



2017-2018  
Mental Health & Wellness  
Resource Guide  
for Milwaukee County





**Our message is simple:** Good mental health is fundamental to the health and well-being of every person and our community as a whole. We want all people to understand how to protect and improve their mental health and know when to seek help for themselves or someone close to them.

MHA is dedicated to improving mental health through:

#### **Advocacy**

- » Public policy & systems level advocacy
- » A leading voice in suicide prevention

#### **Education & Information**

- » Information & referral to community resources
- » Online mental health screenings and resource directories

#### **Service**

- » Community support & education groups
- » Serves the community through the CCS and WiserChoice programs

#### **Mental Health America of Wisconsin**

600 W. Virginia St., Suite 502  
Milwaukee, WI 53204

(414) 276-3122  
(866) 948-6483 (toll free)  
[info@mhawisconsin.org](mailto:info@mhawisconsin.org)

[www.mhawisconsin.org](http://www.mhawisconsin.org)



#### **LIVE UNITED**



Greater Milwaukee  
& Waukesha County



# Proud to serve

Wisconsin BadgerCare Plus members

1-855-690-7800 (TTY 711)

[www.anthem.com/wimedicaid](http://www.anthem.com/wimedicaid)



AWIMKT-0147-16

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## Rediscover... Life. Worth. Living.

Offering treatment for addiction, eating disorders, OCD and anxiety, posttraumatic stress disorder, depression and other mood disorders. For children, teens and adults.

Call 800-767-4411 for a free screening or visit [rogershospital.org](http://rogershospital.org).

Oconomowoc | West Allis | Brown Deer | Appleton | Kenosha | Madison

# Our community's mental health resource.



MILWAUKEE COUNTY

## Behavioral Health Division

The Milwaukee County Behavioral Health Division is becoming a national best practice leader in providing behavioral health services. We provide a community-wide mental health system focused on caring for the needs of the whole person - connecting you to services that allow them to lead the best quality lives. We've established partnerships to help your loved ones get the powerful recovery tools they need to take charge of their health and wellness.

From **prevention** to **treatment** to **recovery**, we provide care and treatment to all ages with mental illness, substance abuse disorders and intellectual disabilities.

### CRISIS SERVICES

We provide help to individuals experiencing a mental health crisis and make it a goal to prevent hospitalization as much as possible. We also offer stabilization services for those in need.

**Crisis line (available 24/7): 414-257-7222**

### COMMUNITY ACCESS CLINIC

We offer a walk-in clinic for those without insurance who are in need of psychiatric assessment, medication evaluation, brief crisis counseling and/or referrals to appropriate outpatient clinics and community programs.

**Access Clinic: 414-257-7665**

### INPATIENT SERVICES

We provide services to mentally ill adults, children and adolescents who need the support of a hospital environment. This is a short-term stabilization in a hospital environment where psychiatry, psychology, nursing, social service and rehabilitation services are provided.

### COMMUNITY SERVICES

Through many community partnerships, we offer a full array of supportive, recovery-oriented services for persons with severe and persistent mental illness and/or issues with alcohol or other drug abuse.

**Community Access to Recovery Services: (414) 257-8095**

**MILWAUKEE COUNTY  
BEHAVIORAL HEALTH DIVISION**

9455 Watertown Plank Road  
Milwaukee, WI 53226

**PHONE  
414-257-6995**

**24-HOUR CRISIS LINE  
414-257-7222**

# Advancing Treatments, Improving Care

To support people living with  
mental health conditions and  
those who care about them



For more information, please visit [www.JanssenCNS.com](http://www.JanssenCNS.com).

Dr. Paul Janssen, Founder



Carlos Stela, *Untitled*

Artwork from the National Art Exhibitions of the Mentally Ill Inc.

Janssen is proud to feature artwork created by people affected by the illnesses and diseases we are committed to treating and preventing.

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February 2015

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janssen  | PHARMACEUTICAL COMPANIES  
OF Johnson & Johnson



# Kids deserve the best.

Mental Health Services Central Intake: (414) 266-3339

With locations in: Mequon • Milwaukee • New Berlin • Wauwatosa

Thank you Kelben Foundation for your generous support of the mental health program at Children's Hospital of Wisconsin.

[chw.org](http://chw.org)



## Covering you. Covering your kids.

Need help?  
We go the extra mile  
for you and your kids.

¿Necesitas ayuda?  
Vamos la milla adicional  
para usted y sus hijos.



[www.childreuschp.com](http://www.childreuschp.com)

When you or someone you care  
about has a behavioral health  
concern ... we can help.



#### Aurora Psychiatric Hospital

Centrally located in Wauwatosa on a historic and beautiful 30-acre campus, Aurora Psychiatric Hospital has been providing the highest quality of behavioral health care since 1884. We offer specialized inpatient, as well as day and evening programming for children, adolescents and adults, including:

- Inpatient Programming
- Eating Disorder Program
- Partial Hospitalization Program
- Opiate Recovery Program
- Child and Adolescent Day Treatment Program
- Adult Residential Program for Substance Abuse
- Intensive Outpatient Programs for Mental Health and Substance Abuse

For more information, contact Aurora Psychiatric Hospital at 414-454-6777.



#### Aurora St. Luke's South Shore

Aurora St. Luke's South Shore's Behavioral Health program offers a patient-centered and interdisciplinary approach for individuals with acute behavioral health concerns. We incorporate the most recent evidence-based approaches to develop an individualized treatment plan for each patient. We offer:

- Acute care for many behavioral health issues, including depression, bipolar disorder, thought disorders as well as suicidal behaviors
- Programming for adults and older adults
- Participation in most insurance plans
- Adult partial hospital and intensive outpatient programming for mental health issues

For more information, contact Aurora St. Luke's South Shore at 414-489-4173.

[Aurora.org/ABHS](http://Aurora.org/ABHS)

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disabilityrights | WISCONSIN

[www.disabilityrightswi.org](http://www.disabilityrightswi.org)

*Disability Rights Wisconsin ensures the rights of all citizens with disabilities through individual advocacy and system change.*

#### Milwaukee Office

6737 W. Washington St., Suite 3230, Milwaukee, WI 53214  
414.773.4646; Toll Free: 800.928.8778 (statewide)

Medicare Part D Disability Drug Benefit Helpline: 800.926.4862

#### Priority Issues

- Abuse and neglect
- Patient & Resident rights
- Community integration
- Long term-care (Family Care & IRIS Ombudsman)
- Equal educational opportunity
- Voting rights
- Disability related discrimination in employment and housing
- Barriers to accessibility
- Assistive technology
- Access to Community services, benefits, & supports
- SSI Managed Care External Advocacy (Medicaid HMOs)



Wisconsin's  
Leading Partner in  
Self-Direction



tmg  
Let's clear the path ahead.

[tmgwisconsin.com](http://tmgwisconsin.com)



## *We LIVE in our community!*



Supporting individuals with disabilities through social outings, a special needs trust program and life planning services.

414-774-6255  
LifeNavigators.org



**LIFE NAVIGATORS**  
*Your Disability Partner*  
EST. 1949



**Greater Milwaukee**

3200 S. 3<sup>rd</sup> St., Unit 6, Milwaukee, WI 53207

(414) 344-0447

[www.namigrm.org](http://www.namigrm.org)

A community-based, self-help, support, education and advocacy organization dedicated to improving the lives of those with mental illness, their families and those touched by mental illness.

***[www.MilwaukeeRenaissance.com/PeaceOfMind](http://www.MilwaukeeRenaissance.com/PeaceOfMind)***

***First-person accounts of what helps and what hinders spiritual freedom through education.***

### **OUR SPACE, INC.**

1527 W. National Ave., Milwaukee, WI 53214 (414) 383-8921

[www.ourspaceinc.org](http://www.ourspaceinc.org)

Our Space is a psychosocial drop-in center. Since 1988, we have provided a safe place for those affected by mental illness to attend recovery oriented services and groups.

- Wellness Management & Recovery Support
- Psychoeducation
- Individual Skill Development
- Physical Health Monitoring
- Community Integration
- Peer Support
- Ancillary Provider for Comprehensive Community Services



*Mental Health America of Wisconsin would like to thank all of our sponsors for their support!*

*Find us on Facebook and Twitter*



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For additional information and resources:

**[www.mhawisconsin.org](http://www.mhawisconsin.org)**

**If you are interested in receiving additional copies of the guide, please contact us at  
(414) 276-3122 or [info@mhawisconsin.org](mailto:info@mhawisconsin.org)**

**Disclaimer:** This guide has been compiled based on information provided by various community resources. Although information has been checked and researched, it is possible that some information is missing or incorrect. Changes to programs or services may occur after the date of publication.

A listing in this guide does not guarantee that services will be provided; does not imply any type of contract with, referral to, or recommendation for any provider or agency listed within the guide; and is to be used solely for informational purposes. If your agency appears in the guide and information needs to be updated, please e-mail us at [info@mhawisconsin.org](mailto:info@mhawisconsin.org) or call the Information and Assistance Coordinator at (414) 276-3122.

(Updated January 2017)

# Advocacy

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## **Aging Resource Center**

1220 W. Vliet St., Suite 300, Milwaukee, WI 53205  
(414) 289-6874  
[www.county.milwaukee.gov/aging/resourcecenter](http://www.county.milwaukee.gov/aging/resourcecenter)

Serves as the lead investigative agency for elder abuse investigations and crisis intervention and is a single point of access to information, services and programs that can help people 60 years of age or older remain active and independent in their community. Provides referrals for services such as options counseling for long-term support, caregiver respite, transportation, home delivered meals and other community-based services.

## **Children's Hospital of Wisconsin**

Child Advocacy (Hospital based program)  
9000 W. Wisconsin Ave., Milwaukee, WI 53226  
(414) 266-2090

Child Protection Center (Outpatient program)  
1020 N. 12th St., Milwaukee, WI 53233  
(414) 277-8980  
[www.chw.org](http://www.chw.org)

CHW, in collaboration with child protective services and law enforcement departments, provides comprehensive assessments of children suspected to be victims of child abuse and neglect. Performs foster care screenings for children entering out-of-home care in Milwaukee County. The center also advocates for safe and secure living environments for Wisconsin children through research and education.

For additional information and resources:

**[www.mhawisconsin.org](http://www.mhawisconsin.org)**

## **Community Advocates**

728 N. James Lovell St., Milwaukee, WI 53233  
(414) 449-4777  
[www.communityadvocates.net](http://www.communityadvocates.net)

Assists low-income Milwaukee residents meet their basic needs. Most services are provided free of charge. Provides information regarding renter's rights and responsibilities and helps solve landlord/tenant disputes, assists with applying for energy assistance funding and setting up payment plans, assists with health care and benefits enrollment and provides services to individuals seeking Social Security disability benefits.

## **Disability Rights Wisconsin**

6737 W. Washington St., Ste. 3230, Milwaukee, WI 53214  
(414) 773-4646  
[www.disabilityrightswi.org](http://www.disabilityrightswi.org)

A statewide resource for children and adults with disabilities, families, service professionals and others. Provides information and advocacy on rights, self-advocacy and effective strategies; works one-on-one to overcome barriers and access benefits; and offers legal support to challenge discriminatory practices. Focus areas include abuse and neglect, deinstitutionalization, access to services in the community, employment or housing discrimination due to disability, special education, barriers to accessibility, Social Security beneficiaries returning to work and assistive technology. Services also include the Family Care and IRIS Ombudsman Project, the SSI Managed Care External Advocacy Project, and the Medicare Part D Disability Drug Helpline. DRW is the designated Protection and Advocacy agency for the State of WI and serves people with all types of disabilities, including mental illness.

## **Dryhootch**

1030 E. Brady St., Milwaukee, WI 53202  
(414) 455-8456

4801 W. National Ave., Milwaukee, WI 53214  
(414) 988-9828  
[www.dryhootch.org](http://www.dryhootch.org)

An organization formed and run by veterans that focuses on providing peer support. Provides a safe, non-threatening atmosphere where veterans, their families and friends can meet to socialize, reconnect with other veterans, get help accessing community resources related to issues including mental health concerns and legal issues or attend support groups.

## **IndependenceFirst**

540 S. 1st St., Milwaukee, WI 53204  
(414) 291-7520  
[www.independencefirst.org](http://www.independencefirst.org)

Offers programs and services to people with disabilities of all kinds and in all age groups to promote independent living. Provides systemic advocacy to facilitate policy changes in the community and teaches people how to advocate for themselves. Offers comprehensive information and referral regarding disability-related issues and community resources and services. Specific program areas include assistive technology, benefits, employment,



business accessibility, disability rights, independent living skills training and peer support.

## **Kid's Matter, Inc.**

1850 N. Martin Luther King Jr. Dr.  
Milwaukee, WI 53212  
(414) 344-1220  
[www.kidsmatterinc.org](http://www.kidsmatterinc.org)

Works to restore opportunity to abused and neglected youth and improve the lives of children involved in the child welfare system and strengthen the lives of children living with relatives or in foster care and whose lives have been touched by neglect, abuse or violence. The Kids Matter CASA Program is an organization of volunteers that advocates for abused and neglected children in Milwaukee County Children's Court. A Court Appointed Special Advocate (CASA) is appointed by the court to independently investigate the cases of these children and advocate for what is best for each child.

## **Life Navigators**

7203 W. Center St., Wauwatosa, WI 53210  
(414) 774-6255  
[www.lifenavigators.org](http://www.lifenavigators.org)

Life Navigators supports kids and adults with disabilities to live, work and fully participate in our community. Provides training and support to give individuals the confidence and skills needed to be active members of our community. Programs and services include social and community outings, information and assistance, long-term care services, special needs trusts, self-advocacy and self-protection programming and futures planning.

## **Mental Health America of Wisconsin**

600 W. Virginia St., Suite 502, Milwaukee, WI 53204  
(414) 276-3122 or (866) 948-6483  
(608) 250-4368 (Public Policy)  
[www.mhawisconsin.org/advocacy.aspx](http://www.mhawisconsin.org/advocacy.aspx)

Provides public policy and systems level advocacy through the Office of Public Policy in Madison. Keeps people informed about proposals in Congress and the Wisconsin legislature related to mental health. Provides leadership for mental health issues at both the state and local level. Promotes integration of mental health and primary care and is a leading voice for suicide prevention in Wisconsin.

## **Milwaukee County Disabilities Services Division**

1220 W. Vliet St., Milwaukee, Wisconsin 53205  
(414) 289-5915 (Main)  
(414) 289-6660 (Disability Resource Center)  
[www.county.milwaukee.gov/DSD.htm](http://www.county.milwaukee.gov/DSD.htm)

Provides assistance to ensure Milwaukee County disabled residents (age 18-59) are treated with dignity and respect. Adult Protective Services investigates allegations of abuse, neglect, self-neglect and financial exploitation. For persons with disabilities under court-ordered Guardianship, the DSD monitors to ensure appointed guardians are acting appropriately and in the best interest of the individual. Provides information and assistance regarding services for adults with and assists individuals in planning for long-term and short-term needs, accessing community services and about benefits that may be available. The DSD also provides intervention services for children with developmental disabilities and assists families who have a disabled child living at home who is under the age of 21. Disabled individuals age 60 and over are served by the Aging Resource Center. CCS provider.



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

3200 S. 3rd St., Unit 6, Milwaukee, WI 53207  
(414) 344-0447  
[www.namigrm.org](http://www.namigrm.org)

A community-based, self-help, support, education and advocacy organization dedicated to improving the lives of those with mental illness, their families and those touched by mental illness. Offers a helpline; information and referral to appropriate resources; support groups for consumers, families and loved ones of someone with a mental illness; systems advocacy services for individuals and families coping with mental illnesses; and an array of mental health education and trainings including Family-to-Family and Peer-to-Peer classes.

# Advocacy

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## **Sojourner Family Peace Center**

Administrative Office  
619 W. Walnut St., Milwaukee, WI 53212  
(414) 276-1911  
(414) 933-2722 (24-hour Hotline)  
[www.familypeacecenter.org](http://www.familypeacecenter.org)

Provides support and advocacy for victims of domestic violence. The 24-Hour Domestic Violence Hotline provides information and support and can help callers of all ages. The Sojourner Truth House Emergency Shelter offers a safe respite for battered women, sexual assault victims and their children. Support groups are provided for adults and children and are held in confidential locations. Operates a Restraining Order Clinic located at the Milwaukee County Courthouse. Provides advocacy and in-depth case management services which includes helping find and access shelter, providing counseling and creating a safety plan. Programming is also available for men and women who have committed or exhibit violent, abusive or controlling behavior in their marriage or intimate partner relationships and want to put an end to it.

## **Vital Voices for Mental Health**

912 N. Hawley Rd., Milwaukee, WI 53213  
(414) 771-4368  
[www.vital-voices.org](http://www.vital-voices.org)

Advocacy organization for people who use services within the Milwaukee County Behavioral Health Division and its contracted agencies. Advocates for quality services to improve lives and advance recovery. The helpline allows individuals or family members to call with questions or concerns. Services are provided by Peer Specialists, family members or someone with lived experience with a mental illness.

## **Wisconsin Dept. of Health Services Division of Care and Treatment Services**

1 W. Wilson St., Madison, WI 53707  
(608) 266-2717 (Main)  
[www.dhs.wisconsin.gov/dcts/index.htm](http://www.dhs.wisconsin.gov/dcts/index.htm)

This division manages and supports programs that include inpatient psychiatric services, specialized secure treatment services, community mental health and substance abuse services, community forensic treatment services and the protection of client's rights in mental health and substance abuse treatment settings statewide.

## **Wisconsin FACETS**

600 W. Virginia St., Suite 501, Milwaukee, WI 53204  
(414) 374-4645  
[www.wifacets.org](http://www.wifacets.org)

Provides information and support for Wisconsin children and youth who have special needs, their families and others who support them. FACETS (Family Assistance Center for Education, Training and Support) provides resource referral, workshops/training, support groups and individual support for parents of children and youth with disabilities and others related to education issues.

