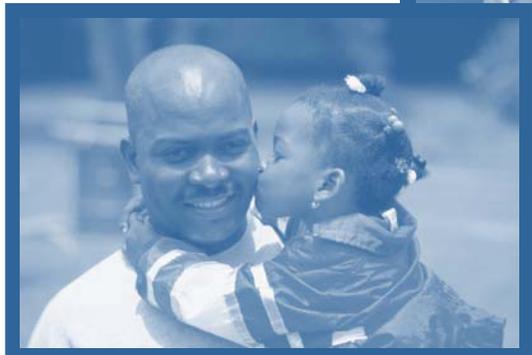


Mental Health,
Wellness and
Addiction
Services
Resource Guide
for
Milwaukee County





Dedicated to improving the mental health of all individuals through advocacy, education, information and service.

We Advocate

- ◆ MHA's advocacy network keeps the public informed about proposals in Congress and the Wisconsin Legislature related to mental health.
- ◆ MHA serves on several mental health committees including the Milwaukee Mental Health Task Force, the Governor's Council on Mental Health and Wisconsin United for Mental Health.
- ◆ MHA is actively involved in efforts to ensure that mental health and substance use parity legislation is properly implemented, and that the Affordable Care Act achieves its promise of expanded access to mental health and substance use services.

We Educate

- ◆ Community and Business Outreach programs provide workshops, consultation services and training for groups, schools, professional organizations and employers.
- ◆ Through its leadership role with Prevent Suicide Wisconsin and Prevent Suicide Greater Milwaukee, MHA helps educate communities about the prevalence of suicide; how to identify signs of suicide; and evidence-based prevention and post-vention programs.

We Inform

- ◆ MHA provides information and referral to community resources by telephone and email.
- ◆ The MHA website includes mental health and wellness resource information; searchable directories for area resources, therapists and support groups; online mental health screenings; and fact sheets.
- ◆ MHA publishes several newsletters that are available in e-news formats.

We Serve

- ◆ Strong Families Healthy Homes is a service program that works with families with parental mental illness. Visit our website for a menu of services.
- ◆ MHA offers support groups for those who have lost a loved one to suicide.

600 W. Virginia St., Suite 502
Milwaukee, WI 53204
(414) 276-3122
info@mhawisconsin.org
www.mhawisconsin.org



Mental Health America of Wisconsin is proud to be a United Way of Greater Milwaukee agency.



Mental Health America of Wisconsin (MHA) is dedicated to improving the mental health of all individuals through advocacy, education, information and service.

Our message is simple: Good mental health is fundamental to the health and well-being of every person, family and community. A big part of that message is making sure that people have access to the type of care or support they need. The goal of this guide is to provide our community with information on resources that can assist in areas such as mental health services, support groups, basic needs, legal services and more.

We are pleased to have again partnered with the Milwaukee Latino Health Coalition Mental Health Action Team on the Spanish-speaking resources section. And, new this year, the print guide includes Alcohol and Other Drug Abuse (AODA) resources compiled in partnership with the Community Advocates Public Policy Institute and the Milwaukee Addiction Treatment Initiative (MATI).

This guide is made possible through the support of the Charles E. Kubly Foundation and our other generous sponsors (see page 61). While the guide is available at no charge, donations are always welcome. Secure donations can be made online at www.mhawisconsin.org or mailed to MHA, 600 W. Virginia St., Suite 502, Milwaukee, WI 53204, Attention: Information and Assistance.

Additional copies may be requested by contacting MHA's Information and Assistance Team at (414) 276-3122 or Email: info@mhawisconsin.org.

We would also like to direct you to our website at located at www.mhawisconsin.org which features:

- A searchable **Mental Health, Wellness and Addiction Resource Directory**. This directory contains everything from the print guide and more. The online directory is updated and added to on a regular basis.
- A searchable **Mental Health Care Therapist Directory**. If you are looking for a therapist, this directory may be searched by area of expertise, location or type of payment accepted.
- **Support Group Listings**. Our website lists support groups in a number of categories such as depression/bipolar, family groups, grief, and groups for those who have lost a loved one to suicide.
- Free and anonymous **Mental Health Screenings**.
- Downloadable **Fact Sheets**, an **Information by Topic** section, **E-newsletters** and more.

Mental Health America of Wisconsin is proud to be a United Way of Greater Milwaukee agency.



www.mhawisconsin.org

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**For additional information and online
resource directories, visit the MHA website:**

www.mhawisconsin.org

***Disclaimer:** This guide has been compiled based on information provided by various community resources. Although information has been checked and researched, it is possible that some information is missing or incorrect. Changes to programs or services may occur after the date of publication.*

A listing in this guide does not guarantee that services will be provided; does not imply any type of contract with, referral to, or recommendation for any provider or agency listed within the guide; and is to be used solely for informational purposes. If your agency appears in the guide and information needs to be updated, please e-mail us at info@mhawisconsin.org or call the Information and Assistance Coordinator at (414) 276-3122.

