

## **SAMHSA's National Helpline**

Call: 1-800-662-HELP (4357)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

<https://www.samhsa.gov/find-help/national-helpline>

## **National Suicide Prevention Lifeline**

Call 1-800-273-TALK (8255); En español 1-888-628-9454

The Lifeline is a free, confidential crisis hotline that is available to everyone 24 hours a day, seven days a week. The Lifeline connects callers to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals. People who are deaf, hard of hearing, or have hearing loss can contact the Lifeline via TTY at 1-800-799-4889.

## **Crisis Text Line**

Text "HOPELINE" to 741741

The Crisis Text hotline is available 24 hours a day, seven days a week throughout the U.S. The Crisis Text Line serves anyone, in any type of crisis, connecting them with a crisis counselor who can provide support and information.

## **Veterans Crisis Line**

Call 1-800-273-TALK (8255) and press 1 or text to 838255

The Veterans Crisis Line is a free, confidential resource that connects veterans 24 hours a day, seven days a week with a trained responder. The service is available to all veterans, even if they are not registered with the VA or enrolled in VA healthcare. People who are deaf, hard of hearing, or have hearing loss can call 1-800-799-4889.

## **Disaster Distress Helpline**

Call 1-800-985-5990 or text "TalkWithUs" to 66746

The disaster distress helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential, and available 24 hours a day, seven days a week.

## **Mental Health America**

<https://mhanational.org/MentalHealthInfo>

Mental Health America (MHA)'s work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal.

## **Anxiety & Depression Association of America**

ADAA focuses on improving quality of life for those with anxiety, depression, OCD, PTSD and co-occurring disorders through education about the disorders. ADAA helps people find treatment, resources, and support. ADAA promotes scientific innovation and engages a diverse network of basic and clinical anxiety and depression researchers and providers encouraging the implementation of new treatments to clinicians. These commitments drive ADAA's promise to find new treatments and one day prevent and cure these disorders.

<https://adaa.org/>

## **National Alliance on Mental Illness (NAMI)**

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

<https://www.nami.org/home>

Local Chapter: NAMI Portage Wood Counties: <https://www.namiportagewoodcounties.org/>

## **The Trevor Project**

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth.

TrevorLifeLine: Trevor Life Line in a crisis intervention and suicide prevention phone service available 24/7/365. Call 1-866-488-7386

TrevorText: Confidential text messaging with a Trevor counselor available 24/7/365. Text START to 678-678.

## **Born This Way**

Born This Way Foundation leverages innovative programming and partnerships to model, convene, and support healthy conversations about mental wellness, to connect youth with resources and services that support their mental health – online and offline, and to encourage and build communities that understand and prioritize mental and emotional wellness.

<https://borthisway.foundation/>

## **Suicide Prevention and Mental Health Awareness Coalition of Portage County**

The mission is to prevent suicide in Portage County by providing hope, creating awareness and facilitating change in the community to support mental health.

<http://www.suicidepreventionportagecounty.org/index.php/about-us>

## **Mental Health Navigation Program, CAP Services**

Mental Health Navigation is a free and confidential program established in response to the need for mental health care and navigating the often complicated system of resources and services. The program aims to help residents of Portage County to improve their mental wellness and functioning by connecting them to local mental health and community resources. Mental Health Navigation attempts to remove barriers to services that enhance resiliency and self-advocacy which in turn supports well-being. Call 715-343-7104

<https://capservices.org/what-we-do/health-wellness-safety/mhn/>

## **National Child Traumatic Stress Network**

The National Child Traumatic Stress Network is an American organization whose "mission is to raise the standard of care and improve access to services for traumatized children, their families, and communities throughout the United States.

<https://www.nctsn.org/>

## **Child Mind Institute**

At the Child Mind Institute, we advance children's mental health through compassionate and uncompromising clinical care, a revolutionary approach to the science of the developing brain, and wide-reaching public education and community programs. These stories provide a snapshot of how we're transforming children's lives, now and in the future.

<https://childmind.org/>

## **Wisconsin Office of Children's Mental Health**

The Office of Children's Mental Health (OCMH) supports Wisconsin's children in achieving their optimal mental health and well-being. By encouraging collaboration across child and family service systems in Wisconsin, including state agencies, nongovernment mental health programs, advocates, and people with lived experience, OCMH supports children's mental health system improvements.

<https://children.wi.gov/Pages/Home.aspx>

## **Peace of Mind Portage County**

This Web site is a resource for individuals, families and agencies concerned with mental wellness. It provides information about mental wellness services, laws, and related news, as well as communication tools and other features. Regardless of where you begin your search for assistance with mental wellness issues, the Network of Care helps you find what you need - it helps ensure that there is "No Wrong Door" for those who need services. This Web site can greatly assist in our efforts to protect our greatest human asset - our beautiful minds.

<https://portage.wi.networkofcare.org/mh/>