Across Wisconsin, people are experiencing increased stress and anxiety due to the COVID–19 pandemic. But if you have a preexisting behavioral health concern—like depression or harmful substance use—taking care of yourself and others during this time may be more difficult. You may face disruptions in care or react to stress differently or more strongly than before. That’s why it’s important to keep up with your treatment plan, identify healthy coping practices that work for you, and find additional sources of support.

Right now, support organizations are working hard to serve more people than ever before. Be persistent and patient and remember: you are not alone. There are many organizations ready to help.

Visit resilient.wisconsin.gov to connect to the resources* listed in this guide, find tips for managing stress, and more.

*Agencies listed are provided for your information and for the benefit of the general public. The views expressed by the service providers do not necessarily reflect the official policies of the Wisconsin Department of Health Services.
# General Behavioral Health Support

**Talk to Someone Who Understands**

Talk to a person who cares and get help right away with a call or text to one of these support organizations.

<table>
<thead>
<tr>
<th>Wisconsin</th>
<th>The Wellness Shack of Eau Claire</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cope Hotline</td>
<td>715-855-7705</td>
</tr>
<tr>
<td>Available 24/7</td>
<td></td>
</tr>
<tr>
<td>262-377-2673</td>
<td></td>
</tr>
<tr>
<td>Cornucopia of Madison</td>
<td>The Friendship Connection, Inc. of Adams</td>
</tr>
<tr>
<td>608-249-7477</td>
<td>608-339-6810</td>
</tr>
<tr>
<td>HOPELINE Text Service</td>
<td>Warmline, Inc. for Milwaukee County</td>
</tr>
<tr>
<td>Available 24/7</td>
<td>414-777-4729</td>
</tr>
<tr>
<td>Text HOPELINE to 741741</td>
<td></td>
</tr>
<tr>
<td>IRIS Place of Appleton</td>
<td>National Alliance on Mental Illness (NAMI)</td>
</tr>
<tr>
<td>Available 24/7</td>
<td>Wisconsin</td>
</tr>
<tr>
<td>920-815-3217</td>
<td>608-268-6000</td>
</tr>
<tr>
<td>Monarch House of Menomonie</td>
<td>hatten a person who cares and get help right away with a call or text to one of these support organizations.</td>
</tr>
<tr>
<td>Available 24/7</td>
<td></td>
</tr>
<tr>
<td>715-505-5641</td>
<td></td>
</tr>
<tr>
<td>National Alliance on Mental Illness (NAMI)</td>
<td></td>
</tr>
<tr>
<td>Available 24/7</td>
<td></td>
</tr>
<tr>
<td>1-800-950-NAMI (6264)</td>
<td></td>
</tr>
<tr>
<td>R&amp;R House of Pewaukee</td>
<td>Schizophrenia and Related Disorders</td>
</tr>
<tr>
<td>Support for veterans available 24/7</td>
<td>Alliance of America</td>
</tr>
<tr>
<td>262-336-9540</td>
<td>Available 24/7</td>
</tr>
<tr>
<td>RAVE Recovery Avenue of La Crosse</td>
<td>Veterans Crisis Line</td>
</tr>
<tr>
<td>608-785-9615</td>
<td>Available 24/7</td>
</tr>
<tr>
<td>Solstice House of Madison</td>
<td>1-800-273-8255 and press 1</td>
</tr>
<tr>
<td>Available 24/7</td>
<td>1-800-799-4889 for the deaf and hard of hearing</td>
</tr>
<tr>
<td>608-244-5077</td>
<td>Text 838255</td>
</tr>
<tr>
<td>The Gathering Place of Green Bay</td>
<td>SAMHSA’s National Helpline</td>
</tr>
<tr>
<td>920-430-9187</td>
<td>Available 24/7</td>
</tr>
<tr>
<td>1-800-662-HELP (4357)</td>
<td>1-800-487-4889</td>
</tr>
<tr>
<td>TTY 1-800-487-4889</td>
<td></td>
</tr>
</tbody>
</table>
Get Virtual Support

These organizations continue to offer support during the COVID-19 pandemic with virtual options like online support group meetings, peer chat rooms, and more.

**Wisconsin**

- **You Are Not Alone**
  Connect with others in a supportive, safe environment

**National**

- **Anxiety and Depression Association of America**
  An anonymous peer-to-peer online anxiety and depression support group

- **Depression and Bipolar Support Alliance**
  Offering online support groups for people living with depression and bipolar disorder

- **Hearing Voices Network USA**
  Mutual support for those who experience hearing voices, seeing visions, and more

- **Veterans Crisis Line Chat**
  A confidential online chat service for veterans and service members in crisis, as well as their loved ones

Support for Those Experiencing Substance Use Disorders

**Talk to Someone Who Understands**

Talk to a person who cares and get help right away with a call or text to one of these support organizations.

**Wisconsin**

- **Wisconsin Addiction Recovery Helpline**
  Available 24/7
  211 or 833-944-4673
  Text your zip code to 898211

**National**

- **SAMHSA’s National Helpline**
  Available 24/7
  1-800-662-HELP (4357)
  TTY 1-800-487-4889
Get Virtual Support

These community organizations are offering virtual substance use disorder support services, like online support group meetings, during the COVID-19 pandemic.

Wisconsin

Wisconsin Voices for Recovery
Twice weekly meeting for all people in recovery

National

12 Steps.org
Online information, tools, and resources for 12-step recovery program participants

Adult Children of Alcoholics
Virtual support for people who grew up with harmful substance use in the home

Al-Anon Electronic Meetings
Hosting online meetings for those affected by alcoholism in a family member or friend

Alcoholics Anonymous Online Intergroup
Online meetings and recovery resources for people living with substance use disorders

Bridge Club Virtual Meetings
Virtual sober peer support for women and members of the LGBTQ+ community

Crystal Meth Anonymous
A network of worldwide online recovery support resources, including web and phone meetings

Families Anonymous Virtual Meetings
Providing online support for those affected by a loved one’s harmful substance use

Heroin Anonymous
A fellowship of people in recovery from heroin addiction

In The Rooms
Hosting 130 weekly online meetings for those recovering from addiction and related issues

LifeRing Recovery
Online sobriety support for people who have experienced harmful substance use

My Recovery
Virtual 12-step support group meetings and online forums for those in recovery

Narcotics Anonymous
A global network of online recovery support resources, including web and phone meetings

Recovery Dharma
A peer-led organization that supports individuals on their path of recovery from addiction using Buddhist practices and principles

Refuge Recovery Online Meetings
Offering more than 40 online recovery support meetings, available 7 days a week

SMART Recovery
Virtual support services include daily only meetings, peer message boards, and 24/7 live chat

Sober Grid
A peer support mobile app that provides 24/7 recovery coaching via phone call or live chat

Sober Mommies
Online peer-to-peer sobriety support for mothers who have experienced harmful substance use