

PROVIDED BY:

 Mental Health America
 in Sheboygan County
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 #920-458-3951





Emotional Support & Crisis Resources

To print Mental Health America in Sheboygan County's 2018-2019 Directory of Community Resources, visit MHA's Website at www.mhasheboygan.org/resources

The directory is the most comprehensive listing of Sheboygan County resources with over 200 area agencies and programs!

- **Crisis Center-Sheboygan (Mobile Crisis)**
(920) 459-3151
 - 24/7 over-the-phone or mobile crisis-
 Emergency crisis counseling and safety
 assessment
- **COPE Hotline**
(262) 377-2673
www.copeservices.org
 - 24/7 warm line providing supportive
 listening by trained professionals on crisis
 intervention, suicide prevention, or just a
 listening ear
- **HOPELINE Text line**
Text 741-741
 - 24/7 emotional support text line before
 a situation becomes a crisis
- **GLBT National Help Center**
(888) 843-4564
www.GLBThotline.org
 - Safe place for youth and adults to
 discuss issues of sexual orientation and/or
 gender identity

 (Youth Talkline, Online Chat, largest
 collection of GLBT Resources)
- **Mental Health America in Sheboygan Co.**
(920) 458-3951
www.mhasheboygan.org
 915 N. 7th Street, Sheboygan
 - Non-profit resource and referral agency
- **National Suicide Prevention Lifeline**
(800) 273-8255
www.suicidepreventionlifeline.org
 -24/7 free and confidential support for
 people in suicidal crisis or emotional
 distress
- **Runaway and Youth Services (RAYS)**
(920) 458-7100
www.lsswis.org
 706 N. 9th Street, Sheboygan
 - Drop in Center, Food Pantry, Clothing
 Boutique, one on one counseling and
 group counseling
- **Safe Harbor of Sheboygan**
(920) 452-7640
www.sheboygansafeharbor.org
 - 24/7 helpline, shelter, and supportive
 services for victims of domestic violence
 and/or sexual assault
- **Sheboygan Co. Health and Human
 Services (HHS)**
(920) 459-6400
 - Information and assistance for HHS
 and Community Resources
- **To Write Love on Her Arms**
(800) 273- 8255
www.twloha.com
 - Dedicated to presenting hope and
 finding help for people struggling with
 depression, addiction, self-injury, and
 suicide.
- **The Trevor Project**
Text: "TREVOR" to 1-202-304-1200
Lifeline: (866) 488-7386
 - National organization providing crisis
 intervention and suicide prevention
 service to gay, lesbian, bisexual,
 transgender, and questioning youth.