



I'm in Crisis

Numbers to Call for Mental Health and Substance Abuse

Crisis | Treatment | Recovery



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SERVICES BY CONCERN

I am experiencing a crisis and need help:

Crisis Line: (414) 257-7222. Available 24/7.

Crisis Mobile Team: (414) 257-7222 (Access by calling the Crisis Line)

Crisis Resource Center:

24-hour Admissions 7 days/week.

North: (414) 5394024 5409 W. Villard Ave., Milwaukee, WI 53218

South: (414) 643-8778 2057 S. 14th St., Milwaukee, WI 53204

CCT (Community Consultation Team): (414) 257-7222.

Available 8am-5pm Monday-Friday.

For individuals with intellectual/developmental disabilities.

CIT (Crisis Intervention Training): Call 9-1-1 if need police assistance and request a CIT officer if available.

CMC (Children Mobile crisis): (414) 257-7621.

Available 24/7 for individuals under 18-years-old.

PCS (Psychiatric Crisis Services): (414) 257-7260.

Veterans Crisis Line: 1 (800) 273-8255

I need help and don't know where to start:

Impact 2-1-1: Call 2-1-1. Available 24/7

Crisis Line: (414) 257-7222. Available 24/7

I need to talk with someone about what I am going through:

Crisis Line: (414) 257-7222. Available 24/7.

CCT (Community Consultation Team): (414) 257-7222.

Available 8am-5pm Monday-Friday.

For individuals with intellectual/developmental disabilities.

Access Clinic Services: (414) 257-7665

9455 Watertown Plank Rd, Milwaukee, WI 53226 Hours: Mon. thru Fri. 8am to 4pm

O' YEAH: (414) 257-7158. Serving young adults ages 17-25.

Veterans Crisis Line: 1 (800) 273-8255

What support phone lines could help me?

Impact 2-1-1: Call 2-1-1. Available 24/7

Crisis Line: (414) 257-7222. Available 24/7.

CCT (Community Consultation Team): (414) 257-7222.
Available 8am-5pm Monday-Friday.
For individuals with intellectual/developmental disabilities.

CMC (Children Mobile Crisis): (414) 257-7621.
Available 24/7 for individuals under 18-years-old.

Parenting Helpline: (414)671-0566

Sojourner Truth House (domestic abuse): (414)933-2722

Veterans Crisis Line: 1 (800)273-8255

Warmline: (414) 777-4729.
Available 6pm - 10pm. Open every evening except Tuesdays and Thursdays. open ALL HOLIDAYS.

I need additional support in my treatment and recovery of substance use:

Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. It includes:
Health: overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way; **Home:** a stable and safe place to live;
Purpose: meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society; and
Community: relationships and social networks that provide support, friendship, love, and hope. (from SAME-ISA; visit www.samhsa.gov)

CARS (Community Access to Recovery Services): (414) 257-8095 or visit <http://county.milwaukee.gov/SAILAODA8063.htm>. Providers can make a referral by completing the form found at: <http://county.milwaukee.gov/forms.htm>
Access Point: To access services an individual must complete an assessment.

IMPACT:(414) 649-4380 6737 W. Washington, Ste. 2225

M&S CLINICAL SERVICES: (414) 263-6000
2821 North 4th St., Milwaukee

FIRST STEP COMMUNITY RECOVERY CENTER (Detox Center):
(414) 930-4529. 2835 North 32nd St., Milwaukee, WI 53210. Available 24/7.

Support Groups

- Al-Anon: 414-257-2415 www.alanon-wi.org
(To help families of alcoholics living with alcoholism and/or addiction).
- Alcoholics Anonymous: 414-771-9119 www.aamilwaukee.com
- Cocaine Anonymous: 414-445- LIFE (5433) www.cawisconsin.org
- Heroin Anonymous: Heroinanonymousws480@gmail.com
- Narcotics Anonymous: 866-913-3837 www.namilwaukee.org

I would like help from others who experience mental health issues:

A Peer is an individual who has made a personal commitment to his or her own recovery, has maintained that recovery over a period of time, has taken special training to work with others, and is willing to share what he or she has learned about recovery in an inspirational way. (From International Association of Peer Specialists)

Warmline: (414) 777-4729.

