

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

Manitowoc County Mental Health/Substance Use CRISIS LINE: 920-683-4230 (afterhours 1-888-552-6642)

Crisis Text Line: HOME to 741741

PREVENT SUICIDE

If you are 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: 9-8-8

Text: 9-8-8

Veterans Crisis Line: 9-8-8 then press 1

Text: 838255

Disaster Distress Hotline: 1-800-985-5990

Text: 66746

Maternal Mental Health Hotline: 1-833-943-5746

Text: 1-833-943-5746

Prevent Suicide of Manitowoc County: 920-901-0779

Painting Pathways Clubhouse (support/resources for those with mental illness): 920-652-9952



Learn how to help prevent suicides in Manitowoc County at preventsuicidemanitowoc.com

suicideispreventable.org

RECOVERY IS POSSIBLE!

Substance use causing negative effects? Help is available.

Core Treatment Services: 920-663-1035

Residential in patient treatment, day treatment (with virtual option), 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)



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

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

Find a virtual recovery support meeting to attend:

Narcotics 1-833-716-0080

Alcoholics Anonymous www.aa-intergroup.org

Variety of virtual support groups www.intherooms.com

Need to be trained and receive Narcan? Contact the Health Department at 920-683-4155

Need a lock box to secure your medications? Contact HMC Substance Use Prevention Coalition at brittanyb@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 doesn't have to continue.

InCourage Domestic Violence Center 24/7 Hotline: 920-684-5770

National Domestic Violence Hotline: 1-800-799-7233 *Text:* Lovels to 22522

Sexual Assault Hotline: 1-800-656-4673



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: 920-320-9283

For a full list call: 2-1-1

ALL SERVICES

For services/resources in Manitowoc County contact United Way's 2-1-1



Call: 2-1-1

Search: 211now.org

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

Healthiest Manitowoc County
Everyone living longer, better.

Healthiestmc.org

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