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
- Lighthouse Clinic  https://www.thelighthouseclinic.com/  414-964-9200
- 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://aamilwaukee.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

UWM Norris Health Center, Office of Health Promotion & Wellness
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Groups for Family and Friends
- Al-Anon/Ala-teen  [www.al-anon.alateen.org](http://www.al-anon.alateen.org) 888-425-2666
- Adult Children of Alcoholics [www.adultchildren.org](http://www.adultchildren.org) 310-534-1815

Web-based Resources
- National Institute on Alcohol Abuse and Alcoholism (NIAAA) [www.niaaa.nih.gov](http://www.niaaa.nih.gov) 301-443-3860
- NIAAA Alcohol Treatment Navigator [https://alcoholetreatment.niaaa.nih.gov/](https://alcoholetreatment.niaaa.nih.gov/)
- National Institute of Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov) 1-866-615-6464