Pathways to Care

A guide for navigating Fond du Lac County's mental health services in both crisis and non-crisis situations

Also available online at www.csifdl.org/pathways

NOTE: Understanding the coverage available to you through your health insurance plan is an important step in accessing mental health services.

Contact your insurer to find out which providers and services are covered, and what your financial responsibilities will be. Knowing this in advance can take some of the stress out of accessing services in both crisis and non-crisis situations.

If you don't have medical insurance call (888) 446-1239 or go to <u>https://access.wisconsin.gov/</u> to learn about Wisconsin Medicaid programs (including Badgercare Plus) eligibility.

If you have questions about Veteran's Benefits call (920) 929-3117.

If your employer has an **Employee Assistance Program (EAP)** you may be eligible for free, short-term counseling services. Contact your HR department for more information.

My Primary Care Provider:		
, , , , , , , , , , , , , , , , , , , ,	Name	Phone
My Counselor:		
	Name	Phone
My Support Person:		
	Name	Phone

First-person language is used within this document for simplicity, but it is meant to be utilized both by individuals facing a mental health challenge and those who support them.

I need help right now.

If this is a Medical Emergency Call 911 or go to the Emergency Department



Español: Text "APOYO" to 839863 LGBTQ: Text "START" to 678678

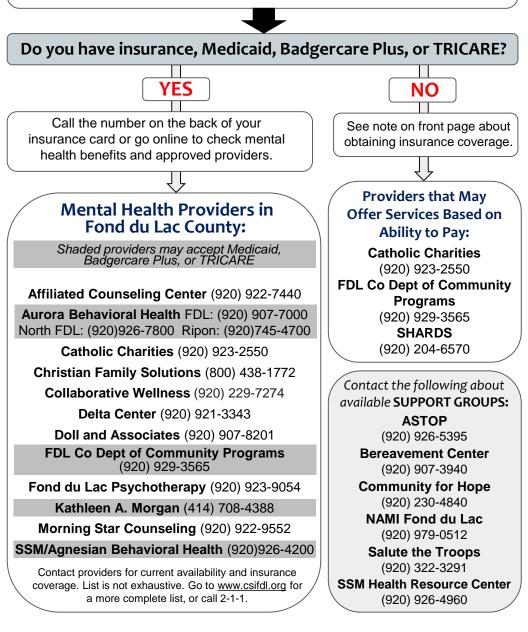
WHEN IN DOUBT CALL CRISIS INTERVENTION AT (920) 929-3535

I am concerned about my mental health, but it is not an emergency.

If you have a **counselor**, contact the counselor.

If you have a primary care provider, contact them to see if they can provide a referral.

If applicable, contact your Employee Assistance Program (EAP).



Additional Fond du Lac County Resources

Aging & Disability Resource Center Assists older adults, people with disabilities and families/caregivers locate services & resources. <u>www.fdlco.wi.gov/adrc</u> (920) 929-3466

ASTOP Sexual Assault Services including free counseling, small groups, legal & medical advocacy, and education. <u>www.astop.org</u> (920) 926-5395 (24/7 Crisis Line & General Info)

Bereavement Center Grief Support Services for all county residents including one-on-one sessions and support groups for children and adults. <u>www.agnesian.com/services/bereavement-services</u> (920) 907-3940

CSI of Fond du Lac County Community coalition with a variety of initiatives focused on improving the social, emotional and behavioral well-being of all residents. <u>www.csifdl.org</u>

NAMI Fond du Lac Services for all who are touched by mental illness including support groups and **Friendship Corner**, a drop-in safe space for anyone with mental illness. (M-F 9am-3pm) <u>https://namifonddulac.org</u> (920) 979-0512

Solutions Center Domestic Violence & Homelessness Services <u>www.solutionsfdl.com</u> 24/7 Crisis Line: (920) 923-1700; Domestic Violence Shelter: (920) 923-2880

SSM Domestic Violence Services Provides support and education to families of domestic violence through advocacy, free counseling, and treatment programs. <u>www.agnesian.com/services/domestic-violence-services</u> (920) 926-4207

Substance Abuse & Addiction Treatment Providers include Agnesian Behavioral Health, FDL Co Dept of Community Programs (see previous page), and Premier Care (920) 926-0101. Residential Treatment options include Beacon House (920) 923-3999 and Mahala's Hope (920) 904-6445 (for women), and Blandine House (920) 922-9487 (for men). Access the WI Addiction Recovery Helpline by calling 2-1-1 or at www.AddictionHelpWl.org.

Veteran/Military Support Assistance for Veterans and their dependents & survivors to understand and obtain federal, state, and local benefits provided by **FDL Co Veteran's Service Office** (920) 929-3117. **Salute the Troops** provides financial, emotional & professional resources to service members, Veterans & families. <u>www.salutethetroopswi.org</u> (920)322-3291

Iris Place is a peer-run respite in Appleton for adults who want and need peer support to navigate emotional distress or crisis related to mental health and/or substance use. Free short-term stays in a home-like environment.

www.namifoxvalley.org/iris-place/

Iris Place "Warm Line": (920) 815-3217

24/7 Support from Experienced Peer Support Specialists

Take a free and anonymous **mental health screening** online to help determine if professional consultation may be useful at <u>http://screening.mentalhealthscreening.org/NEW</u>



ADVANCING A HEALTHIER

WISCONSIN ENDOWMENT



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