

# EMOTIONAL SUPPORT & CRISIS RESOURCES



## **SHEBOYGAN COUNTY MOBILE CRISIS TEAM**

24/7 mental health emergency and  
suicide prevention support.

**(920) 459-3151**

## **NATIONAL SUICIDE PREVENTION LIFELINE**

24/7 free and confidential support for people  
in suicidal crisis or emotional distress.

**(800) 273-8255**

**[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**

## **24/7 CRISIS TEXT LINE**

24/7 free emotional support text line.

**Text MHA to 741741**

\*If you call **911** for a mental health emergency, ask for an officer that has completed **Crisis Intervention Training (CIT)**. These officers have had additional training in working through crisis situations.

## **NATIONAL CHILD ABUSE HOTLINE**

(800) 422-4453

**[www.childhelp.org](http://www.childhelp.org)**

## **NATIONAL DOMESTIC VIOLENCE HOTLINE**

1 (800) 799-SAFE (7233)

Text "START" to 88788

**[www.thehotline.org](http://www.thehotline.org)**

## **PRISM PROGRAM**

Free/confidential LGBTQ+ support

Call or text Call (414) 336-7974

**[mhawisconsin.org/prism](http://mhawisconsin.org/prism)**

## **TRANS LIFELINE**

(877) 565-8860

**[www.translifeline.org](http://www.translifeline.org)**

## **THE TREVOR PROJECT**

Text "START" to 678-678

(866) 488-7386

**[www.thetrevorproject.org](http://www.thetrevorproject.org)**

## **RAPE, ABUSE & INCEST NATIONAL NETWORK (RAINN)**

(800) 656-HOPE (4673)

**[www.rainn.org](http://www.rainn.org)**

## **VETERANS CRISIS LINE**

(800) 273-8255 and press 1

Text 838-255

**[www.veteranscrisisline.net](http://www.veteranscrisisline.net)**

***Please see reverse side for additional support resources.***

To search & print portions of MHA Lakeshore's complete Community Mental Health Directory for therapists and organizations, please visit MHA's website at **[www.mhalakeshore.org](http://www.mhalakeshore.org)**.

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## AURORA MEMORIAL MEDICAL CENTER

2629 N 7th St.  
Sheboygan, WI 53083  
(920) 451-5000

[bit.ly/ShebCoAuroraMedical](http://bit.ly/ShebCoAuroraMedical)

## HSHS ST. NICHOLAS HOSPITAL

3100 Superior Avenue  
Sheboygan, WI 53081  
(920) 459-8300

[www.stnicholashospital.org](http://www.stnicholashospital.org)

Individuals struggling with a mental health emergency are always encouraged to present themselves at the nearest hospital. \*Please note: Aurora has an inpatient behavioral health unit.

## ROGERS BEHAVIORAL HEALTH

(800) 767-4411  
[www.rogersbh.org](http://www.rogersbh.org)

## WILLOW CREEK BEHAVIORAL HEALTH

(844) 308-5050  
[www.willowcreekbh.com](http://www.willowcreekbh.com)

Both facilities have programs designed to support individuals who are struggling. Both support inpatient and outpatient programs and can work with a range of ages.

## SAFE HARBOR OF SHEBOYGAN

*24-7 helpline, shelter, and support services for victims of domestic violence and/or sexual assault.*

(920) 452-7640  
[www.sheboygansafeharbor.org](http://www.sheboygansafeharbor.org)

## SHEBOYGAN CO. HEALTH & HUMAN SERVICES

*Information & assistance for HHS & community resources.*

(920) 459-6400  
[bit.ly/ShebCoHHS](http://bit.ly/ShebCoHHS)

## MENTAL HEALTH AMERICA LAKESHORE

*Information & confidential referrals to local mental health resources.*