

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 <https://access.wisconsin.gov/> 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

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.

NO and I am not experiencing a mental health crisis.
Go to the next page.

Call 911

Contact your counselor or identified support person.

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
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)**.

Do you have insurance, Medicaid, Badgercare Plus, or TRICARE?

YES

Call the number on the back of your insurance card or go online to check mental health benefits and approved providers.

Mental Health Providers in Fond du Lac County:

*Shaded providers may accept Medicaid,
Badgercare Plus, or TRICARE*

Affiliated Counseling Center (920) 922-7440

Aurora Behavioral Health FDL: (920) 907-7000

North FDL: (920)926-7800 Ripon: (920)745-4700

Catholic Charities (920) 923-2550

Christian Family Solutions (800) 438-1772

Kenealy Counseling (920)659-5414

Delta Center (920) 921-3343

SSM Camelot (920) 907-8201

Fond du Lac County(920) 929-3500

Kathleen A. Morgan (414) 708-4388

Alicia Hans 920-630-1324

Morning Star Counseling (920) 922-9552

Sherman Counseling (920) 733-2065

SSM/Agnesian Behavioral Health (920)926-4200

Contact providers for current availability and insurance coverage. List is not exhaustive. Go to www.csifdl.org for a more complete list or call 2-1-1.

NO

See note on front page about obtaining insurance coverage.

Providers that May Offer Services Based on Ability to Pay:

Catholic Charities

(920) 923-2550

Christian Family Solutions

(800) 438-1772

Collaborative Wellness

(920) 896-0189

Blue Lotus

920-266-3633

Fond du Lac County

(920) 929-3500

Contact the following about
available **SUPPORT GROUPS:**

ASTOP – Sexual Assault

(920) 926-5395

NAMI Fond du Lac – Mental Illness

(920) 979-0512

Survivors of Suicide Loss

Survivorsofsuicideloss988@gmail.com

(920) 948 6050

Salute the Troops – Veterans

(920) 322-3291

SSM Support Groups-Variety

(920) 926-4496

Bo's Heavenly Clubhouse- Child loss

(262) 388-4290

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. www.fdlco.wi.gov/adrc (920) 929-3466

ASTOP Sexual Assault Services including free counseling, small groups, legal & medical advocacy, and education. www.astop.org (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. www.csifdl.org

NAMI Fond du Lac Services for all who are touched by mental illness including support groups and educational programs, namifonddulac.org (920) 979-0512

Solutions Center Domestic Violence & Homelessness Services www.solutionsfdl.com
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 at AddictionHelpWI.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. www.salutethetroopswi.org (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>