### **Know Your Rights**

As a consumer of mental health services,  
you have a right to:

- ✓ Expect good quality help and services.
- ✓ Ask questions regarding:
  - Credentials, training and experience of the person help you.
  - The treatment plan you will be on, including medication.
  - The cost of services and provision for payment.
- ✓ Access to your medical records.
- ✓ Seek another opinion.
- ✓ Expect confidentiality.
- ✓ Know that your written consent is required by law for the release of any information about you or your treatment.

# Domestic Violence & Sexual Assault

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## **Alma Center**

2821 N. 4th St., Milwaukee, WI 53212  
(414) 265-0100  
[www.almacenter.org](http://www.almacenter.org)

Provides gender specific training, education and mentorship to men who have a history of perpetrating violence or abuse toward their partner. Also provides related social services to enhance life skills, stability and functioning of our clients, including job readiness and referral.

## **Children's Hospital of Wisconsin**

Child Advocacy  
9000 W. Wisconsin Ave., Milwaukee, WI 53226  
(414) 266-2090

Community Services Center  
620 S. 76th St #120, Milwaukee, WI 53214  
(414) 453-1400

Child Protection Center  
1020 N. 12<sup>th</sup> St., Milwaukee, WI 53233  
(414) 277-8980  
[www.chw.org](http://www.chw.org)

CHW, in collaboration with child protective services and law enforcement departments, provides comprehensive assessments of children suspected to be victims of child abuse and neglect. Accepts referrals from physicians seeking second opinions on conditions which may be mistaken for child abuse. Performs foster care screenings for children entering out-of-home care in Milwaukee County.

## **Division of Milwaukee Child Protective Services**

635 N. 26th St., Milwaukee, WI 53233  
(414) 343-5500  
(414) 220-SAFE (7233) (24 hours/day)  
[www.dcf.wisconsin.gov/bmcw](http://www.dcf.wisconsin.gov/bmcw)

Works with families to ensure the safety and well-being of children. With its many community partners, the DMCPs provides services to families in crisis that help keep children safely in the home. When it is necessary, DMCPs looks to foster and adoptive families to provide appropriate temporary and permanent homes for children who cannot live with their parents.

Takes referrals on cases of alleged child abuse/neglect from the public. The (414) 220-SAFE line is answered 24 hours a day.

## **Kid's Matter, Inc.**

1850 N. Martin Luther King Dr., Milwaukee, WI 53212  
(414) 344-1220  
[www.kidsmatterinc.org](http://www.kidsmatterinc.org)

Programs and services to strengthen the lives of children whose lives have been touched by neglect, abuse, violence or crime. Educates the community and caregivers about the impact of such circumstances on children and assists in accessing services such as medical, legal and support services for mental health and school issues. Provides advocates for abused and neglected children in Milwaukee County Children's Court.

## **Milwaukee Women's Center**

728 N. James Lovell St., Milwaukee, WI 53233  
(414) 449-4777  
(414) 671-6140 (24-hour Crisis Line)  
[www.communityadvocates.net/women](http://www.communityadvocates.net/women)

Provides emergency shelter and transportation, a 24-hour crisis line, specialized services and support for older abused women; children's programming; batterer's treatment; case management to meet housing and other basic need; and counseling to address domestic violence and substance abuse issues. The agency's Emergency Shelter operates 24-hours/day, 7 days/week, 365 days/year at its confidential location in Milwaukee. A division of Community Advocates.



## **Pathfinders, Inc.**

4200 N. Holton St., Suite 400, Milwaukee, WI 53212  
(414) 964-2565  
[www.pathfindersmke.org](http://www.pathfindersmke.org)

Provides therapeutic intervention and education for youth to prevent and heal the trauma of sexual assault. Group, individual and family counseling; case management; prevention education; and supportive services for youth at risk of the long term effects of sexual abuse.



# Domestic Violence & Sexual Assault

## Sexual Assault Treatment Center

Aurora Sinai Medical Center  
945 N. 12th St., Milwaukee, WI 53233

Aurora West Allis Medical Center  
8901 W. Lincoln Ave, West Allis, WI 53227

(414) 219-5555 (24 hours/day)  
www.aurorahealthcare/satc

A safe and caring environment for anyone who has experienced any type of sexual violence, assault or abuse. Services include crisis intervention and emotional support; medical assessment and treatment; forensic exam with evidence collection (within 72 - 96 hours of the assault); pregnancy risk assessment; screening for sexually transmitted infections; follow-up telephone and in-person contact to provide emotional support, review any test results and assist with counseling referrals if needed. 24-hour help and information line.

## Sojourner Family Peace Center

Administrative & Advocacy Office  
619 W. Walnut St., Milwaukee, WI 53212  
(414) 276-1911  
(414) 933-2722 (24-hour hotline)  
www.familypeacecenter.org

Programs and services include a 24-hour confidential domestic violence hotline; an emergency shelter for battered women, sexual assault victims and their children; domestic abuse victim advocates in the Milwaukee District Attorney's Office; a resource center for women and children; courthouse advocacy; a restraining order clinic; legal emergency assistance; and children's advocacy.

## The Healing Center

130 W. Bruce St., 4th floor, Milwaukee, WI 53204  
(414) 671-HEAL (4325)  
www.thehealingcenter.org

Offers sexual abuse survivors and their loved ones opportunities for healing by providing support, advocacy and education. Services are confidential and provided at no cost to clients. An intake session is required before participation in services. All groups and support sessions are facilitated by people who are experienced with the issue of sexual abuse. Groups are offered for both women and men.

Also offers holistic healing therapies in collaboration with Core el Centro located in the same building.

## UMOS Latina Resource Center

802 W. Mitchell St., Milwaukee, WI 53204  
(414) 389-6500 (Main)  
(414) 389-6510 (24-hour Spanish speaking crisis line)  
www.umos.org

Provides culturally and linguistically specific comprehensive advocacy services to Spanish speaking victims of domestic violence, sexual assault and dating violence.

## RECOVERY IS:

- ▶ A process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.
- ▶ Regaining losses and rebuilding relationships.
- ▶ Trusting yourself.
- ▶ Finding your place in the world.
- ▶ Lifestyle changes.
- ▶ Understanding what does and does not help you feel better.
- ▶ Respect-feeling that you deserve it and are treated with it.
- ▶ Something that takes time.
- ▶ Incremental - with plenty of ups and downs.
- ▶ Doing what you can to help others and helping yourself in the process.
- ▶ Reclaiming your power.
- ▶ Getting more of what is important to you.

**LEARN** about it. **ACT** B4Stage4. **SHARE** with #mentalillnessfeelslike



## **Center for Veterans Issues (CVI)**

315 W. Court St., Milwaukee, WI 53212  
(414) 342-4284  
[www.cvivet.org](http://www.cvivet.org)

Provides services to recently discharged veteran, disabled veterans and veterans having a hard time finding a job. Services include military to civilian occupation skills translation for resumes; vocational assessment and career counseling to assist veterans in the transition from military to civilian careers; identification of military skills and training to obtain civilian occupations through licensing and re-credentialing; identification of specialized educational needs and financial planning assistance; and peer-to-peer supportive services.

## **Division of Vocational Rehabilitation (DVR)**

Milwaukee Northeast (YWCA)  
1915 N. Martin Luther King Dr., Suite 149  
Milwaukee, WI 53212  
(414) 267-3175

Milwaukee Northwest  
7900 W. Burleigh St., Milwaukee, WI 53222  
(414) 874-1616

Milwaukee South (UMOS)  
2701 S. Chase Ave., Milwaukee, WI 53207  
(414) 389-6450

1205 S. 70th St, Suite 201, West Allis, WI 53214  
(414) 266-1250  
[www.dwd.wisconsin.gov/dvr](http://www.dwd.wisconsin.gov/dvr)

DVR serves individuals with disabilities who face a substantial barrier to employment and employers. Provides employment services and counseling; provides or arranges for services to enable an individual to go to work; and provides training and technical assistance to employers regarding disability employment issues.

## **Easter Seals**

2222 S. 114th St., West Allis, WI 53227  
(414) 449-4444  
[www.eastersealswise.com](http://www.eastersealswise.com)

Offers a range of training, placement and related services to help people prepare for the workforce and supports individuals in overcoming vocational barriers that exist due to their special needs. Workforce development services help people with disabilities learn skills to successfully enter the workforce, or to return to work after an illness or injury. Services include planning and

assessment, pre-vocational services and supported employment. Also provides services for veterans and returning military service members. CCS provider.

## **EMPLOY Milwaukee**

2342 N. 27th St., Milwaukee, WI 53210  
(414) 270-1700  
[www.employmilwaukee.org](http://www.employmilwaukee.org)

Works to connect job seekers with meaningful work in a variety of different industries including manufacturing, healthcare, construction, hospitality, finance and other emerging sectors of industry. Offers a variety of programs for youth, young adults and adults.

## **Goodwill Industries**

### **Workforce Connection Centers**

153 W. Oklahoma Ave., Milwaukee, WI 53207  
(414) 847-4740

3903 N. Richards St., Milwaukee, WI 53212  
(414) 962-4148

5400 S. 60<sup>th</sup> St., Greendale, WI 53129  
(414) 847-1500  
(414) 847-4200 (Center for Work & Training)

6055 N. 91st St., Milwaukee, WI 53225  
(414) 847-4960  
(414) 353-6400 (Center for Work & Training)  
[www.goodwillsew.com](http://www.goodwillsew.com)

Provides a variety of training programs and employment services for people with disabilities and disadvantages who seek greater independence. Employment and training are Goodwill's primary focus, assisting men and women to develop their job skills and secure work opportunities that fulfill their personal and professional goals. Offers training in a variety of career options which include classroom instruction and practical hands-on experience. Programs also cover resume preparation and interviewing techniques, as well as managing finances. CCS provider.



**Learn about what we do**

- We Advocate
- We Educate
- We Serve

[www.mhawisconsin.org](http://www.mhawisconsin.org)

# Employment

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## **Grand Avenue Club**

210 E. Michigan St., Milwaukee, WI 53202  
(414) 276-6474  
(414) 727-3366 (membership)  
[www.grandavenueclub.org](http://www.grandavenueclub.org)

Offers adults who experience mental illness an array of opportunities 365 days a year. Program participants are “members” of a community and work alongside staff to run GAC and are involved in every aspect of the work. Offers members several types of employment including Group Placements, whereby members work in a group alongside a GAC staff member; Transitional Employment, which consists of job opportunities at part-time jobs that last 6-9 months; Supported Employment that is not time limited; and Independent Employment, whereby members work independently but have access to all the rights of membership.

All employed GAC members have access to benefits counseling, peer support, work support groups, a work-ordered day and evening, weekend and holiday events.

## **Interfaith Older Adult Programs**

600 W. Virginia St., Suite 300, Milwaukee, WI 53204  
(414) 291-7500  
[www.interfaithmilw.org](http://www.interfaithmilw.org)

Offers programs that help mature workers find employment. Jobseekers receive assistance in their job search/job placement, learn about occupational skills training opportunities and have access to other supportive services such as employment-related resource materials. Specialized services include job skill training; resume, interview and job search assistance; and on-the-job training placement opportunities for eligible individuals age 55 and up.

## **Job Center of Wisconsin**

Northeast Job Center (YWCA)  
1915 N. Martin Luther King, Jr. Dr.  
Milwaukee, WI 53212  
(414) 267-3291

Southeast Job Center - UMOs  
2701 S. Chase Ave, Suite A, Milwaukee, WI 53204  
(414) 389-6607

Milwaukee Job Center Central - Maximus  
(Affiliated location)  
4201 N. 27th St., Suite 400, Milwaukee, WI 53216  
(414) 203-8595

HIRE Center (Affiliated location)  
2338 North 27th St., Milwaukee, WI 53210  
(414) 385-6920  
[www.wisconsinjobcenter.org](http://www.wisconsinjobcenter.org)

Provides a full array of employment and training related services for workers, youth and businesses and includes the mandatory Workforce Investment Act (WIA) partners on-site. Affiliated locations provide limited employment and training related services, but do not include all the mandatory WIA partners.

## **Milwaukee Center for Independence (MCFI)**

2020 W. Wells St., Milwaukee, WI 53233  
(414) 937-2020  
[www.mcfi.net](http://www.mcfi.net)

Provides comprehensive recruitment, evaluation, training, placement and support services to adults who are living with disabilities and other barriers to work. Programs include transition services; pre-vocational services; on-the-job training for the hospitality, health care and commercial services industries; community employment; programs for young adults; and services for employers.

## **Milwaukee Job Corps**

6665 N. 60th St., Milwaukee, WI 53223  
(414) 353-5914  
[www.milwaukee.jobcorps.gov](http://www.milwaukee.jobcorps.gov)

A no-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16 through 24 improve the quality of their lives through vocational and academic training. Offers hands-on career technical training as well as academic training and can help with getting a GED or high school diploma.

## **Ross Innovative Employment Solutions**

6550 N. 76th St., Milwaukee, WI 53223  
(414) 760-6060  
[www.rossprov.com](http://www.rossprov.com)

A private, for-profit workforce development company. Partners with state and local agencies to design and implement high-quality job readiness and workforce development programs to address the identified needs of the community. Currently works with Workforce Investment Act, TANF Welfare Transition and state/local workforce programs and community organizations to identify and support labor force needs and job seeker needs. Offers a variety of services to assist youth and adults to enter or re-enter the labor market.



# Health Care & Disability Benefits

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## **ACCESS.gov**

(800) 362-3002

[www.access.wisconsin.gov](http://www.access.wisconsin.gov)

An online resource that helps users determine if they may be eligible for certain health, nutrition, child care and other programs. These include: FoodShare, BadgerCare Plus, Medicaid, SeniorCare, Medicare Part D, Child Care, Wisconsin Works (W-2), WIC, Emergency Food Assistance Program, Wisconsin Home Energy Assistance Program, State Life Insurance Fund, school meal programs or tax credit for people with lower incomes. Applications can be completed online.

Existing members can also check the status of their benefits (i.e. what plan they are enrolled in, the amount of their FoodShare benefits, etc.); report changes (i.e. new address, new employment); replace lost cards; or renew benefits and submit report forms.

If you have questions or need additional assistance with an application, you may also call Member Services at (800) 362-3002. Or, dial 2-1-1 to find in-person assistance in your area.

## **BadgerCare Plus**

(800) 362-3002 (Member Services)

[www.dhs.wisconsin.gov/badgercareplus/index.htm](http://www.dhs.wisconsin.gov/badgercareplus/index.htm)

BadgerCare Plus is a public health insurance program (also called Medicaid, Medical Assistance or Title 19) available to Wisconsin residents based on income. To determine if you may be eligible, or if you are an existing member with questions, contact Member Services, dial 2-1-1 to find in-person assistance or visit [www.access.wisconsin.gov](http://www.access.wisconsin.gov).

If you already have BadgerCare Plus and know which Health Maintenance Organization (HMO) you are enrolled in and need to find a provider, contact your HMO's Member Services Center. To identify which HMO you are enrolled in, call (800) 291-2002.

If you need assistance and are not enrolled in an HMO, call Member Services at (800) 362-3002.

## **Community Advocates**

728 N. James Lovell St., Milwaukee, WI 53233

(414) 449-4777

[www.communityadvocates.net](http://www.communityadvocates.net)

Provides information, referral and general advocacy services on disability-related matters such as benefits reductions and cessations, continuing disability reviews and recoupments.

## **Comprehensive Community Services (CCS)**

9201 W. Watertown Plank Rd., Milwaukee, WI 53226

(414) 257-6060 or (414) 257- 8095

[www.county.milwaukee.gov/](http://www.county.milwaukee.gov/)

[BehavioralHealthDivi7762.htm](http://BehavioralHealthDivi7762.htm)

Comprehensive Community Services (CCS) is a voluntary Medicaid program. It is a recovery-focused, integrated behavioral health program for adults with severe mental illness and/or substance use disorders and children with severe emotional disturbance. CCS provides a coordinated, comprehensive, community-based array of recovery services, treatment and psychosocial rehabilitation services. Services are provided by teams of professionals, peer specialists and natural supports, all coordinated by a CCS service facilitator.

To learn more about CCS, determine whether you may be eligible and begin the CCS screening process, call (414) 257-6060 or (414) 257-8095. CCS is a program of the Community Access to Recovery Services (CARS) branch of the Milwaukee County Behavioral Health Division.

## **City of Milwaukee Health Department Community Healthcare Access Program (CHAP)**

Southside Health Center, 1639 S. 23rd St.

Milwaukee, WI 53204

Northwest Health Center, 7630 W. Mill Rd.

Milwaukee, WI 53218

Keenan Health Center, 3200 N. 36th St.

Milwaukee, WI 53216

(414) 286-8620 (all locations)

[www.city.milwaukee.gov/health](http://www.city.milwaukee.gov/health)

Assists community members in determining their health care coverage options by evaluating whether they qualify for free or low-cost health insurance, or helping them find a health insurance plan that fits their needs and their budget. CHAP can also assist in enrollment or provide referrals for enrollment in FoodShare, WIC, energy assistance, tax preparation, dental services, and free and sliding-fee clinics. To find additional in-person assistance and enrollment sites, dial 2-1-1.

# Health Care & Disability Benefits

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## **Disability Rights Wisconsin**

6737 W. Washington St., Milwaukee, WI 53214  
(414) 773-4646  
[www.disabilityrightswi.org](http://www.disabilityrightswi.org)

A statewide resource for children and adults with disabilities, families, service professionals and others. Provides information and advocacy on patient and resident rights, long term care, assistive technology and services in the community. Programs include the Family Care and IRIS Ombudsman Project, the SSI Managed Care External Advocacy Project, and the Medicare Part D Disability Drug Helpline. The Family Care and IRIS Ombudsman Project helps people under the age of 60 who are applicants or members of Wisconsin Family Care, IRIS or Partnership with issues relating to long term care. The SSI Managed Care External Advocacy Project helps SSI or SSD Medicaid recipients who are or will be enrolled in a Managed Care Organization (MCO) and who have questions about or problems with the MCO or their medical, mental health or substance abuse services. Also helps with concerns about non-emergency medical transportation (NEMT – current vendor is MTM). The Medicare Part D Disability Drug Helpline helps people with a disability who are eligible for Medicare Part D. Provides assistance with choosing a Medicare Part D plan or deciding whether to enroll in a plan at all. Can also assist with access to medications, changing plans, appeal processes and billing problems.

