



# 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

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



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