Available 6pm - 10pm. Open every evening except Tuesdays and Thursdays.
open ALL HOLIDAYS.

Grand Avenue Club: (414) 276-6474. 210 E. Michigan St., Milwaukee, WI 53202
Hours: Mon.— Fri., 8:30am —4:30pm

Our Space: (414) 383-8921. 1527 W. National Ave., Milwaukee, WI 53204
Hours: Mon. — Fri., 9am-3:30 pm

Parachute House: (414) 877-5918.
Hours: 24 hours a day

Owen's Place: (414) 977-4249. 4610 W Fond Du Lac Ave, Milwaukee, WI 53216.
For youth ages 16-24.

NAMI (National Alliance on Mental Illness): (414) 344-0447.3732 W. Wisconsin Ave., Milwaukee, WI 53208

MHA (Mental Health America): (414) 276-3122 or 1-866-948-6483.
600 W. Virginia St., Suite 502, Milwaukee, WI 53204
Hours: Mon. —Thurs., 9am-5pm; Fri., 9am-3pm

I need help with housing:

IMPACT 2-1-1: call 2-1-1.

IMPACT is the access point for shelter services.

Other ways to access IMPACT referral services:

Other numbers are 1-866-211-3380 or (414)773-0211

Text your zip code to TXT-211 (898-211) (Monday-Friday, 9am-9pm)

Live chat impactinc.org/impact-2-1-1 (Monday-Friday, 9am-9pm)

Web directory of services: <http://www.referweb.net/ipct/>

My loved one/family member/friend needs help but won't seek services. What can I do?
Crisis Line: (414) 257-7222. Available 24/7.

CCT (Community Consultation Team): (414) 257-7222.
Available 8am-5pm Monday-Friday.
For individuals with intellectual/developmental disabilities.

CIT (Crisis Intervention Training): Call 9-1-1 if need police assistance and request a CIT officer if available.

Al-Anon: (414) 257-2415. www.alanon-wi.org

MHA (Mental Health America): (414) 276-3122 or 1-866-948-6483.
600 W. Virginia St., Suite 502, Milwaukee, WI 53204
Hours: Mon. —Thurs., 9am-5pm; Fri., 9am-3pm

NAMI (National Alliance on Mental Illness):
(414) 344-0447. 3732 W. Wisconsin Ave., Milwaukee, WI 53208

Three Party Petitions:
(414) 278-5117. Milwaukee County Courthouse, 901 North 9th St., Milwaukee, WI 53233.
Attn: Milwaukee County Corporation Council.

SERVICES LISTED ALPHABETICALLY

Access Clinic Services:

The clinics serve uninsured Milwaukee County residents seeking outpatient psychiatric services. Clinic services include psychiatric assessment, medication evaluation, brief crisis counseling, and/or referrals to appropriate outpatient clinics and community programs.

Access Clinic:(414)257-7665

9455 Watertown Plank Rd, Milwaukee, WI 53226 Hours: Mon. thru Fri. 8am to 4pm

CARS (Community Access to Recovery Services: (414) 257-8095 or visit <http://county.milwaukee.gov/SAILAODA8063.htm> CARS is a branch of the Behavioral Health Division and provides a full array of supportive, recovery-oriented services for persons with severe and persistent mental illness and/or issues with alcohol or other drug abuse.

Individuals with a severe and persistent mental illness may call (414) 257-8095.

A qualified mental health professional may refer an eligible individual by completing the SAIL referral form, available on CARS website in the Forms section at:

<http://countv.milwaukee.gov/forms.htm>

These services include: Targeted Case Management; Community Support Programs; Day Treatment; Group Home Placements; Community Recovery Services (CRS); and Comprehensive Community Services (CCS).

CCT (Community Consultation Team): (414) 257-7222.

Available 8am-5pm Monday-Friday.