## **Health Insurance Marketplace**

[www.healthcare.gov](http://www.healthcare.gov)  
(800) 318-2596 (Call Center)

The Health Insurance Marketplace, or “Marketplace”, at [www.healthcare.gov](http://www.healthcare.gov) is a website that lists plans offered in your area. Insurance can only be purchased on the Marketplace during an open enrollment period. Visit the site to learn if you qualify for lower costs and see your options. Assistance is available by phone 24 hours/day, 7 days/week at (800) 318-2596. Or, dial 2-1-1 to find in-person assistance in your area.

## **IndependenceFirst**

540 S. 1<sup>st</sup> St., Milwaukee, WI 53204  
(414) 291-7520  
[www.independencefirst.org](http://www.independencefirst.org)

Provides information and advocacy related to disability and access issues including the ADA, transportation, long-term care and fair housing. Also provides assistance in helping people with disabilities understand their benefits.

## **Medicaid for the Elderly, Blind or Disabled**

(800) 362-3002 (Member Services)  
[www.dhs.wisconsin.gov/medicaid/index.htm](http://www.dhs.wisconsin.gov/medicaid/index.htm)

Provides health care plans for those who are age 65 or older, blind or disabled; with family income at or below the monthly program limit; and who are United States citizens or legal immigrants. The type of Medicaid plan a person may be eligible for depends on income, assets and type of care needed. To determine if you may be eligible or if you are an existing member with questions, visit [www.access.wisconsin.gov](http://www.access.wisconsin.gov) or call (800) 362-3002. Dial 2-1-1 to find in-person assistance.

## **Medicare**

1-800-MEDICARE (800-633-4227) 24 hours/day  
[www.medicare.gov](http://www.medicare.gov)

Medicare is the federal health insurance program for people age 65 and older and people under 65 with certain disabilities. For general information or information about health plans, call the 24-hour phone line or visit the website.

## **Medigap Helpline**

(800) 242-1060  
[www.dhs.wisconsin.gov/aging/medigap.htm](http://www.dhs.wisconsin.gov/aging/medigap.htm)

Counselors at the Medigap Helpline can help evaluate your Medicare supplemental insurance and clarify many other related issues. Operated by the Wisconsin Board on Aging and Long Term Care and has no connection with any insurance company.

## **Social Security Administration**

310 W. Wisconsin Ave., Milwaukee, WI 53203  
(800) 772-1213  
[www.socialsecurity.gov](http://www.socialsecurity.gov)

Takes applications for retirement benefits, disability benefits, Medicare, survivors and family benefits.

## **Wisconsin Dept. of Health Services Disability Determination Bureau**

(800) 423-1938  
[www.dhs.wisconsin.gov/ddb/index.htm](http://www.dhs.wisconsin.gov/ddb/index.htm)

Responsible for making the medical decision for Wisconsin residents applying for the Social Security Administration's various disability benefit programs as well as several benefit programs offered by the State of Wisconsin.

## **2-1-1 IMPACT**

Dial 2-1-1 or (414) 773-0211

24 hours/day, 7 days/week

[www.impactinc.org](http://www.impactinc.org)

The central point of access for community information and referral for Milwaukee County residents in need of assistance with family, health and social services. Provides telephone intervention and assessment 24 hours/7 days a week for a wide range of issues including emergency food; alcohol or other drug abuse; access to health care; homelessness and emergency shelter; family and parenting issues; legal assistance; and health insurance coverage.

A comprehensive searchable resource database can be accessed via the IMPACT website. Help is also available by text and live chat.

**Coordinated Entry to Shelter:** 2-1-1 provides resources and shelter referrals to individuals and families based on availability and other considerations which allows those seeking shelter and the shelters to connect in an efficient manner. In some cases, access to emergency shelter requires a referral via 2-1-1. Resource Specialists will conduct a housing crisis assessment and then prioritize placements based on most critical need.

**Food Pantry Referrals:** 2-1-1 partners closely with the Hunger Task Force (Milwaukee County's free food bank) and the emergency food pantries they supply. When someone calls 2-1-1 and requests a referral to a food pantry a Resource Specialist will screen those calling for food for their eligibility to go to a food pantry and based on that information provide a referral.

## **Aging Resource Center**

1220 W. Vliet St., Milwaukee, WI 53205

(414) 289-6874

[www.county.milwaukee.gov/aging](http://www.county.milwaukee.gov/aging)

Provides a single point of access to information, services and programs that can help people 60 years of age or older remain active and independent in their community. Staff can make referrals for services such as Options Counseling for long-term support, caregiver respite, transportation, home delivered meals and other community based services. Also serves as the lead investigative agency for elder abuse investigations and crisis intervention.

An online resource database is available via the website. After hours, on weekends and holidays, calls are routed to IMPACT 2-1-1.

## **BadgerCare & Medicaid Contacts**

[www.dhs.wisconsin.gov/badgercareplus/contacts.htm](http://www.dhs.wisconsin.gov/badgercareplus/contacts.htm)

[www.dhs.wisconsin.gov/medicaid/contacts/index.htm](http://www.dhs.wisconsin.gov/medicaid/contacts/index.htm)

Member Services: (800) 362-3002

To contact a HMO Specialist: (800) 291-2002

To contact a HMO Ombudsman: (800) 760-0001

To report a problem with your HMO, contact your HMO and ask to speak to a member advocate.

## **Community Advocates**

728 N. James Lovell St., Milwaukee, WI 53233

(414) 449-4777

[www.communityadvocates.net](http://www.communityadvocates.net)

Provides programs and services for low-income Milwaukee residents in the areas of domestic violence, housing and homelessness, utility services, health care, disability benefits and other urgent needs.

## **COPE Hotline**

(262) 377-COPE (2673)

[www.copeservices.org](http://www.copeservices.org)

24-hour helpline providing emotional support and crisis intervention. COPE provides a helpline, educational materials and programs. Calls are answered by trained volunteer listeners. All calls are anonymous and confidential.

## **Disability Resource Center**

1220 W. Vliet St., Milwaukee, Wisconsin 53205

(414) 289-6660

[www.county.milwaukee.gov/DSD.htm](http://www.county.milwaukee.gov/DSD.htm)

Provides information and assistance regarding services for adults with disabilities ages 18-59 in Milwaukee County. DRC staff members assist individuals to plan for long-term and short-term needs, access community services and resources and learn about benefits that may be available. In addition to providing information and resources, the DRC provides Options Counseling about publicly funded long-term care options; assistance applying for Medicare, Medicaid, and Social Security; and transition services for young people moving from children's services into the adult services system.

## **Disability Rights Wisconsin Medicare Part D Disability Drug Helpline**

(800) 926-4862

[www.disabilityrightswi.org](http://www.disabilityrightswi.org)

Helps people with a disability who are eligible for Medicare Part D. Assistance with choosing a Medicare

# Helplines

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Part D plan or deciding whether to enroll in a plan at all. Can also assist with access to drugs, changing plans, appeal processes, and billing problems. Target population are people with disabilities under age 60.

## **Division of Milwaukee Child Protective Services**

635 N. 26<sup>th</sup> St., Milwaukee, WI 53233  
(414) 220-SAFE (7233) (24 hours/day)  
[www.dcf.wisconsin.gov/bmcv](http://www.dcf.wisconsin.gov/bmcv)

Takes reports on alleged child abuse/neglect from the public. The information gathered during the call determines if the incident constitutes the legal definition of child abuse/neglect and how soon an Initial Assessment Worker will be sent to check on the child. The (414) 220-SAFE line is answered 24 hours a day.

## **Family Caregiver Support Network**

600 W. Virginia St., Milwaukee, WI 53204  
(414) 220-8600  
[www.interfaithmilw.org](http://www.interfaithmilw.org)

A one-stop resource that helps family and friends of older adults (age 60 and above) with caregiving by providing options to help deal with current and future needs. Resource specialists can provide information about services and resources, locally or at a distance, on issues such as mental health, Alzheimer's disease, dementia, arthritis and hearing issues, Medicare and elder abuse. Also offers a variety of support groups for caregivers. A program of Interfaith Older Adult Programs.

## **Health Insurance Marketplace**

(800) 318-2596 (Call Center)  
[www.healthcare.gov](http://www.healthcare.gov)

The Health Insurance Marketplace, or "Marketplace", at [www.healthcare.gov](http://www.healthcare.gov) is a website that lists plans offered in your area. Insurance can only be purchased on the Marketplace during an open enrollment period. Assistance is also available by phone 24 hours/day, 7 days/week. Or, dial 2-1-1 to find in-person assistance.

## **HOPELINE Text Line**

Text "HOPELINE" to 741741

An emotional support text line for Wisconsin residents. Offers emotional support and resources before situations rise to a crisis level. Trained specialists receive the texts and respond. Texts received reflect struggles with breakups, job loss, bullying, LGBTQ issues, parental issues, school, friends, relationship issues or any struggle a person is experiencing.

A free service available 24 hours/7 days a week provided by the Center for Suicide Awareness:  
[www.centerforsuicideawareness.org](http://www.centerforsuicideawareness.org).



## **IMPACT**

### **Alcohol & Drug Abuse Services**

(414) 256-4808  
[www.impactinc.org](http://www.impactinc.org)

Provides free and confidential alcohol and drug consultation and referral services to help people who are concerned about themselves or a loved one. IMPACT's certified counselors and other alcohol and drug abuse professionals are available by phone to talk through your situation. They help identify if a substance abuse problem exists, assess the severity, assemble a plan of action, and connect you with appropriate resources. CCS provider.

## **IndependenceFirst**

540 S. 1<sup>st</sup> St., Milwaukee, WI 53204  
(414) 291-7520  
[www.independencefirst.org](http://www.independencefirst.org)

A one-stop comprehensive resource for questions and information regarding access and disability. Offers over twenty programs to people with disabilities of all kinds, in all age groups and provides programs on disability awareness and access to the general community. Provides information and resources to individuals with a disability, families, service providers, businesses and the community.

## **Maternal & Child Health Hotline**

(800) 722-2295  
[www.referweb.net/mchh](http://www.referweb.net/mchh)

Provides information and links to services and resources for women before, during, and after pregnancy and for children including children with special health care needs. The hotline also serves professionals who are seeking referrals for their clients. Available 24 hours/day, 7 days/week.



## Medicare

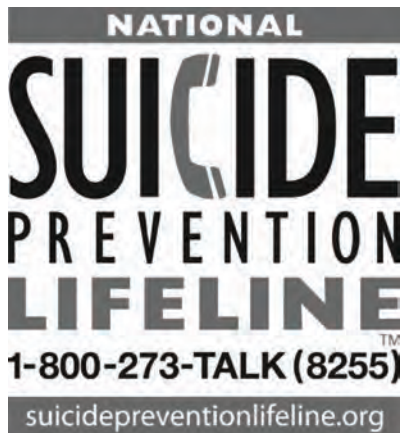
1 (800) MEDICARE (800-633-4227) 24 hours/day  
[www.medicare.gov](http://www.medicare.gov)

For general information or information about health plans, call the 24-hour phone line or visit the website. Medicare is the federal health insurance program for people age 65 and older and people under 65 with certain disabilities.

## Mental Health America of Wisconsin Information & Assistance

(414) 276-3122  
[www.mhwisconsin.org](http://www.mhwisconsin.org)

Takes calls and e-mail from the general public, individuals with mental health concerns, family members, and professionals with questions related to mental health, mental illness, substance abuse and community resources. 9am-2pm Monday through Thursday. Call or email [info@mhawisconsin.org](mailto:info@mhawisconsin.org). CCS provider.



## Mental Health Crisis Line

(414) 257-7222

24-hour mental health and suicide crisis line for Milwaukee County. Individuals seeking assistance can talk with a professional who is able to provide counseling, information and referrals to community resources.

Also assists agencies and individuals working with suicidal individuals and/or people in crisis. Operated by the Milwaukee County Behavioral Health Division.

Or, call the Suicide Prevention Lifeline at (800) 273-TALK (8255) and your call will be routed to the nearest crisis center.

## Milwaukee County Sheriff's Department

821 W. State St., Room 107, Milwaukee, WI 53233  
(414) 278-4788 (non-emergency)  
[www.county.milwaukee.gov](http://www.county.milwaukee.gov)

## Milwaukee Police Department

749 W. State St., Milwaukee, WI 53233  
(414) 933-4444 (non-emergency)  
In an emergency, dial 9-1-1.  
[www.milwaukee.gov/police](http://www.milwaukee.gov/police)

If you are calling about a problem that may be related to a person's mental health, request that a Crisis Intervention Team (CIT) officer be sent to the location.

District 1- 749 W. State St., 2<sup>nd</sup> Floor, (414) 935-7213  
District 2 - 245 W. Lincoln Ave., (414) 935-7222  
District 3 - 2333 N. 49<sup>th</sup> St., (414) 935-7233  
District 4- 6929 W. Silver Spring Dr. (414) 935-7243  
District 5 - 2920 N. 4<sup>th</sup> St., (414) 935-7252  
District 6- 3006 S. 27<sup>th</sup> St., (414) 935-7262  
District 7 - 3626 W. Fond du Lac Ave., (414) 935-7272

## Milwaukee Women's Center

728 N. James Lovell St., Milwaukee, WI 53233  
(414) 449-4777 (Office)  
(414) 671-6140 (24-hour Crisis Line)  
[www.communityadvocates.net/women](http://www.communityadvocates.net/women)

Provides emergency shelter, a 24-hour crisis line, specialized services and support for older abused women, children's programming, batterer's treatment, case management to meet housing and other basic needs and counseling to address domestic violence and substance abuse issues. The Emergency Shelter operates 24-hours/day, 7 days/week, 365 days/year at its confidential location in Milwaukee. A division of Community Advocates.

## National Alliance on Mental Illness (NAMI) Greater Milwaukee

3200 S. 3<sup>rd</sup> St., Unit 6, Milwaukee, WI 53208  
(414) 344-0447  
[www.namigrm.org](http://www.namigrm.org)

Offers a helpline; information and referral to appropriate resources; support groups for consumers, families and loved ones of someone with a mental illness; systems advocacy services for individuals and families coping with mental illnesses and an array of mental health education and trainings including Family-to-Family and Peer-to-Peer classes and monthly educational meetings.

# Helplines

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## **Sojourner Family Peace Center**

Administrative & Advocacy Office  
619 W. Walnut St., Milwaukee, WI 53212  
(414) 276-1911  
(414) 933-2722 (24-hour Hotline)  
[www.familypeacecenter.org](http://www.familypeacecenter.org)

Programs and services include a 24-hour domestic violence hotline, domestic abuse victim advocates in the Milwaukee District Attorney's Office, a resource center for women and children, courthouse advocacy, restraining order clinic, legal emergency assistance and children's advocacy.

## **The Parenting Network Helpline**

7516 W. Burleigh St., Milwaukee, WI 53210  
(414) 671-0566  
[www.theparentingnetwork.org](http://www.theparentingnetwork.org)

A listening line for any caregivers of children concerning any issue that impacts the well-being of a child. All calls are confidential. Experienced phone counselors respond to calls during business hours on weekdays. IMPACT 2-1-1 responds after hours. The Helpline can also provide information about other programs, classes and support groups offered by The Parenting Network.

## **Vital Voices Helpline**

912 N. Hawley Rd., Milwaukee, WI 53213  
(414) 771-4368  
[www.vital-voices.org](http://www.vital-voices.org)

Allows consumers or family members to call with questions or concerns regarding the mental health care or substance abuse services they are receiving from the Milwaukee County Behavioral Health Division and its contracted agencies.

## **Warmline**

(414) 257-5775 (Office)  
(414) 777-4729 (Warmline)  
[www.warmline-milwaukee.webs.com](http://www.warmline-milwaukee.webs.com)

A non-crisis, peer run, support line for people with mental illness. Volunteer staff are available from 6:00 p.m. to 11:00 p.m. most evenings.

## **Wisconsin Council on Problem Gambling Helpline**

(800) GAMBLE-5 (426-2535) 24 hours/day  
[www.wi-problemgamblers.org](http://www.wi-problemgamblers.org)

A 24-hour helpline if you or someone you know has a gambling problem.

## **Wisconsin FACETS**

600 W. Virginia St., Suite 501, Milwaukee, WI 53204  
(414) 374-4645  
[www.wifacets.org](http://www.wifacets.org)

FACETS (Family Assistance Center for Education, Training and Support) provides information, resource referral, workshops/training, and individual support for Wisconsin parents of children and youth with disabilities and others related to education issues.



## **Wisconsin Family Ties**

(800) 422-7145  
[www.wifamilyties.org](http://www.wifamilyties.org)

A statewide organization run by families for families that include children and adolescents who have emotional, behavioral, mental and substance abuse disorders. Helps parents develop skills necessary to advocate for their families and children.

## **Wisconsin First Step**

(800) 642-7837  
[www.referweb.net/mchh](http://www.referweb.net/mchh)

An information and referral service to assist Wisconsin families and providers working with children and youth with special needs. Service categories include children and youth with special needs, pregnant women and children/women's screenings, and behavioral health/mental health for children and youth. Online chat also available.

## **Bell Therapy & Willowglen Academy**

Multiple locations

(414) 527-6940 (Main)

[www.belltherapy.com/residential-services.aspx](http://www.belltherapy.com/residential-services.aspx)

Provides comprehensive, community-based residential services for adults with serious and persistent mental illness, developmental and/or intellectual disabilities who exhibit behavioral and emotional problems severe enough to interfere with maintaining independent living. CCS provider.

