Resilient Wisconsin

A Guide to Sources of Support During COVID-19

For People Living with Mental Health & Substance Use Concerns

Across Wisconsin, people are experiencing increased stress and anxiety due to the COVID-19 pandemic. But if you have a preexisting behavioral health concern—like depression or harmful substance use—taking care of yourself and others during this time may be more difficult. You may face disruptions in care or react to stress differently or more strongly than before. That's why it's important to keep up with your treatment plan, identify healthy coping practices that work for you, and find additional sources of support.

Right now, support organizations are working hard to serve more people than ever before. Be persistent and patient and remember: you are not alone. There are many organizations ready to help.

Visit resilient.wisconsin.gov to connect to the resources* listed in this guide, find tips for managing stress, and more.

*Agencies listed are provided for your information and for the benefit of the general public. The views expressed by the service providers do not necessarily reflect the official policies of the Wisconsin Department of Health Services.

Find the right services for you

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

- Deaf & Hard of Hearing
- LGBTQ+
- Multilingual
- Youth & Families
- Veterans

General Behavioral Health Support

Talk to Someone Who Understands

Talk to a person who cares and get help right away with a call or text to one of these support organizations.

Wisconsin

Cope Hotline
Available 24/7
262-377-2673

Cornucopia of Madison
608-249-7477

HOPELINE Text Service
Available 24/7
Text HOPELINE to 741741

IRIS Place of Appleton
Available 24/7
920-815-3217

Monarch House of Menomonie
Available 24/7
715-505-5641

National Alliance on Mental Illness (NAMI) Wisconsin
608-268-6000

R&R House of Pewaukee
Support for veterans available 24/7
262-336-9540

RAVE Recovery Avenue of La Crosse
608-785-9615

Solstice House of Madison
Available 24/7
608-244-5077

The Gathering Place of Green Bay
920-430-9187

The Wellness Shack of Eau Claire
715-855-7705

The Friendship Connection, Inc. of Adams
608-339-6810

Warmline, Inc. for Milwaukee County
414-777-4729

National

NAMI Helpline
1-800-950-NAMI (6264)

Schizophrenia and Related Disorders Alliance of America
Available 24/7
1-800-493-2094

Trans Lifeline
Available 24/7
877-565-8860

Trevor Project
Available 24/7
866-488-7386
Text START to 678678

Veterans Crisis Line
Available 24/7
1-800-273-8255 and press 1
1-800-799-4889 for the deaf and hard of hearing
Text 838255

SAMHSA's National Helpline
Available 24/7
1-800-662-HELP (4357)
TTY 1-800-487-4889

↓ *Continued from behavioral health support*

Get Virtual Support

These organizations continue to offer support during the COVID-19 pandemic with virtual options like online support group meetings, peer chat rooms, and more.

Wisconsin

You Are Not Alone
Connect with others in a supportive, safe environment

National

Anxiety and Depression Association of America
An anonymous peer-to-peer online anxiety and depression support group

Depression and Bipolar Support Alliance
Offering online support groups for people living with depression and bipolar disorder

Hearing Voices Network USA
Mutual support for those who experience hearing voices, seeing visions, and more

Veterans Crisis Line Chat
A confidential online chat service for veterans and service members in crisis, as well as their loved ones

Support for Those Experiencing Substance Use Disorders

Talk to Someone Who Understands

Talk to a person who cares and get help right away with a call or text to one of these support organizations.

Wisconsin

Wisconsin Addiction Recovery Helpline
Available 24/7
211 or 833-944-4673
Text your zip code to 898211

National

SAMHSA's National Helpline
Available 24/7
1-800-662-HELP (4357)
TTY 1-800-487-4889

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↓ *Continued from substance use disorders*

Get Virtual Support

These community organizations are offering virtual substance use disorder support services, like online support group meetings, during the COVID-19 pandemic.

Wisconsin

Wisconsin Voices for Recovery
Twice weekly meeting for all people in recovery

National

12 Steps.org
Online information, tools, and resources for 12-step recovery program participants

Adult Children of Alcoholics
Virtual support for people who grew up with harmful substance use in the home

Al-Anon Electronic Meetings
Hosting online meetings for those affected by alcoholism in a family member or friend

Alcoholics Anonymous Online Intergroup
Online meetings and recovery resources for people living with substance use disorders

Bridge Club Virtual Meetings
Virtual sober peer support for women and members of the LGBTQ+ community

Crystal Meth Anonymous
A network of worldwide online recovery support resources, including web and phone meetings

Families Anonymous Virtual Meetings
Providing online support for those affected by a loved one's harmful substance use

Heroin Anonymous
A fellowship of people in recovery from heroin addiction

In The Rooms
Hosting 130 weekly online meetings for those recovering from addiction and related issues

LifeRing Recovery
Online sobriety support for people who have experienced harmful substance use

My Recovery
Virtual 12-step support group meetings and online forums for those in recovery

Narcotics Anonymous
A global network of online recovery support resources, including web and phone meetings

Recovery Dharma
A peer-led organization that supports individuals on their path of recovery from addiction using Buddist practices and principles

Refuge Recovery Online Meetings
Offering more than 40 online recovery support meetings, available 7 days a week

SMART Recovery
Virtual support services include daily only meetings, peer message boards, and 24/7 live chat

Sober Grid
A peer support mobile app that provides 24/7 recovery coaching via phone call or live chat

Sober Mommies
Online peer-to-peer sobriety support for mothers who have experienced harmful substance use