Provides crisis services for individuals who have an intellectual or developmental disability. The CCT also provides consultations for family members, providers, and care coordinators to avoid a crisis. Emergency call 9-1-1. 1

CIT (Crisis Intervention Training):

Call 9-1-1 if you are in need of police assistance.

The City of Milwaukee Police Department has almost 400 CIT officers who have extra training in working with behavioral health emergencies. You can request a CIT officer but a non-CIT officer may be sent to help you if that officer is the one who can get to you the fastest. Not all of the suburban jurisdictions have CITs, but you can ask the officer who arrives to help you if they have a CIT officer available.

CMC (Children Mobile Crisis):

(414) 257-7621

Provides 24/7 crisis services for individuals that are under 18-years-old.

Crisis Line: (414) 257-7222.

Resource for information and/or access to mental health services 24 hours a day seven days a week.

Crisis Mobile Team: (414) 257-7222.

Access by calling Milwaukee County Crisis Line and a mental health professional will determine if an on-site assessment is indicated. The team can then come to wherever you are in the community to assist you.

Crisis Resource Center: For those experiencing a psychiatric crisis and seeking voluntary assistance and crisis intervention services: assessment, stabilization, and support services. 24 hours Admissions 7 days/week.

North: (414) 539-4024
5409 W. Villard Ave., Milwaukee, WI 53218

South: (414) 643-8778
2057 S. 14th St., Milwaukee, WI 53204

First Step Community Recovery Center (Detox Center):

(414) 930-4529. 2835 North 32nd st., Milwaukee, WI 53210 Available 24 hours per day, 7 days per week.

Upon arrival each client will participate in a screening process. During the screening, the blood alcohol level and use of other chemicals will be assessed. Depending upon the chemical used, quantity of chemical used level of intoxication, or signs and symptoms of detoxification, a decision is made as to the admission to the appropriate program. Under certain circumstances, a referral may be made to an appropriate medical facility for problematic, acute withdrawal or other medical problems. Screening, monitoring and continuing care are provided by Alcohol and Other Drug Abuse qualified nursing personnel.

Grand Avenue Club (GAC)

(414) 276-6474. 210 E. Michigan St., Milwaukee, WI 53202

Hours: Mon. Fri., 8:30am 4:30pm

GAC offers adults who experience mental illness an array of opportunities 365 days a year. Program participants are "members" of a community with a place to come, meaningful work, and meaningful relationships. GAC members work alongside a small but dedicated staff to actually run GAC and are involved in every aspect of the work.

IMPACT 2-1-1 is a central access point for people in need. During times of personal crisis or community disaster, the free, confidential helpline and online resource directory make it easy for residents to get connected to information and assistance. Call 2-1-1.

Other ways to access IMPACT referral services:

Other numbers are 1-866-211-3380 or (414)773Q11

Text your zip code to TXT-211 (898-211) (Monday-Friday, 9am-9pm)

Live chat (Monday-Friday, 9am-9pm) Web directory of services:

<http://www.referweb.net/ipct/>

MHA (Mental Health America):

(414) 276-3122 or 1-866-948-6483.

600 W. Virginia St., Suite 502, Milwaukee. WI 53204

Hours: Mon.—Thurs., 9am-5pm; Fri., 9am-3pm

MHA is dedicated to improving the mental health of all individuals through advocacy, education, and service. They provide information to those seeking services, have support groups for those touched by mental illness, and partner with Prevent Suicide Wisconsin to offer resources for the prevention of suicide.

NAMI National Alliance on Mental Illness:

(414) 344-0447. 3732 W. Wisconsin Ave., Milwaukee, WI 53208

NAMI is a community-based, self-help, support, education, and advocacy organization dedicated to improving the lives of those with mental illness, their families, and those

touched by mental illness. They offer Family-to-Family and Peer-to-Peer courses to help individuals and families learn more about living with mental illness. They also provide support groups and can assist people to find services if needed.

