

MENTAL HEALTH & EMERGENCY RESOURCES

For immediate, life-threatening emergencies, dial 911.

The resources below are free and confidential. All are available 24/7 unless otherwise noted.

HELPLINES:

- National Suicide Prevention Lifeline:
 - 1-800-273-TALK (8255)
 - 988 (Call or Text)
 - 1-888-628-9454 (Spanish)
 - Emotional support and information for individuals in suicidal crisis or emotional distress.
- Self-Harm Hotline:
 - 1-800-DONT CUT (1-800-366-8288)
- Center for Suicide Awareness HOPELINE:
 - 741741 (Text)
- Veterans Crisis Line:
 - 1-800-273-TALK (8255), press 1
 - 838255 (Text)
 - Support for veterans in crisis, their families and friends.
- The Trevor Project
 - 1-866-488-7386
 - Text "START" to 678678
 - Confidential suicide hotline for LGBTQ youth.
- Substance Abuse & Mental Health Services Administration (SAMHSA) National Helpline:
 - 1-800-662-HELP (4357) (English & Spanish)
 - Treatment referral and information service for individuals and families facing mental health and/or substance use disorders.
- National Sexual Assault Hotline:
 - 1-800-656-HOPE (4673)
 - Crisis support, information and referral services for survivors of sexual assault
- National Domestic Violence Hotline:
 - 1-800-799-7233
 - Text "START" to 88788
 - Crisis support, referral services and information for survivors of domestic violence, and their families and friends.

There is HOPE
for Severe Depression

Ketamine Wellness Center - Appleton

2109B E Capitol Dr
Appleton, WI 54911

 www.ketamineappleton.com  920-202-3466

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The links below provide additional information on mental health & resources available to you.

RESOURCES:

- National Alliance on Mental Illness (NAMI)
 - www.nami.org
 - www.namiwisconsin.org (Wisconsin)
 - www.namifoxvalley.org (Fox Valley)
 - In-Person & Online Peer Support Groups - www.namifoxvalley.org/peer-support-groups
 - In-Person & Online Family Support Groups - www.namifoxvalley.org/family-support-groups
 - Teen Support Group - www.namifoxvalley.org/teens
- The National Institute of Mental Health (NIHM)
 - www.nimh.nih.gov
- Mental Health America
 - www.mhanational.org
- 988 Suicide & Crisis Lifeline
 - www.988lifeline.org
- Prevent Suicide Wisconsin
 - www.preventsuicidewi.org
- Anxiety & Depression Association of America
 - www.adaa.org
- Depression & Bipolar Support Alliance
 - dbsalliance.org
- Post-Traumatic Stress Disorder Alliance
 - www.ptsdalliance.org
- Fox Cities, WI Network of Care
 - www.MyConnectionNEW.org
 - Local Mental Health Support Groups - www.foxcities.wi.networkofcare.org/mh/services
- Wisconsin Department of Health Services-Mental Health
 - www.dhs.wisconsin.gov/mh

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