



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 and public awareness. NAMI Wisconsin is the state affiliate of NAMI. Our mission is to improve the quality of life of people affected by mental illness and to promote recovery.

TO LEARN MORE:

Contact the NAMI Wisconsin office at (608) 268-6000 or visit our website at www.namiwisconsin.org



FIND HELP NEAR YOU

You are not alone! There are over 30 NAMI affiliate chapters throughout Wisconsin. Visit our website to learn about resources and support in your county.



FAMILY AND CONSUMER RESOURCE GUIDE

The Family and Consumer Resource Guide is designed for people living with mental illness and their families. The guide provides an overview of available resources and practical advice for navigating the mental health system. Visit our website to download the full edition.

**Please note: NAMI Wisconsin is not equipped to handle crisis calls!
If you are in crisis and need immediate assistance, please call:**

Crisis Services: 9-1-1 and request a CIT officer to report to location
National Suicide Prevention Lifeline: (800) 273-8255

NEED SOMEONE TO TALK TO?



Try a "Warm-line". These resources provide immediate emotional support to those in need.

Warmline Inc. (414) 777-4729

Wisconsin Hopeline. Text HOPELINE to 741741

Grassroots Wellness. (715) 619-0588

Solstice House. (608) 244-5077

Iris Place. (920) 815-3217



Access treatment programs

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

Phone: (800) 662-HELP (4357)

Website: www.findtreatment.samhsa.gov



Explore employment options

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

Phone: (800) 442-3477

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



Locate a loved one in a Wisconsin prison

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

Phone: (608) 240-3750

Website: [https://offender.doc.state.wi.us/lop/](http://offender.doc.state.wi.us/lop/)



Navigate services for youth and families

To find a variety of resources pertaining to families and youth, contact Wisconsin First Step.

Phone: (800) 642-7837

Website: www.mch-hotlines.org/home



Search for housing

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

Phone: (608) 266-7531

Website: www.doa.state.wi.us/Divisions/Housing/Bureau-of-Supportive-Housing



Seek legal assistance

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

Phone: (800) 362-9082

Website: www.wisbar.org

Your county's Aging and Disability Resource Center (ADRC) is another extremely valuable resource. Call (800) 362-3002 to obtain your local ADRC's phone number.



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.

Phone: (800) 928-8778 **Website:** www.Disabilityrightswi.org

Grassroots Empowerment Project is a peer-run organization that provides direct peer support services, wellness and recovery education and training, and advocacy.

Phone: (800) 770-0588 **Website:** www.Grassrootspower.org

Mental Health America of Wisconsin provides advocacy, education, information, and services to people with mental illness, families, professional organizations and the community at large.

Phone: (866) 948-6483 **Website:** www.mhawisconsin.org

NAMI (the National Alliance on Mental Illness) Wisconsin provides advocacy, education, and support to individuals and families affected by mental illness through a network of local affiliates.

Phone: (608) 268-6000 **Website:** www.namiwisconsin.org

Wisconsin Family Ties is run by and for families that include children with social, emotional, or behavioral challenges to help parents/caregivers navigate child-serving systems.

Phone: (800) 422-7145 **Website:** www.wifamilyties.org