

# A Guide to Sources of Support During COVID-19

## For People Living with Mental Health & Substance Use Concerns



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](https://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.

### Find the right services for you

Specialized support programs offer culturally appropriate care and support to people with mental and behavioral health challenges who belong to underserved populations. As you use this guide, look for the symbols below to find organizations equipped to meet your specific needs.



**Deaf & Hard of Hearing**



**LGBTQ+**



**Multilingual**



**Youth & Families**



**Veterans**

# 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.

### **Wisconsin**

#### **Cope Hotline**

Available 24/7

262-377-2673

#### **Cornucopia of Madison**

608-249-7477

#### **HOPELINE Text Service**

Available 24/7

Text HOPELINE to 741741

#### **IRIS Place of Appleton**

Available 24/7

920-815-3217

#### **Monarch House of Menomonie**

Available 24/7

715-505-5641

#### **National Alliance on Mental Illness (NAMI)**

##### **Wisconsin**

608-268-6000

##### **★ R&R House of Pewaukee**

Support for veterans available 24/7

262-336-9540

#### **RAVE Recovery Avenue of La Crosse**

608-785-9615

#### **Solstice House of Madison**

Available 24/7

608-244-5077

#### **The Gathering Place of Green Bay**

920-430-9187

#### **The Wellness Shack of Eau Claire**

715-855-7705

#### **The Friendship Connection, Inc. of Adams**

608-339-6810

#### **Warmline, Inc. for Milwaukee County**

414-777-4729

### **National**

#### **NAMI Helpline**

1-800-950-NAMI (6264)

#### **Schizophrenia and Related Disorders**

##### **Alliance of America**

Available 24/7

1-800-493-2094

##### **♥ Trans Lifeline**

Available 24/7

877-565-8860

##### **♥ ♿ ★ 📞 Trevor Project**

Available 24/7

866-488-7386

Text START to 678678

##### **★ 📞 Veterans Crisis Line**

Available 24/7

1-800-273-8255 and press 1

1-800-799-4889 for the deaf and hard of hearing

Text 838255

##### **📞 📞 SAMHSA's National Helpline**

Available 24/7

1-800-662-HELP (4357)

TTY 1-800-487-4889

↓ Continued from behavioral health support

## 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

↓ Continued from substance use disorders

## 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