**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 <u>www.csifdl.org/pathways</u>

#### 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:
<b>My Counselor</b> 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

Have you harmed yourself or others?

Have you threatened to harm yourself or others?

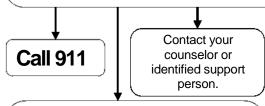
Do you have a plan to harm or kill yourself? Is there an imminent risk to your safety or the safety of others?

# YES and/or I am experiencing a mental

health crisis.

If you have a safety plan, follow it.

Choose an option you are comfortable with.



# Call (920) 929-3535 for Crisis Intervention

or go to 459 E 1st St, Fond du Lac

Trained staff are available 24/7 to respond to mental health emergencies.

24/7 National Hotline Options

NO and I am not experiencing a

mental health crisis.

Go to the next page.

## Call or Text 988

for Suicide Prevention Lifeline Veterans: Press 1 En Español: 1-888-628-9454

TTY & Chat: 1-800-799-4889

LGBTQ+: 1-866-488-7386 (Trevor Lifeline)

24/7 Crisis Text Line Options Text "HOME" to 741741 Veterans: Text 838255 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.

See next page for **24/7 Warmline** options to talk with a trained peer support specialist. 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)**.



# Warmlines & Peer-Run Respite: Support Before A Crisis

Warmlines offer free 24/7 support from peer support specialists - others who have had mental health and/or substance abuse struggles and are trained to provide non-crisis support.
Peer-run respites offer free short-term stays in a home-like environment for adults who want and need peer support to navigate emotional distress related to mental health and/or substance use.

Iris Place (920) 815-3217 Warmline & Peer-Run Respite for all adults.namifoxvalley.org/iris-place/ R & R House (262) 336-9540 Warmline & Peer-Run Respite for all Veterans from WI, regardless of deployment or discharge status, VA eligibility, age, or gender/sexual orientation.

## Additional Fond du Lac County Resources

**Aging & Disability Resource Center** Assists older adults, people with disabilities and families/caregivers in locating 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)

**Berry House Drop In Center** a drop-in center for persons experiencing a mental illness building a bridge between transitional stays at the group home and finding the informal support needed to make community living a reality. Located at 86 S. Macy St. Monday-Friday 9am to 3pm. 920-266-8447

**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 educational programs, <u>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. www.agnesian.com/services/domestic-violence-services (920) 926-4207

**Substance Abuse & Addiction** Local Treatment Providers include SSM/Agnesian Behavioral Health, Gratitude Club(920)921-0143, and CMS(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 Wisconsin Addiction Recovery Helpline by calling 2-1-1 or atAddictionHelpWl.org.

**Veteran/Military Support** Assistance for Veterans and their dependents & survivors to understand and obtain federal, state, and local benefits is provided by **FDL Co Veteran's Service Office** (920) 929-3117. **Salute the Troops** provides financial, emotional and professional resources to service members, Veterans and their families.<u>www.salutethetroopswi.org</u> (920)322-3291. **R&R House** (262)336-9540 offers a 24/7 warmline and peer-run respite for Veterans (see above).

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

