

CRISIS RESOURCES

988 Suicide and Crisis Lifeline

- ❖ Call 988
- ❖ Connects to mental health professionals.
- ❖ Provides information and support to people in suicidal crisis or emotional distress.

Veteran's Crisis Line

- ❖ Call 988 then press 1
- ❖ Or send a text to 838255
- ❖ 24/7 confidential crisis support for veterans and their loved ones.

InCourage

- ❖ 24/7 Help Line: 920-684-5770
- ❖ Provides support and local resources for survivors of domestic violence and sexual assault violence.
- ❖ Staff and volunteers trained specifically in the unique situations surrounding domestic and sexual violence.

Hmong Family Strengthening Helpline

- ❖ 877-740-4292
- ❖ Trained, bilingual staff provide support, information and referrals to Wisconsin residents experiencing violence or abuse.

Hopeline

- ❖ Text "HOPELINE" to 741741
- ❖ Offers emotional support and resources before situations rise to crisis level.

Wisconsin Farmer Wellness Helpline

- ❖ Call 888-901-2558
- ❖ Free confidential support and access to services for farmers and their families.

Friendship Line

- ❖ Call 800-971-0016
- ❖ For Older Adults and Adults living with disabilities who may be lonely, isolated or depressed.

SAGE LGBTQIA+ Elder Hotline

- ❖ Call 877-360-5428
- ❖ Crisis support and information for LGBTQIA+ elders and caretakers.

Trans Lifeline

- ❖ Call 877-565-8860
- ❖ 24/7 Peer Support Hotline for trans and questioning peers in need of emotional support.

Trevor Project Lifeline

- ❖ Call 866-488-7386
- ❖ Or text "START" to 678678
- ❖ Crisis support and information for LGBTQIA+ young people under age 25.