## **Center for Veterans Issues (CVI)**

Multiple locations

(414) 345-3917 (Main)

[www.cvivet.org](http://www.cvivet.org)

Operates transitional and supportive permanent housing facilities and assists veterans to move beyond emergency shelter into a more independent living situation. All facilities require that residents maintain a sober and drug-free environment. Veterans living in CVI residential facilities are provided with a variety of support services such as transportation, mental health and substance abuse services and job training.

## **Community Advocates**

728 N. James Lovell St., Milwaukee, WI 53233

(414) 449-4777

[www.communityadvocates.net](http://www.communityadvocates.net)

Provides information regarding renter's rights and responsibilities, landlord/tenant disputes and assistance applying for Energy Assistance funding. Autumn West provides housing and support services for individuals who are homeless, have a mental illness and are struggling in their current homeless living situation.

## **Emergency Shelter**

Dial 2-1-1 or (414) 773-0211

[www.impactinc.org](http://www.impactinc.org)

IMPACT 2-1-1 provides resources and shelter referrals to individuals and families based on availability and other considerations, which allows those seeking shelter, and the shelters, to connect in an efficient manner.

In some cases, access to emergency shelter requires a referral via IMPACT 2-1-1. Resource Specialists will conduct a housing crisis assessment and then prioritize placements based on most critical need.

## **MCFI Whole Health Clinical Group Residential Services**

Multiple locations

(414) 476-9675

[www.mcfi.net/housing.htm](http://www.mcfi.net/housing.htm)

Provides a variety of housing options including Community-Based Residential Facilities (CBRFs), Supported Apartments and Independent Apartments.

## **Metro Milwaukee Fair Housing Council**

759 N. Milwaukee St., Suite 501, Milwaukee, WI 53202

(414) 278-1240

[www.fairhousingwisconsin.com](http://www.fairhousingwisconsin.com)

Intake of fair housing complaints and counseling on options for administrative or judicial remedy; investigative services for persons who allege housing discrimination; and referrals to attorneys and government agencies. Investigates allegations of predatory lending, mortgage scams and other violations.

## **Milwaukee County Housing Division**

600 W. Walnut St., Suite 100, Milwaukee, WI 53212

(414) 278-4902

<http://county.milwaukee.gov/SpecialNeedshousing>

The Special Needs division focuses on the needs of homeless and disabled individuals with severe mental illness by providing a variety of housing and supportive services programs.

## **St. Catherine's Residence**

1032 E. Knapp St., Milwaukee, WI 53202

(414) 272-8470

[www.stcatherineresidence.org](http://www.stcatherineresidence.org)

Provides affordable, safe and supportive rental housing (short or long term) for low income woman age 18 and older seeking an environment in which to gain confidence, interpersonal skills and knowledge.

## **U.S. Department of Housing & Urban Development (HUD)**

Milwaukee Field Office

310 W. Wisconsin Ave., Milwaukee, WI 53203

(414) 297-3214

[www.hud.gov](http://www.hud.gov)

Provides resources and information about housing programs, homeownership assistance programs, rental assistance, subsidized housing, public housing, Section 8 housing, local renting information, housing counseling agencies, fair housing laws and tenant rights.

# Legal

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## Centro Legal

611 W. National Ave., Suite 103, Milwaukee, WI 53204  
(414) 384-7900  
[www.centrolegalwisconsin.org](http://www.centrolegalwisconsin.org)

Provides affordable legal services to low-income individuals and families. Serves a diverse group of clients in family law (ex: divorce, child custody/support, property division, establishment of protective orders) and criminal misdemeanor defense cases (ex: battery, theft, disorderly conduct, possession of controlled substances, solicitation). Fees are determined on a sliding scale based on household income.

## Disability Rights Wisconsin

6737 W. Washington St., Ste. 3230, Milwaukee, WI 53214  
(414) 773-4646  
[www.disabilityrightswi.org](http://www.disabilityrightswi.org)

A statewide resource for children and adults with disabilities, families, service professionals and others. Provides information and advocacy on rights, self-advocacy and effective strategies, and works one-on-one to overcome barriers and access benefits, and offers legal support to challenge discriminatory practices. Focus areas include abuse and neglect, deinstitutionalization, access to services in the community, employment/housing discrimination due to disability, special education, barriers to accessibility, Social Security beneficiaries returning to work and assistive technology.

Services also include the Family Care and IRIS Ombudsman Project, the SSI Managed Care External Advocacy Project, and the Medicare Part D Disability Drug Helpline.

DRW is the designated Protection and Advocacy agency for the State of Wisconsin and serves people with all types of disabilities, including mental illness.

## Equal Employment Opportunity Commission (EEOC)

310 W. Wisconsin Ave., Milwaukee, WI 53203  
(800) 669-4000  
[www.eeoc.gov](http://www.eeoc.gov)

A federal agency authorized to accept, investigate, resolve, or make finding related to charges of employment discrimination.

## Legal Action

230 W. Wells St., Milwaukee, WI 53203  
(414) 278-7722  
[www.legalaction.org](http://www.legalaction.org)

Provides free legal services for eligible, low income individuals. Receiving Legal Action's services is determined by the specific civil legal problem, availability of lawyers, as well as financial eligibility. Legal Action typically takes the following types of cases: housing, public benefits, family law, health insurance, Social Security, license revocations and suspensions and inaccurate criminal background records and arrest records. Legal Action does NOT handle: criminal, class action, personal injury cases, court cases for prisoners or undocumented aliens. SeniorLAW, a program of Legal Action that serves Milwaukee County residents who are 60 and older, does not have income and asset limitations.

To manage high call volume, there are different phone numbers and call times for different types of legal problems. Please check the website for phone numbers and walk-in and phone intake times.



Learn about what we do

- We Advocate
- We Educate
- We Serve

[www.mhawisconsin.org](http://www.mhawisconsin.org)

## Legal Aid Society of Milwaukee

521 N. 8th St., Milwaukee, WI 53233  
(414) 727-5300  
[www.lasmilwaukee.com](http://www.lasmilwaukee.com)

Provides legal assistance to needy Milwaukee County residents with serious civil legal problems. The Civil Division represents low income families and individuals who have problems involving housing, government benefits, disability, foreclosure, homelessness, consumer law, eviction, HIV/AIDS and civil rights. Intake hours are Monday and Wednesday 1:30-3:30. Legal Aid also has an outreach program that sends attorneys to community meeting places in convenient locations. Locations are listed on the website.



## Marquette Volunteer Legal Clinic

Multiple locations

[www.marquettelegalclinic.org](http://www.marquettelegalclinic.org)

Provides free, brief legal advice and referral on civil matters. Staffed by volunteer law students working with, and supervised by, licensed attorneys. No questions are answered by phone or email. Clients are seen on a walk-in basis.

Common issues include landlord/tenant, small claims, probate and estate planning questions, divorce and child custody and placement. Anyone is welcome to visit the clinics. Please call or check the website for dates/times:

The House of Peace, 1702 W. Walnut St.  
(414) 933-1300

United Community Center, 730 W. Washington St.  
(English & Spanish)  
(414) 384-3100

Milwaukee County Courthouse, 901 N. 9th St.  
(414) 278-2910

Veterans Services Office, 6419 W. Greenfield Ave.  
(for veterans and their families)  
(414) 266-1234

## Milwaukee Bar Association Lawyer Referral & Information Service

(414) 274-6768

[www.findmilwaukeeelawyers.org](http://www.findmilwaukeeelawyers.org)

The LRIS is a free over the phone referral service for anyone that has a legal question or is seeking to obtain legal counsel. Trained interviewers assess the caller's situation and determine the most appropriate way to proceed. After screening your call to determine what type of legal help you need, the MBA LRIS will refer you to a LRIS panel attorney, government agency or community resource, depending on the nature of the legal problem. You are NOT obligated to hire the attorney. However, if you do decide to hire the attorney you are subject to their upfront retainer and hourly rates so be certain to understand the legal fees before you proceed.

The Milwaukee Bar Association's Lawyer Referral and Information Service has no ability to provide free legal services or referrals to attorneys that provide free legal services.

## Sojourner Family Peace Center Restraining Order Clinic

Milwaukee County Courthouse,

901 N. 9th St., Room 711, Milwaukee, WI 53233

(414) 278-5079

[www.familypeacecenter.org/resources/legal-resources](http://www.familypeacecenter.org/resources/legal-resources)

Advocates assist victims of domestic violence with completing the paperwork necessary for petitioning the court for orders of protection; creating safety plans to help protect themselves and their children including an understanding of what to expect from law enforcement and court response; and accessing on-going services to meet their emergency needs. Advocates cannot give legal advice or provide legal representation, but they can provide information and support. If a lawyer is needed, an advocate can help get access to an attorney.

## SCREENING CAN HELP CATCH MENTAL HEALTH PROBLEMS EARLY - B4STAGE4.

If you think you may be showing signs of a mental illness, take a screen at [mhascreening.org](http://mhascreening.org).

A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.

[www.mhascreening.org](http://www.mhascreening.org)

►Anonymous ►Free ►Confidential

If you or someone you know is in crisis,  
call 1-800-273-TALK (8255), go to your  
local Emergency Room or call 911.

**MHA**  
Mental Health America  
of Wisconsin

# Mental Health & Substance Abuse

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## **Access Clinic**

9455 Watertown Plank Rd., Milwaukee, WI 53226  
(414) 257-7665  
[www.county.milwaukee.gov/BehavioralHealthDivi7762.htm](http://www.county.milwaukee.gov/BehavioralHealthDivi7762.htm)

Individuals who are uninsured receive a clinical needs assessment and a referral for services, whether for therapy, medication assessment, or both, on the day of their visit to the clinic. If an individual is determined to be in need of medication, they will be referred for medication evaluation. The clinic can also help to identify additional community-based resources and provides peer support services.

New patients are seen in the order of their arrival. Proof of Milwaukee County residency is required. Operated by the Milwaukee County Behavioral Health Division.

## **Access Recovery Mental Health Services**

2727 W. Cleveland Ave., Milwaukee, WI 53215  
(414) 269- 8356  
[www.armhswi.com](http://www.armhswi.com)

Provides individual counseling, family counseling, children's therapy, couples counseling, parenting classes, group therapy, medication management and alcohol/drug relapse prevention. Treatment philosophy includes the importance of coordinating care with other providers or support contacts. CCS provider.

## **Adkins Counseling Services**

6001 W. Center St., Milwaukee, WI 53210  
(414) 393-1099

Provides mental health counseling services to families, individuals, children, teens and adults. Specializes in play therapy, family mediation, anger management and in-home therapy.

## **AI-Anon/Alateen**

Administrative Office  
6737 W. Washington St., West Allis, WI 53214  
(414) 257-2415  
[www.alanon-wi.org](http://www.alanon-wi.org)

Provides support through a Twelve Step program designed to help families of alcoholics recover from the effects of living with alcoholism. Multiple meeting locations and times throughout Milwaukee County.

## **Alcoholics Anonymous**

Administrative Office  
7429 W. Greenfield Ave., West Allis, WI 53214  
(414) 771-9119 (24-hours)  
[www.aamilwaukee.com](http://www.aamilwaukee.com)

Offers help through a Twelve Step program designed to help an individual quit drinking alcohol, stay sober and help other alcoholics to achieve sobriety. Meetings offered at many locations and times.

## **Alternatives in Psychological Consultation**

5757 W. Oklahoma Ave., West Allis, WI 53219  
  
10045 W. Lisbon Ave., Wauwatosa, WI 53222  
(414) 358-7144  
[www.altlig.com](http://www.altlig.com)

Provides a range of approaches to therapy with many clinicians dually certified to provide services to individuals with co-occurring concerns such as mental health and substance use disorders. Therapy team is composed of providers who offer diversity in both cultural and therapeutic backgrounds. Services include individual, couples and family therapy; child and adolescent specialists; and substance use/abuse assessment and intervention. CCS provider.

## **AMRI Counseling Services**

4001 W. Capitol Dr., Milwaukee, WI 53216  
(414) 455-3879 or (414) 810-6691  
[www.amricounseling.weebly.com](http://www.amricounseling.weebly.com)

Services include mental health and substance abuse assessments and counseling, faith-based counseling, pre-marital and marriage counseling, couples and family therapy, drug and alcohol abuse testing and play/ art therapy. Also services pregnant women.

## **Aurora Behavioral Health Services**

Multiple locations  
414-773-4312 (outpatient central intake)  
[www.aurorahealthcare.org/abhhs](http://www.aurorahealthcare.org/abhhs)

Provides all levels of care, specialized for most behavioral health problems, including adult services, child and adolescent services, specialized care for older adults and substance abuse treatment. Outpatient mental health and substance abuse treatment is available at multiple locations and inpatient care is available at two hospital locations.

# Mental Health & Substance Abuse

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## **Aurora Family Service**

3200 W. Highland Blvd., Milwaukee, WI 53208  
(414) 345-4941  
[www.aurorahealthcare.org/services/familysocial/index.asp](http://www.aurorahealthcare.org/services/familysocial/index.asp)

Provides counseling for individuals, couples and families experiencing problems such as anxiety, depression, relationship concerns, loss, parenting issues or poor school/work performance. Services are provided at low or no cost for those without insurance or with limited resources based on a sliding scale. Counseling services are provided by masters-degreed psychotherapists with specialized expertise. Staff includes therapists from a variety of backgrounds.

## **Aurora Psychiatric Hospital**

1220 Dewey Ave., Milwaukee, WI 53213  
(414) 454-6777  
[www.aurorahealthcare.org/abhs](http://www.aurorahealthcare.org/abhs)

Provides inpatient, partial hospitalization and outpatient services for mental health and substance abuse issues. Services include psychiatric treatment; substance abuse treatment including detox, residential and day treatment; eating disorders program; obsessive-compulsive disorder program; and child, adolescent and adult programs.

## **Aurora St. Luke's South Shore**

5900 S. Lake Dr., Cudahy, WI 53110  
(414) 489-4173  
[www.aurorahealthcare.org/abhs](http://www.aurorahealthcare.org/abhs)

Psychiatric unit is located within a general hospital setting. Provides mental health, substance abuse and dual diagnosis services. Programs include detox and inpatient mental health treatment and specialized programs for geriatric population and addictions.

## **Behrens Psychotherapy Services**

2321 E. Capitol Dr., Shorewood, WI 53211  
(262) 689-0688  
[www.behrenspsychotherapyservices.com](http://www.behrenspsychotherapyservices.com)

Comprehensive mental health clinic that provides counseling for children, adolescents, families and adults. Also provides psychological assessment and in-home psychotherapy. Services may be provided on a sliding scale for those without insurance.

## **Catholic Charities Counseling Services**

2021 N. 60th St., Milwaukee, WI 53208  
(414) 771-2881  
[www.ccmke.org](http://www.ccmke.org)

Provides culturally competent mental health services for individuals, families, children and couples. Also provides counseling for older adults and individuals with cognitive and physical disabilities. Accepts clients who are without insurance or have limited resources on a sliding fee scale. Services are non-denominational and open to all people.

## **Children's Hospital of Wisconsin Child & Adolescent Psychiatry and Behavioral Medicine**

9000 W. Wisconsin Ave., Wauwatosa, WI 53226  
(414) 266-2932

619 W. Walnut St., Milwaukee, WI 53212  
(414) 810-3548

4855 S. Moorland Rd., New Berlin, WI 53151  
(262) 432-7702

1655 W. Mequon Ave., Mequon, WI 53092  
(414) 434-4105

New patients (all locations): (414) 266-3339  
[www.chw.org](http://www.chw.org)

Psychiatrists, psychologists, neuropsychologists psychotherapists and nurse practitioners provide mental health diagnosis and treatment to children, adolescents and their families for anxiety and attachment disorders, ADHD, bipolar disorder, child abuse and neglect, depression and psychotic disorders.

## **Children's Hospital of Wisconsin Greensquare Developmental Specialists**

7300 S. 13th St., Suite 201, Oak Creek, WI 53134

1655 W. Mequon Ave., Mequon, WI 53092

(414) 228-4800 (both locations)  
[www.chw.org](http://www.chw.org)

Providers at these sites help parents learn to work with a child on his or her behavioral issues, focusing on strengths. Staff includes a pediatrician as well as licensed professional counselors and clinical social workers. Providers offer treatment for children and adolescents with developmental, learning and behavioral issues such as depression, mood and anxiety disorders, ADHD and eating disorders.

# Mental Health & Substance Abuse

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## **Children's Hospital of Wisconsin Child & Family Counseling**

620 S. 76th St., Milwaukee, WI 53214

(414) 453-1400

(414) 266-3339 (new patients)

[www.chw.org/childrens-and-the-community](http://www.chw.org/childrens-and-the-community)

Child and family counselors work with children – toddlers through adolescents – and their families to address emotional and behavioral challenges and strengthen family ties. Counselors assist families with issues such as depression and anxiety, low self-esteem, anger management, abuse, parent-child conflicts and changes related to adoption or foster care placement.

## **Childynamics**

11904 W. North Ave., Wauwatosa, WI 53226

(414) 258-4318

[www.childynamics.com](http://www.childynamics.com)

Child and adolescent day treatment and outpatient center. Specializes in mental health services for children and adolescents ages 4-16 years with behavioral and/or emotional difficulties at home, school, and/or the community. Half-day day treatment program with weekly individual and family therapy, psychological evaluations and medication management. Outpatient mental health services offer weekly individual and family therapy for children and adolescents.

## **Clement J. Zablocki VA Medical Center**

5000 W. National Ave., Milwaukee, WI 53295

(414) 384-2000

[www.milwaukee.va.gov](http://www.milwaukee.va.gov)

Provides inpatient, residential and outpatient primary, secondary and tertiary mental health care for veterans. Veterans with a wide variety of difficulties (i.e. diagnoses) can receive a full and integrated continuum services.

