



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](http://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](http://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/>



## 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/>



## 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.wifamilyties.org)

