## Where to Go?

A Mental Health Services Roadmap for Sheboygan County Community Making the first step to seek help can be overwhelming. Use this decision map to figure out your options.

Follow the map to find resources that are available to you and provide the help you need

Call 24 Hour Crisis Response: (920)459–3151

OR Go to a Local ER:

HSHS St. Nicholas

<u>Aurora Health Care</u>

OR Call 9–8–8 or 9–1–1 or Text 741–741

The Trevor Project has free and confidential 24/7/365 counseling services for LGBTQ youth Call 1-866-488-7386 or Text "START" to 679-678

<u>UWGB Sheboygan</u>
<u>Wellness Center:</u>
(800)458-8183
(920)924-0614

UW System
SilverCloud
Online
Resource

You may find it helpful to speak to a religious leader who can be a support to the professional services you receive. Please ensure they have a counseling credential before reaching out for support.

Are you in a mental health crisis (thinking about hurting yourself or someone else)?

YES

NO

guardian that you can trust to help?

Do you

NO

YES

Do you have a

parent or

identify with the LGBTQ+ community?

YES NO Are you a student?

VES Do you have a trusting relationship with a school

YES

NO

professional?

NO

Do you connect with a religious community?

NO

Are you

enrolled at a

Your parent or guardian may have mental health coverage if they have health insurance or through their employer's EAP.

RAYS Youth Services may be able to provide mediation services if you need help having mental health discussions with your family.

RAYS 24hr Help: (920) 458-7100

Mental Health America Lakeshore info@mhalakeshore.org 920-458-3951

Contact

OR Health and Human Services to speak to an on-call counselor from 8am-4:30pm 920-459-3207

Reach out to your School Counselor, Psychologist, or Social Worker

United Way of
Sheboygan County's
PATH (Provide Access
to Healing)



YES

<u>Aurora Behavioral Health:</u> (920)453-3900

Prevea Behavioral Health: (920)458-5557

Lakeshore Community Health Care: (920)783-6633

Well Badger Resource Center: 1-800-642-7837



\*\*Level of care, insurance eligibility, and payment arrangements varies by facility. Listing on this document does not guarantee availability or admission.\*\*

YES

## **Virtual Resources**

https://teenlifeline.org/ 1-800-248-8336 (24hr)

Jed Foundation