## **Columbia St. Mary's**

2323 N. Lake Dr., Milwaukee, WI 53211

(414) 291-1620

[www.columbia-stmarys.org/Behavioral\\_Medicine](http://www.columbia-stmarys.org/Behavioral_Medicine)

Provides treatment for mental illness and addiction including alcohol and drug dependence, chronic mental illness, coping with physical illness and depression as well as emotional/cognitive issues of older adults. Partial hospital and intensive outpatient programs provide structured, time-limited transitional services for adults experiencing serious or are struggling with an addiction.

Other specialty services and levels of treatment located in Ozaukee County.

## **Community Advocates**

728 N. James Lovell St., Milwaukee, WI 53233

(414) 449-4777

[www.communityadvocates.net](http://www.communityadvocates.net)

Provides mental health-related services to people who are homeless and have a mental illness. Staff conducts outreach on the streets, at meal sites and in emergency shelters. Provides engagement, connection with other service providers, assistance to access mental health and health services, access to safe havens and other transitional and permanent housing, and referral and help securing benefits.

## **Crisis Line**

(414) 257-7222

See Milwaukee County Behavioral Health Crisis Line.



## **Crisis Resource Centers**

North: 5409 W. Villard Ave., Milwaukee, WI 53218

(414) 539-4024

South: 2057 S. 14th St., Milwaukee, WI 53204

(414) 643-8778

[www.mcfi.net/Mental-Health/Crisis-Resource-Center.htm](http://www.mcfi.net/Mental-Health/Crisis-Resource-Center.htm)

A safe place where individuals who may be experiencing a psychiatric crisis can voluntarily access crisis intervention services. Individuals typically stay at the Crisis Resource Center less than one week. During that time, they are connected to a network of appropriate community resources to assist them in their recovery. Staffed 24 hours a day, 7 days a week.



# Mental Health & Substance Abuse

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## **Dryhootch**

1030 E. Brady St., Milwaukee, WI 53202  
(414) 455-8456

4801 W. National Ave., Milwaukee, WI 53214  
(414) 988-9828  
[www.dryhootch.org](http://www.dryhootch.org)

Provides peer-to-peer support for veterans and their families. Offers support groups for veterans suffering from PTSD, alcoholism or drug addictions as well as art, music and writing groups. Provides an inviting atmosphere where veterans, their families, and friends can reconnect with other veterans. Can also provide advice or resources on issues including mental health concerns.

## **Fokus Family Services**

2821 N. 4th St., Suite 139, Milwaukee, WI 53212  
(414) 264-4217

A diverse, multicultural outpatient mental health and Alcohol and Other Drug Abuse (AODA) clinic. Services include AODA assessment, individual and group counseling, and anger management.

## **Forward Choices**

6040 W. Lisbon Ave., Milwaukee, WI 53210  
(414) 442-1751  
[www.forwardchoices.com](http://www.forwardchoices.com)

Treatment for all age ranges and mental health needs. Services available include individual therapy, family therapy, adolescent group therapy, animal-assisted therapy and clinical collaboration with primary care physicians and psychiatrists.

## **Gateway to Change**

2319 W. Capitol Dr., Milwaukee, WI 53206  
(414) 442-2033

An Alcohol and Other Drug Abuse (AODA) and mental health treatment center with experience in providing culturally sensitive treatment service to help individuals overcome dependency on alcohol and other drugs. Offers AODA assessment, day treatment, family counseling, group counseling and individual counseling.

## **Gerald L. Ignace Indian Health Center**

1711 S. 11th St., Milwaukee, WI 53204  
(414) 383-9526  
[www.gliihc.net](http://www.gliihc.net)

Serves tribal members. Behavioral health services include

outpatient therapy for mental health, substance abuse and co-occurring issues, AODA groups and Talking Circles.

## **Grand Avenue Club**

210 E. Michigan St., Milwaukee, WI 53202  
(414) 276-6474 or (414) 727-3366 (membership)  
[www.grandavenueclub.org](http://www.grandavenueclub.org)

A community for adults who have experienced mental illness. Program participants are members of a community with meaningful work and meaningful relationships. Members work alongside staff to run GAC. Open 365 days a year including weekends and all holidays. Tours are available Wednesday and Thursday at 10:30 a.m.

## **GRO Family Services**

6400 W. Capitol Dr.  
Milwaukee, WI 53216  
(414) 445-1400  
[www.grofamilyservices.com](http://www.grofamilyservices.com)

A recovery-orientated provider established to address the needs of individuals and families impacted by alcohol, drugs and mental health issues. GRO provides a variety of services including counseling for children, adults, couples, groups and families and helps clients address a wide variety of issues related to home, family and work. Also serves pregnant women.

## **Guest House of Milwaukee**

1216 N. 13th St., Milwaukee, WI 53205  
414-345-3240  
[www.guesthouseofmilwaukee.org/guest-house-clinic.html](http://www.guesthouseofmilwaukee.org/guest-house-clinic.html)

Offers outpatient treatment as well as limited psychiatric consultation, referrals to medical providers and connection with community-based recovery supports. Services are available through a referral from the Guest House shelter and are also open to community members with certain Medicaid plans. Solution-focused, case management model. Case managers and clinicians are able to work in partnership to best support each individual in achieving permanent housing, a family supporting income, sustained sobriety and stable mental health. CCS provider.

# Mental Health & Substance Abuse

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## **HOPELINE Text Line**

Text “HOPELINE” to 741741

An emotional support text line for Wisconsin residents. Offers emotional support and resources before situations rise to a crisis level. Trained specialists receive the texts and respond. Texts received reflect struggles with breakups, job loss, bullying, LGBTQ issues, parental issues, school, friends, relationship issues or any struggle a person is experiencing. A free service available 24/7 provided by the Center for Suicide Awareness:  
[www.centerforsuicideawareness.org](http://www.centerforsuicideawareness.org).

## **Horizon Healthcare**

5408 W. Burleigh St., Milwaukee, WI 53210  
(414) 362-8147  
[www.horizonhealthcareinc.com](http://www.horizonhealthcareinc.com)

Provides substance abuse and mental health services with a staff of physicians, nurse practitioners, clinical psychologists, social workers, addictionologists, substance abuse professionals and peer specialists. Also offers TeleHealthcare services and residential treatment and recovery services for adult males through Matt Talbot Recovery Services.

## **IMPACT Alcohol & Drug Abuse Services**

6737 W. Washington St., West Allis, WI 53214  
(414) 256-4808  
[www.impactinc.org](http://www.impactinc.org)

Provides free and confidential alcohol and drug consultation and referral services by phone to help people who are concerned about themselves or a loved one. IMPACT does not provide treatment services and is not affiliated with any health care provider. Referrals are based on the needs of the individual. Online screening is also available.

IMPACT is a designated Access Point for Milwaukee County residents 18-59 years old with an alcohol or drug abuse history who are seeking treatment. Screenings conducted at IMPACT determine eligibility and level of care for the client to enter treatment and/or be referred to recovery support services. Insured and uninsured individuals are encouraged to inquire about your options. CCS provider.

## **Jewish Family Services**

### **Counseling & Clinical Services**

1300 N. Jackson St., Milwaukee, WI 53202  
(414) 390-5800  
[www.jfsmilw.org](http://www.jfsmilw.org)

Counseling services available for adults and couples. Multidisciplinary team is qualified to assess and treat a range of emotional problems from the common issues of adjustment to severe behavioral difficulties, relationship issues, domestic abuse and addictions. JFS services are open to people of all faiths, incomes, backgrounds and lifestyles. For those without insurance, fee reductions and /or payment plans are available based on need. CCS provider.

## **La Causa Clinical Services**

5235 N. Ironwood Rd., Milwaukee, WI 53217  
(414) 902-1500  
[www.lacausa.org](http://www.lacausa.org)

Provides services to children, adolescents and adults. Therapists have experience providing mental health and substance abuse services for at-risk individuals and families with co-occurring mental health and substance abuse needs. Staff is sensitive to the physical, emotional, spiritual and cultural needs of individuals and families. CCS provider.

## **La Causa Recovery Center**

804 W. Greenfield Ave., Milwaukee, WI 53204  
(414) 316-4156  
[www.lacausa.org](http://www.lacausa.org)

A peer-run drop-in center, staffed by Certified Peer Specialists, that offers a low pressure environment that emphasizes mental health wellness and recovery, empowerment, education, prevocational services and socialization opportunities. Examples of activities offered to members include self-care activities, arts and crafts, recreational activities, assistance with locating community resources, employment, psycho-educational groups and weekly community outings.

## **M & S Clinical Services**

2821 N. 4th St., Milwaukee, WI 53212  
(414) 263-6000  
[msclinicalservices.wixsite.com/msclinical](http://msclinicalservices.wixsite.com/msclinical)

Provides comprehensive culturally competent outpatient mental health and substance abuse services to families, adults, couples, youth and children. Determines eligibility for Milwaukee County-funded Alcohol and Other Drug Abuse (AODA) treatment. Individuals must be at least 18

# Mental Health & Substance Abuse

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years old and a Milwaukee County resident seeking AODA treatment. Staff is well qualified in the Milwaukee County Wiser Choice assessment process and will refer clients to treatment programs of their choice, based on the outcome of their assessment.

## **Marquette University Center for Psychological Services**

Cramer Hall, 604 N. 16th St., #307

Milwaukee, WI 53233

(414) 288-3487

[www.marquette.edu/psyc/cps.shtml](http://www.marquette.edu/psyc/cps.shtml)

Operated by the Department of Psychology at Marquette University and open to the community. Offers evaluation and therapeutic services for adults, children, couples, and families, while giving advanced graduate students in clinical psychology the opportunity to gain clinical experience under the supervision of Marquette faculty. Fees are determined based on ability to pay.

## **MCFI Whole Health Clinical Group**

1040 S. 70th St., West Allis, WI 53214

(414) 476-9675

[www.mcfi.net/Mental-Health.htm](http://www.mcfi.net/Mental-Health.htm)

Provides recovery-oriented services and advocacy for adults living with mental illness through integrated medical, psychiatric and social services that address the needs of the whole person. Services include psychotherapy, Individual Service Plan development, services for people with co-occurring substance abuse and addiction, specialized services for people who are deaf and hearing impaired and residential services. CCS provider.

## **Mental Health America of Wisconsin**

600 W. Virginia St., Suite 502, Milwaukee, WI 53204

(414) 276-3122

[www.mhawisconsin.org](http://www.mhawisconsin.org)

MHA is an organization dedicated to improving the mental health of all individuals through advocacy, information and service. Programs and services include providing information and referral to community resources, support groups for those who have lost a loved one to suicide, public policy and systems level advocacy, suicide prevention initiatives, a website with online mental health screenings and searchable resource directories and programs dedicated to serving and strengthening families. CCS provider.

## **Meta House**

2625 N. Weil St., Milwaukee, WI 53212

(414) 962-1200

[www.metahouse.org](http://www.metahouse.org)

Helps women struggling with drug and/or alcohol addiction or co-occurring mental health disorders. Program offerings include alcohol and drug treatment, trauma resolution, educational/job skills, anger management, parenting skills, basic living skills and relapse prevention. Assistance with food, clothing, housing, transportation, child care, medical care and legal issues is also provided.

## **Milwaukee County Behavioral Health Division**

9455 Watertown Plank Rd., Milwaukee, WI 53226

(414) 257-6995 (Main)

[www.county.milwaukee.gov/](http://www.county.milwaukee.gov/BehavioralHealthDivi7762.htm)

[BehavioralHealthDivi7762.htm](http://www.county.milwaukee.gov/BehavioralHealthDivi7762.htm)

Provides care and treatment to adults, children and adolescents with mental illness, substance use disorders and intellectual disabilities through both county-operated programs and contracts with community agencies. Services include intensive short-term treatment through crisis and inpatient services, as well as a full array of supportive community services for persons with serious mental illness and substance use disorders.

For information about specific programs and services see the following listings: Access Clinic, Crisis Line, Crisis Resource Centers, Community Access to Recovery Services, Comprehensive Community Services and Psychiatric Services Admission Center.

## **Milwaukee County Behavioral Health Community Access to Recovery Services (CARS)**

9455 W. Watertown Plank Rd., Milwaukee, WI 53226

(414) 257-8095

[www.county.milwaukee.gov/BHD-CARS.htm](http://www.county.milwaukee.gov/BHD-CARS.htm)

Provides a full array of supportive, recovery-oriented services for persons with severe and persistent mental illness and/or issues with alcohol or other drug abuse. CARS serves Milwaukee County residents through its Mental Health Services and Wiser Choice programs, which work together to ensure that individuals receive high quality services for mental health and/or AODA needs.

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Call for guidance on eligibility and accessing mental health services for yourself or someone else. Qualified mental health professionals may refer eligible individuals by completing a form which can be found on the website. Individuals who are uninsured may access outpatient mental health treatment through the Access Clinic. (See listing for Access Clinic.)

## **Milwaukee County Behavioral Health Comprehensive Community Services**

9455 W. Watertown Plank Rd., Milwaukee, WI 53226  
(414) 257- 6060  
[www.county.milwaukee.gov/CCS.htm](http://www.county.milwaukee.gov/CCS.htm)

A program of Community Access to Recovery Services (CARS). CCS is a voluntary Medicaid program, serving both adults and children, designed to help individuals coping with mental health, emotional disturbances and /or substance use disorders recover from their conditions and attain the lives they desire. Individuals who participate in CCS work with a care coordinator to design a recovery plan intended to build the skills needed to improve health, promote wellness and attain personal goals. CCS provides a coordinated, comprehensive, community-based array of services.

To learn more about CCS, the enrollment process and the services/providers available via the benefit please call (414) 257-6060. Agencies in this directory that are CCS providers are identified in their description.

## **Milwaukee County Behavioral Health Crisis Line**

(414) 257-7222  
[www.county.milwaukee.gov/BehavioralHealthDivi7762/CrisisServices.htm](http://www.county.milwaukee.gov/BehavioralHealthDivi7762/CrisisServices.htm)

Available 24 hours a day, 7 days a week to provide immediate psychiatric crisis intervention services. Services available include screening and assessment, crisis counseling and intervention, emergency service coordination and referral information.

## **Milwaukee County Behavioral Health Psychiatric Crisis Admissions Center**

9455 Watertown Plank Rd., Milwaukee, WI 53226  
(414) 257-7260  
[www.county.milwaukee.gov/BehavioralHealthDivi7762.htm](http://www.county.milwaukee.gov/BehavioralHealthDivi7762.htm)

Provides 24 hour a day, 7 days a week psychiatric emergency services including assessment, crisis

intervention and medication as well as the capacity for observation for up to 48 hours as needed.

## **Milwaukee Health Services**

8200 W. Silver Spring Dr., Milwaukee, WI 53218  
2555 N. Dr. Martin Luther King Jr. Dr., Milwaukee, WI  
(414) 760-3900  
[www.mhsi.org/services\\_behavior\\_health.html](http://www.mhsi.org/services_behavior_health.html)

Services include individual, child, family, couples and group therapy, neuropsychological and personality testing and medication management. Sliding-fee scale program for clients with no insurance.

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

3200 S. 3<sup>rd</sup> St., Unit 6, Milwaukee WI 53207  
(414) 344-0447  
[www.namigrm.org](http://www.namigrm.org)

A community-based, support, education and advocacy organization dedicated to improving the lives of those with mental illness, their families and those touched by mental illness. Offers information and referral to appropriate resources; support groups for people with a mental illness, families and loved ones of someone with a mental illness; systems advocacy for individuals and families coping with mental illnesses; and an array of mental health education and trainings.

## **Our Space**

1527 W. National Ave., Milwaukee, WI 53204  
(414) 383-8921  
[www.ourspaceinc.org](http://www.ourspaceinc.org)

A daytime facility for adults who have experienced mental illness based on a membership and peer support concept that enhances connectivity, self-determination and reintegration. Programs offered include occupational therapy, pre-vocational, educational, recreational and psycho-socialization services. CCS provider.

## **Outreach Community Health Centers**

210 W. Capitol Dr., Milwaukee, WI 53212  
(414) 727-6320  
[www.orchc-milw.org](http://www.orchc-milw.org)

Provides psychiatric, psychotherapy and substance abuse services on a traditional outpatient basis. Services include individual and group therapy as well as medication management. Serves patients of all ages and income levels. Also serves pregnant women. CCS provider.



# Mental Health & Substance Abuse

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## **Pathfinders**

4200 N. Holton St., Milwaukee, WI 53212  
(414) 964-2565

Emergency Youth Shelter  
1614 E. Kane Pl., Milwaukee, WI 53202  
(414) 271-1560  
[www.pathfindersmke.org](http://www.pathfindersmke.org)

Pathfinders' services are designed to protect youth and young adults, strengthen individuals and families, and improve the emotional and mental health of people at risk in our community. Services are offered at little or no cost and include an emergency youth shelter, drop-in center, street outreach and counseling for sexual abuse survivors.

## **Penfield Children's Center Behavior Clinic**

833 N. 26<sup>th</sup> St., Milwaukee, WI 53233  
(414) 345-6351  
[www.penfieldchildren.org](http://www.penfieldchildren.org)

Provides treatment services to children 5 years of age and younger who have significant behavior and emotional issues. Offers family-centered, in-home treatment sessions that address issues very early in a child's development to help prevent serious mental health issues from developing in the future.

## **Professional Services Group**

1126 S. 70th St., West Allis, WI 53214  
(414) 727-2789  
[www.psgcip.com](http://www.psgcip.com)

Provides outpatient and in-home mental health counseling services including mental and behavioral health therapies, addiction services, groups and psychological and psychiatric services. CCS provider.

