIONAL RESOURCES

-  If someone is in immediate danger, **dial 9-1-1**
-  If you are concerned about someone and need immediate assistance, contact the **Crisis Intervention Center**:
Dial (920) 832-4646
-  To find mental health services and resources serving Calumet, Fond du Lac, Green Lake, Manitowoc, Marquette, Outagamie, Sheboygan, Waushara, Waupaca and Winnebago County residents – **Dial 2-1-1** to reach **United Way's Information and Referral Service**. 2-1-1 service is free and confidential, available 24 hours a day, 7 days a week.
 www.211now.org
-  **National Suicide Prevention Lifeline**: Dial **1-800-273-TALK / 1-800-273-8255**
 www.suicidepreventionlifeline.org
-  **SAMHSA's National Helpline**, Dial **1-800-662-HELP (4357) or 1-800-487-4889 (TDD)** – Provides 24-hour free and confidential information about substance use and mental disorders, prevention, treatment, and recovery referrals in English or Spanish. [SAMHSA – Substance Abuse and Mental Health Services Administration]
-  **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Website**: www.samhsa.gov/treatment – Contains information about treatment options and special services located in your area.
-  **Fox Valley Region Alcoholics Anonymous** (www.area74.org) and **Narcotics Anonymous** (www.iluana.org) websites – Contain an array of resources for individuals suffering from alcohol or drug dependence, and provides information and schedules for local meetings.
-  Wisconsin **Al-Anon/Alateen** (www.area61afg.org) – Provides community and support networks for families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Similarly, Alateen is the recovery program for young people.
-  **Harmony Café – GLBT Partnership** is a support and youth leadership development group for self identified Gay, Lesbian, Bisexual, and Transgender youth and their allies between the ages of 14 and 18. Contact Harmony Team Member **Jesse Heffernan** at **920-680-5991** or email: jheffernan_gw@gwicc.org
-  The **Center for Grieving Children** offers an accepting environment where children, teens and families in the Fox Valley can be with others who are grieving the death of a loved one. The Center offers peer support and education, as well as opportunities to remember and commemorate. There is no cost for services.
Website: www.centerforgrievingchildrenfoxvalley.org Phone: **920-750-5839**
-  **Community for Hope of the Fox Cities**, a non-profit organization supporting suicide prevention, intervention and response. Survivors of Suicide (SOS) Support Groups offered for those who have been affected by a death by suicide. Minimum age of attendees is 14. Website: www.communityforhopefoxcities.org
-  **Sexual Assault Crisis Center – Fox Cities, Inc.**, a not-for-profit agency created to help survivors (and their families and friends) of all forms of sexual assault or abuse — including recent sexual assault, past sexual assault, incest, sexual harassment, and sexual exploitation. Services include Free, Confidential Crisis Services and **24/7 Hotline 920-733-8119 or 800-722-7797**, as well as support groups for victims and families.
Website: www.sacc-foxcities.org.