

Sometimes, even first responders need support.

Helping others in traumatic situations can be stressful. It's okay to ask for help.

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For helpful
resources and more

Call **211** or
833-944-4673

The Wisconsin
Addiction Helpline



WISCONSIN DEPARTMENT
of HEALTH SERVICES

For immediate
support in a crisis

Text **HOPELINE**
to **741741**

or Call
1-800-273-8255

HOPELINE & The Suicide
Prevention Lifeline