## **Progressive Community Health Centers Integrated Behavioral Health**

3522 W. Lisbon Ave., Milwaukee, WI 53208  
1452 N. 7th St., 2nd floor, Milwaukee, WI 53205  
1218 W. Kilbourn Ave., Milwaukee, WI 53233  
(414) 935-8000  
[www.progressivechc.org](http://www.progressivechc.org)

Behavioral health consultants work with primary care providers to help manage emotional or behavioral issues such as anger, anxiety, depression, grief or stress.

## **Red Oak Counseling**

12970 W. Bluemound Rd., Elm Grove, WI 53122  
(262) 780-1020  
[www.redoakcounseling.com](http://www.redoakcounseling.com)

Mental health and substance abuse clinic for adults, children and adolescents specializing in addictions, eating disorders, relationships, family dynamics, trauma, grief and work-related topics. Extensive experience working with veterans and military families. Also services pregnant women.



## **Rogers Memorial Hospital**

34700 Valley Rd., Oconomowoc, WI 53066  
(800) 767-4411

11101 W. Lincoln Ave., West Allis, WI 53227  
(414) 327-3000

4600 W. Schroeder Dr., Brown Deer, WI 53223  
(414) 355-9000  
[rogershospital.org](http://rogershospital.org)

Rogers is a nationally recognized leader in evidence-based mental health and addiction treatment, with eight specialized residential treatment programs that are the centerpiece of our comprehensive services for children, teens and adults with OCD, anxiety disorders, eating disorders, depression, mood disorders, PTSD and addiction. Additional levels of care include intensive outpatient treatment, partial hospitalization and inpatient treatment.

## **SDC Youth and Family Development Program Counseling & Wellness Clinic**

1730 W. North Ave., Milwaukee, WI 53205  
(414) 906-2790  
[www.cr-sdc.org](http://www.cr-sdc.org)

Outpatient treatment program for substance abuse and mental health needs for youth between the ages of 8-19. Individual, group and family counseling, case management, referrals, consultations and case coordination advocacy.

# Mental Health & Substance Abuse

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## **Sebastian Family Psychology Practice**

1720 W. Florist Ave., Glendale, WI 53209  
(414) 247-0801  
[www.sebastianfpp.com](http://www.sebastianfpp.com)

Provides a variety of behavioral health care services including mental health assessments, psychiatric care and medication management, psychological testing, mental health counseling, Alcohol and Other Drug Abuse (AODA) counseling, refugee mental health and supportive services and case aides/parenting support. Clinic staffed by a team that is ethnically, culturally and linguistically diverse. CCS provider.

## **Shorehaven Behavioral Health**

3900 W. Brown Deer Rd., Milwaukee, WI 53209  
  
4370 S. 76th St Ave., Greenfield, WI 53228  
(414) 540-2170  
[www.shorehavenbhi.com](http://www.shorehavenbhi.com)

Offers a full spectrum of services including outpatient mental health/substance abuse counseling, substance abuse intensive outpatient treatment, groups, individual and family therapy. Adult and child/adolescent psychiatrists providing evaluations and medication management.

## **Sixteenth Street Community Health Center**

1032 S. Cesar Chavez Dr., Milwaukee, WI 53204  
  
2906 S. 20th St., Milwaukee, WI 53215  
(414) 672-1353  
[www.sshc.org](http://www.sshc.org)

Outpatient psychiatry/mental health services for all ages, provided by bilingual (Spanish-speaking) counselors, psychologists and psychiatrists. Also services pregnant women.

## **The Bridge Health Clinic & Research Center**

600 W. Walnut St., Milwaukee, WI 53212  
(414) 831-4500  
[www.thebridgehealthclinics.com](http://www.thebridgehealthclinics.com)

Offers services for persons who are adversely affected by addiction, mental illness, disability, other psychological health factors, physical illness and/or socio-economic factors. Provides services for children, adolescents, adults and families.

## **UWM Psychology Clinic**

Pearse Hall, 2513 E. Hartford Avenue  
Milwaukee, WI 53211  
(414) 229-5521  
[www.uwm.edu/psychology/clinic](http://www.uwm.edu/psychology/clinic)

The clinic is a training facility for psychology graduate students who are supervised by faculty members. Individuals who are appropriate to the training level and needs of student therapists are accepted as clients. Open to the community. Offers a low-fee, sliding scale. Specific areas include traumatic stress and anxiety disorders, depression treatment, psychoeducational evaluation for children, child neuropsychology, adult psychological assessment couples therapy and broad-based cognitive-behavioral psychotherapy.

## **Warmline**

(414) 777-4729 (Business Office)  
(414) 777-4729 (Warmline)  
[www.warmline-milwaukee.webs.com](http://www.warmline-milwaukee.webs.com)

A safe, confidential, non-crisis, supportive line for individuals dealing with mental health or substance abuse challenges. Staffed by trained peer counselors who have lived experience with mental illness or substance abuse. Available Sunday, Monday, Wednesday, Friday and Saturday from 6 pm to 10 pm.

## **Wisconsin School of Professional Psychology - Psychology Clinic**

9120 W. Hampton Ave., #80, Milwaukee, WI 53225  
(414) 466-9777  
[www.wspp.edu/psychology-clinic/psychology-clinic](http://www.wspp.edu/psychology-clinic/psychology-clinic)

The WSPP Psychology Training Center offers a full range of psychological services to adults, children, families and couples on a sliding-fee basis. All services in the WSPP Psychology Training Center are provided by WSPP graduate students working on their doctoral degrees in clinical psychology and are supervised by licensed psychologists who are faculty members of the school. Common reasons for referral can include depression, anxiety, relationship difficulties, parenting issues, child behavior problems, among others.

For additional information and resources:

**[www.mhawisconsin.org](http://www.mhawisconsin.org)**

## **Aging Resource Center**

1220 W. Vliet St., Suite 300, Milwaukee, WI 53205  
(414) 289-6874  
[www.county.milwaukee.gov/aging/resourcecenter](http://www.county.milwaukee.gov/aging/resourcecenter)

Provides a single point of access to information, services and programs to help people 60 years of age or older remain active and independent in their community. Provides information and makes referrals for services such as options counseling for long-term support, caregiver respite, transportation, home delivered meals, senior dining sites, senior centers and other community based services. A comprehensive online resource database is available through the website.

Also serves as the contact for elder abuse reporting and crisis intervention. Staff investigates allegations of physical abuse, financial exploitation, neglect, self-neglect and emotional abuse of adults age 60 and over residing in Milwaukee County. After hours, on weekends and holidays, calls are routed to IMPACT 2-1-1.



## **Alzheimer's Association**

620 S. 76th St., Suite 160, Milwaukee, WI 53214  
(414) 479-8800 or (800) 272-3900 (24-hour Helpline)  
[www.alz.org/sewi](http://www.alz.org/sewi)

Provides emotional support and information about Alzheimer's disease and related disorders, services offered by the Association and services offered by other community resources. Common topics include concerns regarding memory loss; assessment, diagnosis and treatment; coping with changes and planning for future care needs; respite options; facility placement; and end-of-life care. Provides care consultation when individuals with dementia or their family members need more assistance accessing and using resources, navigating the healthcare systems, or need assistance with a more complex issues. Also offers support groups for families and care partners as well as early stage support groups for

individuals who have been diagnosed with early stage Alzheimer's or another form of dementia.

## **Interfaith Older Adult Programs**

600 W. Virginia St., Suite 300, Milwaukee, WI 53204  
(414) 291-7500  
(414) 220-8600 (Family Caregiver Support Network)  
[www.interfaithmilw.org](http://www.interfaithmilw.org)

Interfaith provides programs and services to help seniors remain living safely in their own home and stay engaged in their community and also provides support services for caregivers of older adults. Offers numerous services for older adults including transportation, friendly home visits, telephone safety checks, senior dining sites, job readiness training, affordable fee-based personal services and activities and dining programs at senior centers. Many of these are offered through neighborhood outreach in multiple locations across the city.

Interfaith's Family Caregiver Support Network is a free resource center that helps family and friends with caregiving by providing options to help deal with current and future needs including living options; breaks from caregiving; information and referral for medical, legal, financial and community support; and caregiver support groups.

## **Medicare**

1(800) MEDICARE (1-800-633-4227)  
[www.medicare.gov](http://www.medicare.gov)

Federal health insurance program for people age 65 and older, people under 65 with certain disabilities and people with End-Stage Renal Disease. For questions about Medicare Part D or Medicare drug plans, contact the Prescription Drug Helpline at (866) 456-8211. 1(800) MEDICARE is available 24 hours/day, 7 days/week.

## **Medigap Helpline**

(800) 242-1060  
[www.dhs.wisconsin.gov/aging/medigap.htm](http://www.dhs.wisconsin.gov/aging/medigap.htm)

Counselors at the Medigap Helpline can help you evaluate Medicare supplemental insurance and clarify many other related issues. Operated by the Wisconsin Board on Aging and Long Term Care and has no connection with any insurance company.

## **My Choice Family Care**

901 N. 9th St., Room 307C, Milwaukee, WI 53233  
(414) 287-7600  
[www.mychoicfamilycare.com](http://www.mychoicfamilycare.com)

# Older Adults

Provides managed long-term care services to frail elders (age 60 and older) and people age 18–59 with physical, intellectual and/or developmental disabilities. Provides support in caring for their health and doing activities of daily living so they can be as independent as possible. Family Care members must qualify financially and functionally for the program. To find out if you may be eligible contact the Disability Resource Center (age 18–59) at (414) 289-6660 or the Aging Resource Center (age 60 and over) at (414) 289-6874.

## Prescription Drug (Part D) Helpline

1 (855) 67 Part D (1-855-677-2783)

Helpline counselors are available to provide information and assistance to Wisconsin Medicare beneficiaries of all ages and their families regarding the various Medicare prescription drug programs, including costs, eligibility and benefit coverage. Helpline counselors can assess eligibility for low income assistance, Senior Care and other prescription drug options. In addition, the Helpline will provide information and assistance with Medicare prescription drug complaints, grievances, appeals and enrollment problems. Managed by the Board on Aging and Long Term Care.

## SeniorCare

(800) 657-2038

[www.dhs.wisconsin.gov/seniorcare/index.htm](http://www.dhs.wisconsin.gov/seniorcare/index.htm)

A prescription drug assistance program for Wisconsin residents who are 65 years of age or older and meet enrollment requirements. SeniorCare is designed to help seniors with their prescription drug costs. Annual income determines level of coverage and how much SeniorCare will cover. To apply, you can request an application from the SeniorCare Customer Service hotline or visit [www.dhs.wisconsin.gov/seniorcare](http://www.dhs.wisconsin.gov/seniorcare) to print an application. There is a \$30 enrollment and annual fee. To find assistance filling out your application, contact the Aging Resource Center at (414) 289-6874.

## SeniorLAW

230 W. Wells St., Room 800, Milwaukee, WI 53203  
(414) 278-1222

[www.legalaction.org](http://www.legalaction.org)

SeniorLAW provides free legal information and assistance to Milwaukee County residents who are 60 and older. Most often, SeniorLAW handles these types of legal problems: Medical Assistance, Medicare, Long Term Care, Social Security, SSI, subsidized housing, Homestead Credits, elder (financial, physical, emotional, or neglect)

abuse, and consumer law problems. There are several outreach centers throughout the city.

## Social Security Administration

310 W. Wisconsin Ave., Milwaukee, WI 53203  
(800) 772-1213

[www.socialsecurity.gov](http://www.socialsecurity.gov)

Takes applications for retirement benefits, disability benefits, Medicare, survivors or family benefits.

## LIFE WITH A MENTAL ILLNESS

...is something  
that 1 in 5  
Americans deal  
with each year

...is misunderstood  
by a lot of people

...can feel a  
little bit different  
for each person

**LEARN**  
about it.

**ACT**  
B4Stage4.

**SHARE**  
with #mentalillnessfeelslike

[www.mhawisconsin.org](http://www.mhawisconsin.org)



MHA has worked with United Way and other community partners to help reduce infant mortality rates and increase healthy birth outcomes in the Greater Milwaukee area.

Visit our website for more information:

**[www.mhawisconsin.org/sfhh.aspx](http://www.mhawisconsin.org/sfhh.aspx)**

## **AMRI Counseling Services**

4001 W. Capitol Dr., Milwaukee, WI 53216

(414) 455-3879

[www.amricounseling.weebly.com](http://www.amricounseling.weebly.com)

Provides psychotherapy for mental illnesses and/or substance abuse disorders. Psychiatry and medication-assisted treatment are also available for pregnant mothers currently using substances. Accepts all Medicaid HMOs but not straight T-19.

## **Catholic Charities' Pregnancy Support Coordination**

1919 N. 60th St, Milwaukee, WI 53208

(414) 771-2881

[www.ccmke.org](http://www.ccmke.org)

Provides free services to pregnant women including home visitation, Prenatal Care Coordination, support groups and support for post-partum depression. Also provides adoption information and parenting resources.

## **Froedtert Specialty Clinics**

9200 W. Wisconsin Ave., Milwaukee, WI 53226

(414) 805-6644

[www.obgyn.mcw.edu/services](http://www.obgyn.mcw.edu/services)

Dr. Christina Wichman provides psychiatry services to women who are currently pregnant and up to 6 months following delivery.

## **Maternal Addiction Recovery Center (MARC)**

1020 N. 12th St., Suite 102, Milwaukee, WI 53233

(414) 219-4100

Program for pregnant women addicted to opiates. Provides addiction treatment, ultrasounds, and OB care on the same day at same location. Patients are required to participate in the program two days a week, on Tuesdays and Thursdays. Women remain in the program up to six weeks postpartum. Can take referrals from organizations outside of the Aurora system. Program supports improved birth outcomes and short stays in the NICU for the infants.

## **Meta House**

2625 N. Weil St., Milwaukee, WI 53212

(414) 962-1200

[www.methouse.org](http://www.methouse.org)

Provides residential and outpatient treatment for pregnant women who are using/abusing substances. Program offerings include: alcohol and drug treatment, trauma resolution, educational/job skills, anger management, parenting skills, basic living skills and relapse prevention. Assistance with food, clothing, housing, transportation, child care, medical care and legal issues is also provided.

## **Milwaukee Comprehensive Treatment Centers**

10th Street Clinic

4800 S. 10th St., Milwaukee WI 53221

(414) 744-5370

River Shore Clinic

3707 N. Richards St., Milwaukee, WI 53212

(877) 896-0278

[www.milwaukeeectc.com](http://www.milwaukeeectc.com)

Provides medication assisted treatment to those who are struggling with opioid addiction, including pregnant women. Provides complete, well-rounded care that includes a blend of both therapy and medication to help achieve a successful recovery. All insurance carriers accepted



## **Mom's Mental Health Initiative**

[www.momsmentalhealthmke.org](http://www.momsmentalhealthmke.org)

Provides resources to moms with perinatal mood and anxiety disorders in the Greater Milwaukee area. The Circle of Hope support group is a private, online support group for women who are pregnant through one year of birth and are local to the Milwaukee Area.

# Pregnancy

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## **Outreach Community Health Centers**

210 W. Capitol Dr., Milwaukee, WI 53212  
(414) 906-5306  
[www.ochc-milw.org](http://www.ochc-milw.org)

OCHC Prenatal Care Coordination & Child Care Coordination programs assist expectant and new mothers gain access to health care, social services, educational and employment opportunities and prenatal resources. PNCC and CCC targets women who are at high risk for adverse pregnancy outcomes. The goal of the program is to improve birth outcomes by providing mothers with the supportive services needed.

## **Sixteenth Street Community Health Center – Pregnancy Services**

1032 S. Cesar E. Chavez Dr., Milwaukee, WI 53204  
2906 S. 20th St., Milwaukee, WI 53215  
(414) 672-1353  
[www.sshc.org](http://www.sshc.org)

Offers a variety of services for pregnant women and their families during pregnancy, birth, and after. Services include midwifery and primary care, Centering Pregnancy, Prenatal Care Coordination, Child Care Coordination, and prenatal exercise classes. Bilingual services are available. Accepts all insurances and those without insurance.

## **The Parenting Network**

7516 W. Burleigh St., Milwaukee, WI 53210  
(414) 671-5575  
(414) 671-0566 (Parent Helpline)  
[www.theparentingnetwork.org](http://www.theparentingnetwork.org)

Provides confidential phone counseling, information, resources and referrals for anyone in a parenting role concerning any issue that impacts the well-being of a child. 2-1-1@ IMPACT responds after hours. Also offers a wide variety of weekly parenting programs including support groups and education for pregnant women at locations throughout Milwaukee County.

## **Red Oak Counseling**

12970 W. Bluemound Rd., Brookfield, WI 53005  
(262) 780-1020  
[www.redoakcounseling.com](http://www.redoakcounseling.com)

Red Oak Counseling has therapists that specialize in prenatal & postpartum depression, co-parenting and life transitions.

## **United Community Center**

1111 S. 6th St., Milwaukee, WI 53204  
(414) 643-8530  
[www.unitedcc.org](http://www.unitedcc.org)

Offers three levels of treatment for substance abuse including residential treatment, day treatment and outpatient treatment for pregnant women and women with infants. All levels of service feature individual, group and family counseling, mental health services for dually diagnosed clients and an array of other supportive services. Bilingual services are available.



## **Wheaton Franciscan St. Joseph Campus-Women's Outpatient Center**

5000 W. Chambers St., Milwaukee, WI 53210  
(414) 447-2275

Services include prenatal care and education, high-risk pregnancy services, postpartum care, prenatal care coordination, Centering Pregnancy, and assists in connecting women to additional health care and social services.

# Spanish-speaking Resources

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MHA would like to thank the Milwaukee Latino Health Coalition (MLHC) Mental Health Action Team for partnering on this section of the guide. The agencies listed offer some or all of their services in Spanish.

The Milwaukee Latino Health Coalition is a collaboration of individuals and organizations dedicated to promoting health and wellness, reducing health disparities, eliminating stigma, and striving for social justice through education, advocacy, research, and sharing of resources. Their vision is a Latino community with access to equitable and culturally appropriate healthcare services and resources which foster health and well-being.

