



U.S. CENTER
**MENTAL HEALTH
& SPORT**

National Crisis Resources

If someone is in immediate danger, call 911 or go to the local emergency room. Explain that it is a psychiatric emergency and ask for someone with psychiatric experience.

National Suicide Prevention Lifeline

988

Deaf or Hard of Hearing

For TTY Users: Use your preferred relay service or dial 711 then 1-800-273-8255

En Español

1-888-628-9454

Crisis Text Line

Text "HOME" to 741741

Boys Town National Hotline

1-800-448-3000

Text "VOICE" to 20121

IM Alive – Online Crisis Chat

www.imalive.org

LGBT National Hotline

1-888-843-4564

LGBT National Help Talkline

1-800-246-7743

National Mental Health Hotline

1-866-903-3787

National Alliance of Mental Illness (NAMI)

1-800-950-NAMI (6264)

Text "NAMI" to 741741

Online Chat Tool at www.nami.org/help

National Eating Disorders Association (NEDA)

1-800-931-2237

Text – Crisis

"NEDA" to 741741

Text – Non-Crisis

1-800-931-2237

RAINN: Rape Abuse and Incest National Network

1-800-656-HOPE (4673)

Live Chat at www.rainn.org

Samaritans

1-877-870-HOPE (4673)

Text 1-877-870-HOPE (4673)

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

SAMHSA National Helpline (Substance Abuse and Mental Health Services Administration)

1-800-662-HELP (4357)

Treatment Referral via Text

Text your 5 digit zip code to 435748 (HELP4U)

Deaf or Hard of Hearing TTY: 1-800-487-4889

Teen Line

1-800-852-8336

Text "TEEN" to 839863

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

The Trevor Project

1-866-488-7386

Text "START" to 678678

Live Chat at www.thetrevorproject.org/get-help

Trans Lifeline

1-877-565-8860

<https://translifeline.org/>

Veterans Crisis Line

1-800-273-TALK (8255) + Press 1

Text 838255

Youthline

1-877-968-8491

Text "teen2teen" to 839863





U.S. CENTER
**MENTAL HEALTH
& SPORT**

Crisis Resources: Wisconsin

If someone is in immediate danger, call 911 or go to the local emergency room for help. Explain that it is a psychiatric emergency and ask for someone with psychiatric experience.

NAMI Wisconsin

[https://namiwisconsin.org/
support@namiwisconsin.org](https://namiwisconsin.org/support@namiwisconsin.org)
608-268-6000

Prevent Suicide Wisconsin

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

Wisconsin Family Ties

[https://www.wifamilyties.org/
info@wifamilyties.org](https://www.wifamilyties.org/info@wifamilyties.org)
608-267-6800

The largest parent-run organization of its kind in the state, offering research-based, family-focused, and parent-led programs and services.

American Foundation for Suicide Prevention Wisconsin

<https://afsp.org/chapter/wisconsin>

Wisconsin Coalition Against Sexual Assault

[https://www.wcasa.org/
wcasa@wcasa.org](https://www.wcasa.org/wcasa@wcasa.org)
608-257-1516

Well Badger Resource Center

[https://www.wellbadger.org/
help@wellbadger.org](https://www.wellbadger.org/help@wellbadger.org)
Chat: at website
Talk: 800-642-7837
Text: 608-360-9328

Wisconsin 211 (United Way) Directory

<https://211wisconsin.communityos.org/guided-search>

Chat: at website

Talk: dial 211

Text: 898211

Assistance on finding local health & human service providers along with a wide range of community services.

Mental Health America of Wisconsin

<https://www.mhawisconsin.org/>
414-276-3122

Warmline: Mental Health America of Wisconsin

(non-emergency support line)

534-202-5438

Staffed by certified peer specialists with lived experience with mental illness

Warmline for Wisconsin Veterans

(non-emergency support line)

262-336-9540

Wisconsin Department of Health Services

<https://www.dhs.wisconsin.gov/>
Talk: 608-266-1865
TTY: 711 or 800-947-3529