

Mental Health Resources & Support

Crisis Hotlines

National Suicide Prevention Hotline [1-800-273-8255](tel:1-800-273-8255) (Phone or Chat. Also in Spanish and Deaf & Hard of Hearing)

[Crisis Text Line](#) Text Line 24/7 – text “START” to 741-741 Hard of hearing: Contact the Lifeline via TTY by dialing 800-799-4889. Text HOLA to 741741 or text to 442-AYUDAME in WhatsApp to be connected to a trained Crisis Counselor in Spanish.

[Help in Spanish](#) Spanish Crisis LifeLine, call 888-628-9454

[Veterans Crisis Chat](#) Call – 800-273-8255 Press 1 Text – 838255

[National Child Abuse Hotline](#) 1-800-422-4453 (4-A-CHILD)

[National Domestic Violence Hotline](#) 1-800-799-7233 (SAFE); TTY 1-800-787-3224

[National Sexual Assault Hotline](#) 1-800-656-4673 (HOPE)

[National Teen Dating Violence Hotline](#) 1-866-331-9474; Text “loveis” to 77054

Local Crisis Resources

Milwaukee County Behavioral Health Division, Psychiatric Crisis Service/Admissions: 414-257-7260

Milwaukee County Crisis Mobile Team (adult): 414-257-7222

Milwaukee County Children’s Mobile Crisis: 414-257-7621

Waukesha County Crisis Line: 262-547-3388

Ozaukee County Crisis Line - COPE Hotline: 1-262-377-2673

Racine County Crisis Line: 262-638-6741

Kenosha County Crisis Line: 262-657-7188

Therapist Listings

<https://www.catholictherapists.com/find-a-therapist>

<https://www.catholicpsychotherapy.org/directory>

<https://catholiccounselors.com>

<https://www.psychologytoday.com/us/therapists>

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

Treatment Centers:

<https://rogersbh.org/>

<https://www.aurorahealthcare.org/services/behavioral-health-addiction>

<https://www.prohealthcare.org/medical-services/behavioral-mental-health/>

<https://healthcare.ascension.org/Specialty-Care/Behavioral-Mental-Health>

<https://www.froedtert.com/behavioral-health>

Counseling Centers offering sliding scale options for the uninsured:

Catholic Charities: Counseling <https://www.ccmke.org/Behavioral-Health>

Fond du Lac Area 920-923-2550 Kenosha Area 262-637-8888 Milwaukee Area 414-771-2881

Racine Area 262-637-8888 Sheboygan Area 920-458-5726 Walworth Area 262-637-8888

Waukesha Area 262-547-2463

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

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

<https://christianfamilysolutions.org/>

<https://www.opencounseling.com/wisconsin>

<https://openpathcollective.org/>

<https://www.shorehavenbhi.com/index.html>

<https://childrenswi.org/childrens-and-the-community/families-and-clients/counseling/child-and-family-counseling>

<https://sshc.org/our-care/behavioral-health/> Sixteenth Street

Domestic Violence Resources:

Sojourner Family Peace Center <https://www.familypeacecenter.org/>

Healing Center at Aurora Healthcare <https://www.aurorahealthcare.org/healing-advocacy-services#Start-Healing>

Community Advocates <https://communityadvocates.net/what-we-do/milwaukee-womens-center/>

The Asha Project (African-American focused) <https://ashafamilyservices.org/>

Alma Center <http://almacenter.org/>

UMOS Sexual Assault and Domestic Violence Program <https://www.umos.org/social-services/>

The Women’s Center, Waukesha <https://twcwaukesha.org/>

Other Resources

Community Resources, physical and mental health care referrals for youth: <https://www.wellbadger.org>

Resources for various needs: call 211 or <https://211wisconsin.communityos.org/>

National Alliance on Mental Illness Affiliate locations in most WI Counties. <https://namiwisconsin.org/>

NAMI Waukesha Resources <https://www.mentalhealthconnection.life/contact>

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. **1-800-662-HELP (4357)**