

## - Wisconsin - Mental Health Resources

This past year will be in the history books - in many different ways. A global pandemic, racial injustice, natural disasters, and more have all rocked the globe. These circumstances have had a significant impact on the mental health of people around the country; this is especially true for those living with a mental illness. The anxiety of these uncertain times along with the increase in loneliness and stress can create, worsen, or trigger symptoms. Here are some tips, information, and resources, for people who are affected by mental illness in Wisconsin. You are not alone!

**NAMI RESOURCES** Reach out to our local affiliates to find support groups, classes, and community resources. Find your local NAMI by visiting our website at [www.namiwisconsin.org/find-your-local-nami](http://www.namiwisconsin.org/find-your-local-nami) or call (608) 268-6000.

**WARMLINES** Need someone to talk to? The following are providing additional warmline support at this time. These numbers are staffed by trained volunteers with lived experience of mental illness and can offer emotional support to those needing it at this time.

Solstice House: Madison: (608) 244-5077

Iris Place: Appleton: (920) 815-3217

Monarch House: (715) 505-5641 \*715 area codes only

Hopeline: Text NAMI to 741741

NAMI Helpline: Monday-Friday, 9-5 (800) 950-6264

**INFO & REFERRALS** Do you need information or a referral for rental assistance, utilities, food, mental health or substance abuse issues? Call 2-1-1 from anywhere in the state to reach United Way's Free Information and Referral Line. Someone is available to connect with you 24/7.

**SAMHSA DISASTER DISTRESS HELPLINE:** This provides immediate crisis counseling for people experiencing emotional distress related to any natural disaster, including COVID-19. This toll-free, multilingual, confidential crisis support service is available 24/7. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

### **ARE YOU IN CRISIS? DO YOU NEED IMMEDIATE ASSISTANCE?**

**Call 9-1-1** or the National Suicide Prevention Lifeline at (800) 273-8255 to be connected to local crisis services at any time.