The MLHC was founded in 2007 with the intent of increasing collaboration between organizations and community members to improve Latino health, using a holistic approach. For more information, please visit their website at [www.mlhc.org](http://www.mlhc.org).

## 24-hour CRISIS LINES:

### Milwaukee County Behavioral Health Crisis Line

(Linea del Condado de Crisis de Salud Mental/Suicidio)  
(414) 257-7222

### National Hopeline Network

(800) 784-2432 (Español Press 2)  
[www.hopeline.com](http://www.hopeline.com)

### UMOS Latina Resource Center

(414) 389-6510  
[www.umos.org](http://www.umos.org)

### National Suicide Prevention Lifeline

(888) 628-9454 (Español)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

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## INTERNET RESOURCES:

**Bienestarmilwaukee.org:** Online listing of bilingual community resources in Milwaukee County

**MiVoz.com:** A bilingual event listing website for anyone interested in exploring Milwaukee-area events related to the Latino community and culture.

**MLHC.org:** The Milwaukee Latino Health Coalition website.

### Aging Resource Center

1220 W. Vliet St., Suite 300, Milwaukee, WI 53205  
(414) 289-6874  
[www.milwaukee.gov/county/aging](http://www.milwaukee.gov/county/aging)

Provides a single point of access to information, services and programs that can help people 60 years of age or older remain active and independent. For additional descriptions, see Index.

### Al-Anon/Alateen Family Groups

(para las familias)

Main Office - 6737 W. Washington St., Suite 2125  
West Allis, WI 53214  
(414) 881-1662 or (414) 571-0135  
[www.alanon-wi.org](http://www.alanon-wi.org) or [www.area61afg.org](http://www.area61afg.org)

Families and friends of alcoholics sharing experience, strength and hope with each other at meetings. To find a Spanish-speaking meeting, call or visit the website.

### Alcoholics Anonymous

Administrative Office  
7429 W. Greenfield Ave., West Allis, WI 53214  
(414) 771-9119  
[www.aamilwaukee.com](http://www.aamilwaukee.com)

A 12-Step program designed to help an individual quit drinking alcohol. For a complete description, see Index. To find a Spanish-speaking meeting, call or visit the website.

### Alianza Latina

(familias de niños con necesidades especiales)  
1615 S. 22nd St., Suite 109, Milwaukee, WI 53204  
(414) 643-0022  
[www.alianzalatinaawi.org](http://www.alianzalatinaawi.org)

Promotes the development of children and young adults with special needs via resources, education, training, advocacy and referral for individuals, families, caregivers and the community.

### Aurora Family Service

3200 W. Highland Blvd., Milwaukee, WI 53208  
(414) 345-4941  
[www.aurorahealthcare.org](http://www.aurorahealthcare.org)

Outpatient mental health services for children and families. Staff is bilingual, bicultural, and competent to serve culturally diverse families. Bilingual intake is available in the afternoons. For additional descriptions, see Index.

# Spanish-speaking Resources

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## **Boys & Girls Club**

Allen-Field Elementary School  
730 W. Lapham Blvd., Milwaukee, WI 53204  
(414) 902-9230

Rogers School  
2404 W. Rogers St, Milwaukee, WI 53204  
(414) 383-2650  
[www.boysgirlsclubs.org](http://www.boysgirlsclubs.org)

Provides programs for young people in the areas of character and leadership, the arts, education and career, health and life skills, sports and fitness, and outdoor and environment.

## **Casa Romero Renewal Center**

423 W. Bruce St., Milwaukee, WI 53204  
(414) 224-7564  
[www.casaromero.org](http://www.casaromero.org)

A non-profit urban retreat center targeting the culturally diverse population of Milwaukee's central city, with special focus on the needs of first and second generation Latino families. Offers a series of inter-generational programs for families which include cultural traditions and celebrations.

## **Centro Legal**

(familiares y delitos menores)  
130 W. Bruce St., #300, Milwaukee, WI 53204  
(414) 384-2673  
[www.centrolegalwisconsin.org](http://www.centrolegalwisconsin.org)

Provides full legal services in the areas of family law and misdemeanor criminal defense for low-income, working individuals within the Milwaukee County Court system. Visit website for qualifying incomes and fee structure.

## **Community Advocates**

728 N. James Lovell St., Milwaukee, WI 53233  
(414) 449-4777  
[www.communityadvocates.net](http://www.communityadvocates.net)

Provides information, resources, assistance and advocacy in the areas of health care, housing and homelessness, utility services, case management and Social Security benefits. For additional descriptions, see Index.

## **CORE-EI Centro**

(tratamiento alternativo)  
130 W. Bruce St., #300, Milwaukee, WI 53204  
(414) 384-2673  
[www.core-elcentro.org](http://www.core-elcentro.org)

Offers individuals of all income levels access to natural healing therapies. Programs serve a variety of populations including women, men, children, survivors of trauma, those with chronic health issues and survivors of cancer. Also, Proyecto Salud trains Spanish-speaking community leaders as Health Promoters to provide ongoing support groups, advocacy and individualized coaching around health and well-being. Classes include Qigong, Nia, Yoga, Capoeira, Latin Dance, Zumba and Children's Ballet.

## **Council for the Spanish Speaking**

614 W. National Ave., Milwaukee, WI 53207  
(414) 384-3700  
[www.spanishcenter-milw.org](http://www.spanishcenter-milw.org)

Offers programs in education, housing and human services for families, children, youth and the aging; promotes cultural, racial and linguistic understanding; and community planning and development supportive of social and economic equity. Educational programs include the Guadalupe Head Start program, Centro Hispano High School, Adult Education, and Workforce Solutions. Social Service programs provide assistance with immigration, legal translations, W-7 applications, and family support. Housing for the elderly helps to provide quality affordable housing to seniors and people with disabilities.

## **Crisis Resource Center (CRC)**

2057 S. 14th St., Milwaukee, WI 53204  
(414) 643-8778  
[www.tlservices.org](http://www.tlservices.org)

A place that individuals who may be experiencing a psychiatric crisis can voluntarily access crisis intervention. Open 24 hours, 7 days a week. A referral call from a doctor, nurse, social worker or intake worker must be made to the CRC. Operated by TLS Behavioral Health. For additional descriptions, see Index.

## **Disability Rights Wisconsin (DRW)**

(personas con discapacidades)  
6737 W. Washington St., Milwaukee, WI 53214  
(414) 773-4646  
[www.disabilityrightswi.org](http://www.disabilityrightswi.org)

Focus areas include abuse and neglect; deinstitutionalization; access to services in the community; employment and housing discrimination due to disability; services for Social Security beneficiaries who wish to return to work; special education; barriers to accessibility; and assistive technology. For additional descriptions, see Index.



# Spanish-speaking Resources

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## **HOPELINE Text Line**

(Texto de Esperanza)

Textea "APOYO" A 839863

A free emotional support text line that offers emotional support and resources before situations rise to a crisis level. Trained specialists receive the texts and respond. Texts received reflect struggles with breakups, job loss, bullying, LGBTQ issues, parental issues, school, friends, relationship issues or any struggle a person is experiencing.

## **IMPACT 2-1-1 and IMPACT Alcohol & Drug Abuse Services**

(Línea de Información sobre la comunidad)

6737 W. Washington St., Suite 2225

Milwaukee, WI 53214

(414) 256-4808 (AODA)

2-1-1 or (414) 773-0211

[www.impactinc.org](http://www.impactinc.org)

Free and confidential service assists individuals and families who have questions about their own alcohol or drug use or the use of another person.

IMPACT 2-1-1 is a 24-hour central point of access of information and referral for family, health, and social services including emergency food, health care, emergency shelter, and more. For additional descriptions, see Index.



## **Journey House**

1900 W. Washington St., Milwaukee, WI 53204

(414) 389-5080

[www.journeyhouse.org](http://www.journeyhouse.org)

Provides programs and services in the areas of adult education, youth athletics, youth leadership and three Community Learning Centers (CLC).

## **La Causa Crisis Nursery**

(guardería, grupos, talleres)

522 W. Walker St., Milwaukee, WI 53204

(414) 902-1620

[www.lacausa.org](http://www.lacausa.org)

Provides shelter for children ages newborn to 12 years in times of family emergency, crisis, or when a highly-stressed parent needs respite care, a "time out" to prevent the possibility of child abuse and/or neglect. Bilingual staff provides a safe, nurturing environment for the children until the family situation is stabilized. Crisis management, support, information and referrals are provided to the parents. Open 24 hours-a-day.

## **Legal Action**

230 W. Wells St., #800, Milwaukee, WI 53203

(414) 278-7722

Website: [www.legalaction.org](http://www.legalaction.org)

Staff and volunteer attorneys provide advice and legal representation in the following areas: Public Benefits/Health Law; Family Law; Housing; Education; Legal Intervention for Employment (LIFE); SeniorLAW; and the Migrant Project. Does not take personal injury, worker's compensation, criminal law or discrimination cases. For additional description, see Index.

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

3200 S. 3<sup>rd</sup> St., Unit 6, Milwaukee, WI 53207

(414) 344-0447

[www.namigm.org](http://www.namigm.org)

Provides Spanish speaking information and appropriate resources and referrals, as well as Spanish speaking support for families and loved ones affected by mental illness. For additional descriptions, see Index.

## **Planned Parenthood of Wisconsin**

627 W. Historic Mitchell St., Milwaukee, WI 53204

(414) 645-8383

[www.ppwi.org](http://www.ppwi.org)

Health care services include annual health exams, all methods of birth control, cancer screening, pregnancy testing and counseling, and sexually transmitted infection testing.

# Spanish-speaking Resources

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## **Sixteenth Street Community Health Center**

(VIH/SIDA citas médicas)

1032 S. Cesar Chavez Dr., Milwaukee, WI 53204

2906 S. 20th St., Milwaukee, WI 53215

Adult/Pediatric Medicine and Behavioral Health:

(414) 672-1353

Social Services: (414) 385-6274

WIC Nutrition Program:

1337 S. Cesar E. Chavez Dr., Milwaukee, WI 53204

(414) 643-7554

[www.sschc.org](http://www.sschc.org)

Provides health care, health education and social services. Primary care clinic including family health care, women's health, social services and specialty care.

## **Sojourner Family Peace Center**

(abuso, violencia doméstica)

619 W. Walnut St., Milwaukee, WI 53212

(414) 276-1911

(414) 933-2722 (24-hour Hotline)

[www.familypeacecenter.org](http://www.familypeacecenter.org)

Provides full range of services for all adult victims of abuse, children who have been abused or have witnessed domestic violence and perpetrators of violence. For additional descriptions, see Index.

## **UMOS**

2701 S. Chase Ave., Milwaukee, WI 53207

(414) 389-6000

[www.umos.org](http://www.umos.org)

An advocacy organization providing programs and services which improve the employment, educational, health and housing opportunities of under-served populations. Programs and services are divided into four main categories: workforce development, child development, education and social services.

## **UMOS Latina Resource Center**

802 W. Mitchell St., Milwaukee, WI 53204

(414) 389-6510 (24-hour Spanish speaking crisis line)

[www.umos.org](http://www.umos.org)

Provides culturally and linguistically specific comprehensive advocacy services to Spanish speaking victims of domestic violence, sexual assault and dating violence.

## **United Community Center**

1111 S. 6th St., Milwaukee, WI 53204

(414) 384-3100

[www.unitedcc.org](http://www.unitedcc.org)

Bilingual and culturally competent programs for Hispanics and other minorities with Alcohol and Other Drug Abuse (AODA) and mental health problems. Also offers a Senior Center, Adult Day Center, educational programs and services, and family fitness and health programs. For additional descriptions, see Index.

## **Voces de la Frontera**

(inmigración y trabajo)

1027 S. 5<sup>th</sup> St., Milwaukee, WI 53204

(414) 643-1620

[www.vdlf.org](http://www.vdlf.org)

Educates workers about their employment rights and organizes to protect and improve the quality of life for low-wage and immigrant workers. Promotes grass roots leadership and community and workplace organizing.

## **Walker's Point Community Clinic**

130 W. Bruce St., #200, Milwaukee, WI 53204

(414) 384-1400

[www.aurorahealthcare.org](http://www.aurorahealthcare.org)

Health clinic for the Spanish-speaking.

## **Wisconsin FACETS**

600 W. Virginia St., Suite 501, Milwaukee, WI 53204

(414) 374-4645

[www.wifacets.org](http://www.wifacets.org)

Wisconsin Family Assistance Center for Education, Training & Support provides 5 core services to help parents and others support and enrich the lives of children with disabilities: Help Desk, Support Groups, Parent Leadership, Individual Assistance and Youth Leadership Development. For additional description, see Index.



# Recursos Bilingües (en colaboración con Milwaukee Latino Health Coalition)

## **Recursos en Caso de Crisis**

Línea del Condado de Crisis de Salud Mental/Suicidio  
..... (414) 257-7222  
Centro de Crisis Psiquiátrica..... (414) 257-7260  
Red Nacional de Suicidio..... (888) 628-9454  
Línea de Ayuda para Salud Mental..... (800) 784-2432  
Sojourner Family Peace Center (abuso). (414) 933-2722  
La Causa Crisis Nursery (guardería)..... (414) 647-5990  
Evaluación de crisis de jóvenes..... (414) 257-7621  
Línea de Información sobre la comunidad  
..... 2-1-1 o (414) 773-0211

## **Información acerca de Recursos Comunitarios**

Línea de Información sobre la comunidad  
..... 2-1-1 o (414) 773-0211

## **Servicios de Consejería**

Aurora Family Services..... (414) 345-4941  
Sixteenth St. Community Health Center.(414) 672-1353

## **Abuso**

Healing Center (especialidad abuso sexual)  
..... (414) 671-4325  
Golpeadores Anonímicos..... (414) 643-4799  
Ordenes de Restricción - información... (414) 278-5079  
Sojourner Family Peace Center (violencia  
doméstica..... (414) 276-1911  
UMOS-Latina Resource Center..... (414) 389-6510

## **Abuso de Jóvenes/Niños**

Milwaukee Safety Svcs. (reportar abuso)(414) 220-7233  
Sojourner Family Peace Center..... (414) 276-1911  
Community Advocates (x 9)..... (414) 449-4777

## **Apoyo para la Adicción de Alcohol y Drogas**

Alcohólicos Anónimos..... (414) 771-9119  
AL-ANON (para las familias)..... (414) 257-2415  
IMPACT-evaluación, referencias  
..... 2-1-1 o (414) 773-0211  
United Community Center..... (414) 643-8530

## **Apoyo Legal/Abogacía**

Catholic Charities (solo inmigración)... (414) 643-8570  
Centro Legal (familiares y delitos menores)  
..... (414) 384-7900  
Community Advocates (x 9)..... (414) 449-4777  
El Centro Hispano/Council for the Spanish  
Speaking..... (414) 384-3700

Disability Rights Wisconsin (personas con  
discapacidades) ..... (414) 773-4646  
HASSR (abogacía en salud)..... (414) 286-8620  
Legal Action of Wisconsin..... (414) 278-7722  
Marquette University-consejos legales gratuitos, cada  
miércoles, 1615 S. 22nd St..... (414) 839-8882  
Voces de La Frontera (inmigración y  
trabajo)..... (414) 643-1620

## **Personas de Mayor Edad**

El Centro Hispano/Council for the Spanish  
Speaking..... (414) 384-3700  
UCC Centro Geriátrico (x 2855)..... (414) 384-3100

## **Servicios de Salud**

CORE/El Centro (tratamiento alternativo)  
..... (414) 384-2673  
Marquette University Dental Clinic..... (414) 288-6790  
Planned Parenthood (planificación familiar,  
7 y Mitchell)..... (414) 645-8383  
Sixteenth St. Community Health Center  
(VIH/SIDA citas médicas)..... (414) 672-1353  
Southside Health Center..... (414) 286-8620  
St. Elizabeth Ann Seton Clínica Dental.. (414) 383-3220

## **Programas Comunitarios de Apoyo y Recreo**

Allianza Latina (familias de niños con  
necesidades especiales..... (414) 643-0022  
Boys and Girls Club (en la escuela Allen Field)  
..... (414) 902-9230  
Boys and Girls Club (en la calle Roger). (414) 383-2650  
CORE/El Centro (clases de movimiento, grupos de  
apoyo)..... (414) 384-2673  
La Causa Family Resource Center  
(grupos, talleres)..... (414) 647-5971  
Milwaukee Recreation Dept.  
(dpto de recreo)..... (414) 475-8180  
United Community Center (x 2810,  
ejercicio, movimiento, programas)..... (414) 384-3100  
United Community Center Boxing Club (414) 384-3100

## **Educación Clases de Inglés como segunda lengua y d GED**

El Centro Hispano/Council for the Spanish  
Speaking..... (414) 615-1350  
Journey House..... (414) 389-5080  
MATC..... (414) 297-8474  
UMOS (Chase Ave.)..... (414) 389-6260  
Hope House..... (414) 645-2122



Rev. 1/2017

# Support Groups

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For a more comprehensive listing of support groups, visit the MHA website under “Milwaukee Resources”

**[www.mhawisconsin.org](http://www.mhawisconsin.org)**

Always call ahead to confirm information.

## **Al-Anon & Alateen**

Administrative Office

6737 W. Washington St., West Allis, WI 53214

(414) 257-2415

[www.alanon-wi.org](http://www.alanon-wi.org)

Provides support through a Twelve Step program designed to help families of alcoholics recover from the effects of living with alcoholism. Multiple meeting locations and times throughout Milwaukee County.

## **Alcoholics Anonymous**

Administrative Office

7429 W. Greenfield Ave., West Allis, WI 53214

(414) 771-9119 (24-hours)

[www.aamilwaukee.com](http://www.aamilwaukee.com)

Offers help through a Twelve Step program designed to help an individual quit drinking alcohol, stay sober and help other alcoholics to achieve sobriety. AA consists of meetings with one alcoholic talking directly to another alcoholic. Meetings offered at many locations and times throughout Milwaukee County.

