

We are all in this together. YOU ARE NOT ALONE.

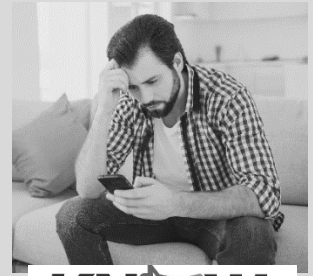
Manitowoc County Resource Guide.

Manitowoc County Mental Health/Substance Abuse CRISIS LINE: 920-683-4230

PREVENT SUICIDE.

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, HELP is available by phone or text.

National Suicide Hotline: 1-800-273-TALK (8255) **Hope Text Line:** 741 741
Veterans Crisis Line: 1-800-273-8255 **Text:** 838255
Disaster Distress Hotline: 1-800-985-5990 **Text:** 66746



**KNOW
THE SIGNS**

Prevent Suicide of Manitowoc County: 920-901-0779. *Visit:* Preventsuicidemanitowoc.com
Painting Pathways Clubhouse (support/resources for those with mental illness): 920-652-9952

Learn how to help prevent suicides in Manitowoc County. Visit healthiestmc.org/zerosuicide

suicideispreventable.org

RECOVERY IS POSSIBLE!

Substance abuse causing negative effects? Help is available. **Manitowoc County Resources listed below.**

CORE Treatment Services. 920-663-1035. Residential in-patient treatment, Day treatment (w/ virtual options), Substance use/Mental health outpatient services, and Transitional recovery housing.

Holy Family Memorial Behavioral Health. 920-320-8600. In-person/Virtual Treatment, Alcohol and drug outpatient, Psychiatry/Mental health counseling for all ages, and Medicated Assisted Treatment available.

Pathways to a Better Life. 920-894-1374. In person residential and outpatient treatment services.

Lighthouse Recovery Community Center. 920-374-3989. 24/7 Hotline for recovery services and recovery housing. Includes drop-in center (check hours on website or Facebook – Lighthouse Recovery Community Center)



Wisconsin Addiction Recovery Hotline: 1-833-944-4673 or 2-1-1

Quit Smoking/Vaping: 1-800-QUIT-NOW. *App:* quitSTART app

Find a Virtual Recovery Support Meeting to attend:

Narcotics Virtual Meeting. 1-833-716-0080

Alcoholics Anonymous Virtual Meetings: <https://aa-intergroup.org/>

Variety of virtual support groups: <https://www.intherooms.com/home/>

Need to be trained and receive Narcan? Need a lock box to secure your medications? Contact davidy@newahec.org

STOP THE ABUSE.

Violence does not discriminate. Anyone of any race, age, sexual orientation, religion or gender can be a victim – or perpetrator-of domestic violence. It can happen to anyone, but it does not have to continue.

Manitowoc County Resource: InCourage (24/7 Hotline): 920-684-5770

National Domestic Violence Hotline: 1-800-799-7233. *Chat:* hotline.org *Text:* Lovels to 22522

Sexual Assault Hotline: 1-800-656-4673. *Text:* Home to 741741



HOUSING Assistance.

Lakeshore CAP: 920-682-3737

The Haven (Men's Shelter):
920-652-9110

Hope House (Women's/Family Shelter): 920-686-1436

For a full list call: 2-1-1

FOOD Assistance.

Salvation Army: 920-684-7117

Peter's Pantry: 920-682-6989

Two Rivers/Mishicot Ecumenical Pantry: 920-793-5364

Crusaders of Justicia (El Armario de los cruzados): 920-320-9283

For a full list call: 2-1-1

ALL SERVICES.

For all Services/Resources in Manitowoc County contact United Way 2-1-1.

Call: 2-1-1. (24/7)

Search: 211now.org (24/7)

Text: (zip code) to 898211 (M-F/8-5)

**Healthiest
Manitowoc
County**
Everyone living longer, better.

healthiestmc.org

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