

Resources for Help with Substance Use & Mental Health

UW Milwaukee Resources

- Norris Health Center Medical Services at main campus 414-229-4716 <https://uwm.edu/Norris>
- University Counseling Services at main campus 414-229-4133 <https://uwm.edu/Norris/counseling>
- Campus Counseling Center at UWM Washington County <https://uwm.edu/washington/campus-life/campus-counseling-center/>
- Campus Counseling Center at UWM Waukesha <https://uwm.edu/waukesha/campus-life/campus-counseling-center/>
- Mental Health Resources <https://uwm.edu/mentalhealth>
- Brief Alcohol & other drug Screening & Intervention for College Students (BASICS) 414-229-3712 <https://uwm.edu/basics>
- Make Good Decisions (about alcohol/drugs) <https://uwm.edu/Norris/make-good-decisions>
- Victim Advocacy Services 414-229-4582 <https://uwm.edu/sexualviolence>
- Legal Clinic at UWM main campus 414-229-4140 <https://uwm.edu/university-legal-clinic>

Off-Campus Resources for Assessment, Counseling, Treatment & Recovery Services

- Aurora Psychiatric Hospital <https://www.aurorahealthcare.org/services/behavioral-health-addiction> 414-454-6600
- Columbia St. Mary's Adolescent Substance Abuse Program <http://www.columbia-stmarys.org/ASAP> 262-243-6127
- Columbia St. Mary's Behavioral Medicine [http://www.columbia-stmarys.org/Behavioral Medicine](http://www.columbia-stmarys.org/Behavioral%20Medicine) 414-585-1620
- Community Access to Recovery Services <http://www.county.milwaukee.gov/BHD-CARS> 414-257-8085
- Impact, Inc. <http://www.impactinc.org/> 414-443-6000
- Lighthouse Clinic <https://www.thelighthouseclinic.com/> 414-964-9200
- Meta House <http://www.metahouse.org> 414-962-1200
- Ravenswood Clinic <http://www.ravenswoodclinic.org> 414-224-0492
- Rogers Memorial Hospital www.rogershospital.org 800-767-4411
- Roots Recovery Houses & Counseling Services <https://rootsrecovery.org>
- Substance Abuse Treatment Facility Locator www.findtreatment.samhsa.gov 1-800-662-HELP
- Wisconsin Tobacco Quit Line www.WiQuitLine.org 800 QUIT-NOW (800-784-8669)

Mutual-help Groups / Recovery Community Support

- Alcoholics Anonymous www.aamilwaukee.com 414-771-9119 (24 Hours)
- Cocaine Anonymous www.cawisconsin.org 414-445-5433
- Narcotics Anonymous <https://namilwaukee.org> 1-866-913-3837 (24 Hours)
- Galano Recover Club (LGBT-oriented) <http://www.galanoclub.org/> 414-276-6936
- Marijuana Anonymous <https://www.marijuana-anonymous.org/> 1-800-766-6779
- Milwaukee Alano Club <https://www.mkealanoclub.org> or facebook.com/MilwaukeeAlanoClub 414-278-9102
- Moderation Management www.moderation.org
- Secular Organizations for Sobriety www.sossobriety.org 323-666-4295
- SMART Recovery www.smartrecovery.org 440-951-5357
- Women for Sobriety www.womenforsobriety.org 215-536-8026

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Groups for Family and Friends

- Al-Anon/Ala-teen www.al-anon.alateen.org 888-425-2666
- Adult Children of Alcoholics www.adultchildren.org 310-534-1815
- Half of Us, Help a Friend <http://www.halfofus.com/help-a-friend/> 800-273-8255

Web-based Resources

- National Institute on Alcohol Abuse and Alcoholism (NIAAA) www.niaaa.nih.gov 301-443-3860
- NIAAA Alcohol Treatment Navigator <https://alcoholtreatment.niaaa.nih.gov/>
- National Institute on Drug Abuse www.nida.nih.gov 301-443-1124
- National Institute of Mental Health www.nimh.nih.gov 1-866-615-6464
- National Institute on Drug Abuse for Teens <http://teens.drugabuse.gov/>
- Partnership for Drug Free Kids <http://medicineabuseproject.org/> 1-855-378-4373
- Rethinking Drinking: Alcohol & Your Health <http://rethinkingdrinking.niaaa.nih.gov/>