## **Depression Bipolar Support Alliance (DBSA)**

Meets at Independence First

540 S. 1st St., Milwaukee, WI 53204

[dbsagrm@aol.com](mailto:dbsagrm@aol.com)

[www.dbsa-grm.org](http://www.dbsa-grm.org)

A peer led support group to provide mutual support, hope, self-empowerment and promote wellness in the lives of people living with a mood disorder and their loved ones. Confidentiality is respected. Participants can choose to share his/her own issues. Each discussion group is led by a trained facilitator.

Other educational programs and social programs are often offered in addition to the group. Meetings are free and no pre-registration is necessary. Meets on the 2<sup>nd</sup> & 4<sup>th</sup> Monday of every month.

## **Dryhootch**

1030 E. Brady St., Milwaukee, WI 53202

(414) 455-8456

4801 W. National Ave., Milwaukee, WI 53214

(414) 988-9828

[www.dryhootch.org](http://www.dryhootch.org)

Provides peer-to-peer support for veterans and their families. Offers support groups for veterans suffering from PTSD, alcoholism or drug addictions as well as art, music and writing groups. Provides an inviting atmosphere where veterans, their families and friends can reconnect with other veterans. Peer support staff can also provide advice or resources on issues including mental health concerns and legal issues.

## **Horizon Grief Resource Center**

11400 W. Lake Park Dr., Milwaukee, WI 53224

(414) 586-8383

[www.horizonhch.com/grief-resources](http://www.horizonhch.com/grief-resources)

A walk-in center dedicated to grief, bereavement and healing. Serves as a safe haven for individuals and families who've suffered a significant loss – including the death of a loved one, a beloved pet, a job, or another life-changing circumstance. Provides a variety of support groups. Check website for a current support group schedule.

## **Kyle's Korner**

7106 W. North Ave., Wauwatosa, WI 53213

(414) 777-1585

[www.kyleskorner.org](http://www.kyleskorner.org)

Provides support, free of charge, for bereaved children, teens and their adult caregivers. Sessions with trained group facilitators give children, teens and adults the opportunity to express feelings and share concerns they may be unable to discuss anywhere else. Activities structured around play, music, books and art help children and teens express and process feelings. Visit website for a listing of groups. Pre-registration is required.

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

3200 S. 3<sup>rd</sup> St., Unit 6, Milwaukee, WI 53207

(414) 344-0447

[www.namigrm.org](http://www.namigrm.org)

Offers recovery support groups for people living with mental illness during which people learn from others experiences, share coping strategies and offer encouragement and understanding. NAMI also offers similar groups for family members and loved ones of



# Support Groups

someone with a mental illness. All groups are confidential. Call or visit the website for dates and location. NAMI also hosts monthly educational programs as well as a 12-week family program.

## **Survivors Helping Survivors**

(414) 276-3122

[www.mhawisconsin.org/survivors.aspx](http://www.mhawisconsin.org/survivors.aspx)

MHA's Survivors Helping Survivors support groups are open to those who have lost a loved one to suicide. Groups are free of charge and pre-registration is not required. The group provides support from others who have experienced this tragedy. Groups are offered at two locations and meet once per month. Groups are facilitated by a mental health professional and a trained peer facilitator. Please call or visit the website for dates, times and location.

## **Our Space**

1527 W. National Ave., Milwaukee, WI 53204

(414) 383-8921

[www.ourspaceinc.org](http://www.ourspaceinc.org)

A daytime facility for adults who have experienced mental illness based on a membership and peer support concept that enhances connectivity, self-determination and reintegration. Programs offered include occupational therapy, pre-vocational, educational, recreational and psycho-socialization services. CCS provider.

## **The Healing Center**

130 W. Bruce St., 4<sup>th</sup> Floor, Milwaukee, WI 53204

(414) 671-HEAL (4325)

[www.thehealingcenter.org](http://www.thehealingcenter.org)

Offers sexual abuse survivors opportunities for healing by providing support, advocacy and education. Services are confidential and provided at no cost. An intake session is required before participation in services. All groups and support sessions are facilitated by people who are experienced with the issue of sexual abuse. Groups are offered for both women and men. Also offers holistic healing therapies in collaboration with Core el Centro located in the same building.

## **The Parenting Network**

7516 W. Burleigh St., Milwaukee, WI 53210

(414) 671-5575 (Office)

(414) 671-0566 (Parent Helpline)

[www.theparentingnetwork.org](http://www.theparentingnetwork.org)

Offers a variety of parenting classes and groups at locations throughout Milwaukee County, some of which are free and some of which are offered for a nominal fee. Examples of groups/classes include Positive Parenting, Dad Matters, Welcome Baby, Parenting the Love & Logic Way, Strengthening Families and more.

# RECOVERY IS POSSIBLE

At all stages of mental illness, but  
the earlier you take action the  
easier it is to get better

**LEARN**

about it.

**ACT**

B4Stage4.

**SHARE**

with #mentalillnessfeelslike

**MHA**  
Mental Health America  
of Wisconsin

# Youth & Family

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## **Big Brothers Big Sisters**

788 N. Jefferson St., Suite 600, Milwaukee, WI 53202  
(414) 258-4778  
[www.bbbsmilwaukee.org](http://www.bbbsmilwaukee.org)

Helps children facing adversity discover their potential through professionally supported, one-to-one mentoring relationships. Community-based and school-based mentoring programs characterized by careful assessment and matching of volunteers with children and teens based on shared interests and preferences.

## **Boys & Girls Club**

Main Office, 1558 N. 6th St., Milwaukee, WI 53212  
Multiple locations  
(414) 267-8100  
[www.boysgirlsclubs.org](http://www.boysgirlsclubs.org)

Provides youth age 5-18 with safe places to learn and grow by offering on-going relationships with caring adult professionals, life-enhancing programs and character development experiences. The club seeks to empower and inspire young people to realize full potential and offers programs in: Character Leadership and Development; Education and Career Development; Health and Life Skills; Arts and Cultural Education; Sports, Fitness, and Recreation; Environment and Outdoor Education.

## **Division of Milwaukee Child Protective Services**

635 N. 26th St., Milwaukee, WI 53233  
(414) 343-5500  
(414) 220-SAFE (7233) (24 hours/day)  
[www.dcf.wisconsin.gov/bmcw](http://www.dcf.wisconsin.gov/bmcw)

Works with families to ensure the safety and well-being of children. With its many community partners, DMCPs provides services to families in crisis that help keep children safely in the home. When it is necessary, DMCPs looks to foster and adoptive families to provide appropriate temporary and permanent homes for children who cannot live with their parents. Takes referrals on cases of alleged child abuse/neglect from the public 24-hours a day (414) 220-SAFE.

## **Children's Hospital of Wisconsin Community Services**

620 S. 76th St., Suite 120, Milwaukee, WI 53214  
(414) 453-1400  
[www.chw.org](http://www.chw.org)

Houses programs and services including parent education programs, home visiting services, volunteer respite care,

child and family counseling, violence victim services, foster care and adoption services, family case management, child abuse prevention services and treatment foster care.

## **Family Intervention Support Services (FISS)**

9201 W. Watertown Plank Rd., Milwaukee, WI 53226  
(414) 257-4319

Voluntary program for families with children presenting problems such as truancy, fighting, drugs/alcohol, or running away. FISS will schedule an assessment with the parents and teen and will refer the family to one of the following: community resources, the child's school, FISS services in-home program or the Division of Milwaukee County Child Protective Services.

## **Hmong American Friendship Association, Inc.**

3824 W. Vliet St., Milwaukee, WI 53208  
(414) 344-6575  
[www.hmongamer.org](http://www.hmongamer.org)

Dedicated to improving the quality of life for Southeast Asian families by bridging culture/language barriers and promoting self-sufficiency and the preservation of cultural heritage. Assists families in overcoming barriers for growth through programs and services that include employment, a food pantry, home buyer counseling, interpretation and translation and youth and elderly services.

## **La Causa Crisis Nursery & Respite Center**

522 W. Walker St., Milwaukee, WI 53204  
(414) 902-1620  
[www.lacausa.org](http://www.lacausa.org)

Provides shelter and basic needs for children ages newborn to 12 years in times of family emergency or crisis or when a highly-stressed parent needs respite care, a "time out" to prevent the possibility of child abuse and/or neglect. Bilingual staff provides a safe, nurturing and homelike environment for the children until the family situation is stabilized. Crisis management, support, information and referrals are provided to the parents. Open 24 hours-a-day, 365 days/year.

## **Mental Health America of Wisconsin**

600 W. Virginia St., Suite 502, Milwaukee, WI 53204  
(414) 276-3122  
[www.mhawisconsin.org](http://www.mhawisconsin.org)

MHA is dedicated to improving the health and well-being across the state of Wisconsin through suicide prevention, public policy and systems led advocacy, online mental health screenings, and information and referral to community resources. We serve the community through Milwaukee County CCS and WiserChoice programs with community support and education groups. Referral information can be found on our website

## **MKE LGBT Community Center**

1110 N. Market St., 2<sup>nd</sup> floor, Milwaukee, WI 53202  
(414) 271-2656

Serving the needs of LGBTQ people and making the Greater Milwaukee area safer and more inclusive. Offers programming around anti-violence, healthy relationships, counseling, financial coaching, as well as a lending library, meeting space, computer/internet access, and resource referrals. Provides programs and services for youth, adults and adults over 50.

## **Owen's Place**

4610 W. Fond du Lac Ave., Milwaukee, WI 53216  
(414) 977-4249  
[www.owens-place.com](http://www.owens-place.com)

A free drop-in Resource Center for young adults ages 16-24 years old staffed by a team of peer specialists to assist young adults in learning new skills that will empower them as they strive for independence. Staff provide support services such as one to one mentoring, job searches, resume writing, financial literacy workshops and other life skills groups. The center includes internet access and other amenities and access to special programs/activities.

## **O'Yeah (Older Youth and Emerging Adult Heroes)**

4610 W. Fond du Lac Ave., Milwaukee, WI 53216  
(414) 257-7158  
[www.owens-place.com/o-year.html](http://www.owens-place.com/o-year.html)

Supports young adults who are experiencing emotional and behavioral challenges to successfully transition into

adulthood. Transitional coordinators can assist with housing, employment, school, health and being safe. To be eligible the young adult must be Medicaid eligible, have a mental health diagnosis or behavioral/emotional

challenges and be between the ages of 17-24 years old. A referral form can be found on the website.

## **Pathfinders**

4200 N. Holton St., Suite 400, Milwaukee, WI 53212  
(414) 964-2565

Youth Shelter, 1614 E. Kane Pl., Milwaukee, WI 53202  
(414) 271-1560 (24-hours)  
[www.pathfindersmke.org](http://www.pathfindersmke.org)

Comprehensive youth services designed to protect youth/young adults (aged 18-25) and their families who are dealing with homelessness, family problems, mental health issues, sexual abuse, teen pregnancy, alcohol and drug addictions, juvenile delinquency and educational needs. Provides a continuum of services at little or no cost. Programs and services include an emergency youth center, drop-in center, housing initiative for youth ages 18-25 who are LGBT-identified, street outreach, counseling program for sexual abuse survivors ages 6-17, programs for young parents and prevention education.

## **Penfield Children's Center**

833 N. 26th St., Milwaukee, WI 53233  
(414) 344-7676  
[www.penfieldchildren.org](http://www.penfieldchildren.org)

Programs and services for infants and young children with and without disabilities including education, therapy services and family programs. Offers unique programs that impact not just the child's early development and education but also the capacity and skills of the entire family including a birth to age three program, early education and care, a special care nursery, family services and an outpatient clinic for occupational, physical and speech therapy. The Behavior Clinic at Penfield provides treatment services to children 5 years of age and younger who have significant behavior and emotional issues offering family-centered, in-home treatment sessions that address issues very early in a child's development.

For additional information and resources:

**[www.mhawisconsin.org](http://www.mhawisconsin.org)**

# Youth & Family

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## **Running Rebels**

1300A W. Fond du Lac Ave., Milwaukee, WI 53205  
(414) 264-8222  
[www.runningrebels.org](http://www.runningrebels.org)

Offers programs and services to develop Milwaukee's youth mentally, physically and spiritually and provides youth with positive alternatives to gangs and substance use. Programs for high-risk youth include mentoring, tutoring, crisis stabilization, anger management, daily living skills, violence free zone, job prep program, programming for female youth and athletic programs to prevent suspensions and violent incidents.

## **Silver Spring Neighborhood Center**

5460 N. 64th St., Milwaukee, WI 53218  
(414) 463-7950  
[www.ssnc-milw.org](http://www.ssnc-milw.org)

Provides programs and services to build a safer, stronger neighborhood and community including early childhood education, food pantry, teen programming, sports leagues, adult education, transitional jobs programming, family programming and low cost health services through a community nursing center for uninsured or under insured.

## **Social Development Commission**

1730 W. North Ave., Milwaukee, WI 53205  
(414) 906-2700  
[www.cr-sdc.org](http://www.cr-sdc.org)

SDC operates programs to improve the lives of low-income individuals and families. These include youth and family development programs, life and career development, healthy relationships programs, senior companions for the homebound and the Counseling and Wellness Clinic. Also offers asset development programs, education and training and support services such as energy assistance and food programs.

## **The Parenting Network**

7516 W. Burleigh St., Milwaukee, WI 53210  
(414) 671-5575 (Office)  
(414) 671-0566 (Parent Helpline)  
[www.theparentingnetwork.org](http://www.theparentingnetwork.org)

The Parent Helpline provides confidential phone counseling, information, resources and referrals for anyone in a parenting role concerning any issue that impacts the well-being of a child. IMPACT 2-1-1 responds after hours. The Parenting Network also offers a wide variety of weekly parenting programs including support groups and education at locations throughout Milwaukee County.

## **Walker's Point Youth and Family Center**

Administrative Office  
2030 W. National Ave., Milwaukee, WI 53204  
(414) 672-5300

Teen Crisis & Runaway Program Emergency Shelter  
732 S. 21st St., Milwaukee, WI 53204  
(414) 647-8200 (24 hours/day)  
[www.walkerspoint.org](http://www.walkerspoint.org)

Offers programs and services to meet the needs of runaway, homeless and other troubled youth and their families by providing services to empower youth, help them resolve personal and family problems. Provides shelter, counseling, educational and other services to help young people resolve their problems and strengthen family relationships.

## **Wisconsin FACETS**

600 W. Virginia St., Suite 501, Milwaukee, WI 53204  
(414) 374-4645  
[www.wifacets.org](http://www.wifacets.org)

FACETS (Family Assistance Center for Education, Training and Support) provides information, resource referral, workshops/training, and individual support for Wisconsin parents of children and youth with disabilities and others related to education issues.

## **Wisconsin Family Ties**

(608) 267-6888 or (800) 422-7145  
[www.wifamilyties.org](http://www.wifamilyties.org)

A statewide organization run by families for families that include children who have emotional, behavioral, mental, and substance abuse disorders. Helps parents develop skills necessary to advocate for their families and children.

## **YMCA of Metropolitan Milwaukee**

Administrative Office  
161 W. Wisconsin Ave., Suite 4000  
Milwaukee, WI 53203  
(414) 224-9622  
[www.ymcamke.org](http://www.ymcamke.org)

Offers a variety of programs and services including recreation and sports, camps, child care, health and wellness programs and youth and family programs. Multiple locations.



# Additional Resource Directories



**Need help?**

IMPACT  
**2-1-1**  
Get Connected. Get Answers.

SERVING  
SOUTHEASTERN  
WISCONSIN 24/7  
Free | Confidential | Multilingual

Simply dial 2-1-1 to access family, health and social service resources.

Toll-free 1-866-211-3380

Text your ZIP code to 898-211

Click to chat or search the online resource directory at [impactinc.org](http://impactinc.org)


Provided by:  Supported by: 



**MKE LGBT**  
COMMUNITY CENTER  
Be yourself

[www.mkelgbt.org/resource-center/directory](http://www.mkelgbt.org/resource-center/directory)

The Center is your one-stop resource for all things LGBT+ in the Milwaukee area. Whether you have questions on where to eat that's LGBT friendly or how to start up your own Gay-Straight Alliance at your school, the resource center provides a vast array of recommendations so you can seek additional support, service and connections when and where you need it.




**LIFE NAVIGATORS**  
*Your Disability Partner* EST. 1949

**A Comprehensive Guide to Community Services**

Life Navigators supports individuals with disabilities through social outings, a special needs trust program & life planning services.

[www.lifenavigators.org/services/information-education/search-resource-guide](http://www.lifenavigators.org/services/information-education/search-resource-guide)



**MPS MILWAUKEE PUBLIC SCHOOLS**

**Parent's Guide to Community Resources in Milwaukee**

This guide is a collaborative community effort through the MPS Homeless Education Program.

[mps.milwaukee.k12.wi.us/en/Programs/Homeless-Education-Program.htm](http://mps.milwaukee.k12.wi.us/en/Programs/Homeless-Education-Program.htm)

(Download the Parent's Guide PDF)



## BEHAVIORAL HEALTH RESOURCES

FOR FAMILIES, YOUTH AND PROFESSIONALS

STEP 1: Visit [www.mch-hotlines.org/home](http://www.mch-hotlines.org/home)

STEP 2: Click on the  **RESOURCE DIRECTORY**

STEP 3: Search database for resources

FOR OPTIMAL SEARCH RESULTS, ENTERING A ZIP CODE IS KEY



*Wisconsin*  
**First Step**  
For children with special needs

EXPANDED CATEGORIES

**Behavioral Health/Mental Health for Children and Youth**



Alternative Therapies



Crisis Mental Health



Counseling/Therapy



Mental Health Screening & Assessment



Physician Based Psychiatric Services



Support & Education for Families

1-800-642-7837

ALSO SEARCH BY COUNTY | LIVE CHAT | FREE 24/7 CALL-IN

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