Our Space:

(414) 383-8921. 1527 W. National Ave., Milwaukee, WI 53204

Hours: Mon. — Fri., 9am-3:30pm

Our Space's mission is to empower adults who have experienced mental illness to attain a more meaningful life by offering quality programs and services, which promote recovery, rehabilitation, and renewal. Our Space is based on a membership and peer support concept, which creates a circle of wellness that enhances connectivity, self-determination, and reintegration. Programs offered include occupational therapy, Peer Run Respite, prevocational, educational, recreational, and psycho-socialization services.

Owen's Place

(414) 977-4249. 4610 W Fond Du Lac Ave, Milwaukee, WI 53216

Hours: Mon.-Fri. and one Sat. each month.

Owen's Place is a FREE drop-in Resource Center for young adults ages 16-24 years old and is staffed by a team of Peer Specialists. Owen's Place is a free resource to assist young adults in learning new skills that will empower them as they strive for independence.

O' YEAH

(414) 257-7607 (referral Line).

Project O'Yeah provides older youth and young adults who have behavioral health needs access, voice and ownership in planning and directing their own futures. Young adults 17-23 can receive supportive services to help them transition into adulthood.

Parachute House:

(414)-877-5918

The Parachute House is a respite for individuals experiencing emotional distress and in need of additional support through supportive conversation and other wellness opportunities. The Parachute House is staffed by Certified Peer Specialists who have lived experience and have been successful in their own journey to provide hope.

Parenting Helpline:

(414) 671-0566. The Parent Helpline is a listening line for any caregivers of children. All calls are confidential.

(PCS) Psychiatric Crisis Services:

(414) 257-7260. 9455 Watertown Plank Rd., Milwaukee, WI 53226.

Psychiatric emergency services available 24 hours/day, 7 days/week.

As part of the crisis service, PCS provides assessment and evaluation, crisis intervention, medications, and the capacity for observation for up to 48 hours as needed. Additional to referral and coordination with other mental health providers, persons are evaluated for possible admission into Milwaukee County Behavioral Health Division inpatient units or admission to a community mental health hospital.

Support Groups:

- Al-Anon: 414-257-2415 www.alanon-wi.org
(To help families of alcoholics living with alcoholism and/or addiction).
- Alcoholics Anonymous: 414-771-9119 www.aamilwaukee.com
- Cocaine Anonymous: 414-445- LIFE (5433) www.cawisconsin.org
- Heroin Anonymous: Heroinanonymousws480@gmail.com
- Narcotics Anonymous: 866-913-3837 www.namilwaukee.org

Substance Abuse Services:

Individuals with a substance use disorder may access the by visiting one of the Access Point. These services include: Outpatient; Care Coordination; Day Treatment; Residential; Methadone Maintenance; Detoxification; and Recovery Support Services. To access services an individual must an assessment at an Access Point.

IMPACT:(414) 649080 6737 W. Washington, suite. 2225

M&S Clinical Services: (414) 263-6000
2821 North 4th Street, Milwaukee

Three Party Petitions:

(414) 278-4300. Milwaukee County Courthouse, 901 North 9th St., Milwaukee, WI 53233. Attn: Milwaukee County Corporation Council

When family or friends are confronted with caring for a person who has serious mental health problems involuntary civil commitment may become necessary. It is necessary to make an appointment with the Milwaukee County Corporation Council Department. Three witnesses must meet with a legal worker who will take down your testimony of observed dangerous behavior and format into a legal petition for the witness's signatures.

Veterans Crisis Line:

(800) 273-8255.

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, Department of Veterans Affairs.

Warmline: (414) 777-4729.

Available 6pm-10pm. Open every evening except Tuesdays and Thursdays. open ALL HOLIDAYS.

Warmline, Inc. is a non-crisis support line run by and for people living with mental illness and/or substance abuse disorders. Emotional support is provided in a caring, non-judgmental manner.

This Resource Directory is provided by the Milwaukee County Behavioral Health Division

NOTE: Because resources change often, visit [Behavioral Health \(milwaukee.gov\)](http://Behavioral Health (milwaukee.gov)) for the most current information.

