



# Wisconsin

## QUICK GUIDE

### to Wisconsin Mental Health Resources



NAMI (the National Alliance on Mental Illness) is the nation’s largest grassroots mental health organization providing advocacy, education, support & public awareness. Our mission is to improve the quality of life of people affected by mental illness & to promote recovery. NAMI Wisconsin is the state office, to connect with your local affiliate call us at (608) 268-6000 [or (800) 236-2988] or visit our website at [www.NAMIWisconsin.org](http://www.NAMIWisconsin.org).

### 2-1-1

**United Way 211** is available 24/7/365 and offers free, confidential assistance. They connect people with local programs and services that can help.

Dial 2-1-1



### RESOURCE

**Family & Consumer Resource Guide** provides an overview of available resources and practical advice for navigating the mental health system. Download the entire guide on our website.



### CRISIS CALLS

**Crisis Services:** dial 9-1-1 & request a CIT officer (mental health officer).

**National Suicide Prevention Lifeline:**  
(800) 273-8255  
Veterans Press 1

NAMI Wisconsin is not equipped to handle crisis calls.



### NEED SOMEONE TO TALK TO?

These resources provide emotional support to those in need.

**Hopeline** Text NAMI to 741741

**Iris Place** (920) 815-3217

**Monarch House** (715) 505-5641

**Solstice House** (608) 244-5077

**Trevor Lifeline** (866) 488-7386

**Warmline Inc.** (414) 777-4729 (limited hours)



(608) 268-6000



[nami@namiwisconsin.org](mailto:nami@namiwisconsin.org)



[www.NAMIWisconsin.org](http://www.NAMIWisconsin.org)



National Alliance on Mental Illness

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## TREATMENT PROGRAMS

To find a treatment facility in your area, contact SAMHSA's National Helpline.

(800) 662-HELP (4357)

[samhsa.gov/find-treatment](http://samhsa.gov/find-treatment)



## EMPLOYMENT OPTIONS

To find vocational rehabilitation or supported employment, contact the Wisconsin Department of Workforce Development.

(608) 261-0050

[dwd.wisconsin.gov/](http://dwd.wisconsin.gov/)



## FIND LOVED ONE IN PRISON

To find a loved one in a Wisconsin prison, contact the Wisconsin Department of Corrections Central Records Office.

(608) 240-5000

[offender.doc.state.wi.us/op/](http://offender.doc.state.wi.us/op/)



## LEGAL ASSISTANCE

To find a lawyer, contact the Wisconsin State Bar Association's free Law Referral and Information Service (LRIS).

(800) 362-9082

[wisbar.org](http://wisbar.org)



## YOUTH & FAMILY SERVICES

To find a variety of resources pertaining to families and youth, contact Well Badger.

(800) 642-7837

[wellbadger.org](http://wellbadger.org)



## SEARCH FOR HOUSING

To find a variety of housing options, contact the Wisconsin Division of Housing.

(608) 266-7531

[doa.wi.gov/pages/aboutDOA/DEHCRMainpage.aspx](http://doa.wi.gov/pages/aboutDOA/DEHCRMainpage.aspx)

## TREVOR

## LGBTQ LIFELINE

If you're a person in crisis, feeling suicidal, or in need of a safe, judgment-free place to talk:

Text START to 678678

Call (866) 488-7386

[www.thetrevorproject.org/get-help-now/](http://www.thetrevorproject.org/get-help-now/)



## VETERANS ASSISTANCE

Provides assistance to SM and families who are adjusting to deployment or life changes.

Central: (608) 504-6027  
Eastern: (608) 640-9317  
Southern: (608) 640-8344  
Northwest: (608) 640-9315

[wisconsinmilitary.org/psychological-health-program](http://wisconsinmilitary.org/psychological-health-program)

## STATEWIDE ADVOCACY ORGANIZATIONS

**Disability Rights Wisconsin** is designated by the state of Wisconsin to ensure the civil rights of all state citizens with disabilities through individual advocacy and system change.  
(800) 928-8778 | [www.disabilityrightswi.org](http://www.disabilityrightswi.org)

**Mental Health America Wisconsin** provides advocacy, education, information, and services to people with mental illness, families, professional organizations and the community at large.  
(866) 948-6483 | [www.mhawisconsin.org](http://www.mhawisconsin.org)

**Aging & Disability Resource Center (ADRC)** helps connect you with valuable resources. Call the number below to obtain your local ADRC's number.  
(608) 266-2536 | <http://www.adrc-cw.org>

**Wisconsin Family Ties** is run by and for families that include children with social, emotional, or behavioral challenges to help parents/caregivers navigate service and treatment resources.  
(800) 422-7145 | [www.wifamilyties.org](http://www.wifamilyties.org)



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