(Updated 12/2011)

**Additional AODA resources
can be found in the
Mental Health Services section.**

Al-Anon/Alateen Family Groups

Administrative Office
6737 W. Washington St., Suite 2124
West Allis, WI 53214
(414) 257-2415
Website: www.alanon-wi.org

Helps families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Meetings are held at multiple locations throughout the area. Call or check the website for dates and times.

Alcoholics Anonymous

Administrative Office
7429 W. Greenfield Ave.
West Allis, WI 53214
(414) 771-9119
Website: www.aamilwaukee.com

Offers help through a 12 Step program designed to help an individual quit drinking alcohol. Program consists of AA meetings with one alcoholic talking directly to another alcoholic. Meetings are offered at many locations/times throughout the area. Call or check the website for dates and times.

IMPACT

6737 W. Washington St., Suite 2225
Milwaukee, WI 53214
(414) 256-4808
Website: www.impactinc.org

Free and confidential service assists individuals and families who have questions about their own alcohol or drug use or the use of another person. Alcohol and drug counselors will talk with a person by phone or in person to help determine the seriousness of the problem and identify ways to solve it including getting connected with a treatment program.

Wiser Choice Alcohol and Other Drug Abuse (AODA) Program

9201 Watertown Plank Rd.
Milwaukee, WI 53226
(414) 257-8095

AODA Central Intake Units assist individuals seeking substance abuse treatment. Staff determines eligibility for funding. Eligibility includes residency (Milwaukee County) and age (ages 18 to 59). Not all Milwaukee County residents are eligible for the Wiser Choice/ATR Program. There are a limited number of screens performed daily. Clients are generally served on a first come, first served basis. When individuals are found to be eligible and appropriate for services, a referral is made to the treatment provider of choice. Treatment is provided by a network of agencies on a fee-for-service basis. Services provided include outpatient, day and residential treatment; methadone maintenance; and detoxification.

Central intake locations:

IMPACT

611 W. National Ave.
Milwaukee, WI 53204
(414) 649-4380

M&S Clinical Services

2821 N. 4th St., Suite 516
Milwaukee, WI 53212
(414) 263-6000

6550 N. 76th St.
Milwaukee, WI 53223
(414) 760-6060

United Community Center

1111 S. 6th St.
Milwaukee, WI 53204
(414) 643-8530

Wisconsin Community Services

3732 and 3734 W. Wisconsin Ave.
Milwaukee, WI 53208
(414) 343-3583

Aging Resource Center

1220 W. Vliet St., Suite 300
Milwaukee, WI 53205
(414) 289-6874

Website: www.milwaukee.gov/county/aging

Offers information, consultation, assistance and referrals regarding short-term and long-term services for older adults residing in Milwaukee County. Provides a single point of access to information, services, and programs that can help people 60 years of age or older remain active and independent in their community. The Resource Center's Protective Services Unit provides such services as investigations of allegations of Elder Abuse/Self Neglect, at-risk Brief Services, and assistance with Alzheimer's services.

Alzheimer's Association

620 S. 76th St., Suite 160
Milwaukee, WI 53214
(414) 479-8800 or 24/7 Helpline (800) 272-3900
Website: www.alz.org/sewi

Telephone or in-person service that provides emotional support as well as information about Alzheimer's disease and related disorders, services offered by the Association and community resources. Common topics include coping with changes and planning for future care needs; respite options; facility placement; and end-of-life care. Care consultation provided when individuals with dementia or their family members need more assistance accessing, navigating the healthcare systems or need assistance with a more complex issue.

Children's Hospital of Wisconsin (CHW) Child Protection Center

9000 W. Wisconsin Ave.
Milwaukee, WI 53226
(414) 266-2090

1020 N. 12th St.
Milwaukee, Wisconsin 53233
(414) 277-8980
Website: www.chw.org

CHW, in collaboration with child protective services and law enforcement departments, provides comprehensive assessments of children suspected to be victims of child abuse and neglect. Accepts referrals from physicians seeking second opinions on conditions which may be mistaken for child abuse. Performs foster care screenings for children entering out-of-home care

in Milwaukee County. Advocates for safe and secure living environments for Wisconsin children through research and education.

Community Advocates

728 N. James Lovell St.
Milwaukee, WI 53233
(414) 449-4777
(414) 270-2970 (Public Policy Institute)
Website: www.communityadvocates.net

Advocacy services in the areas of health care; housing and homelessness; utility services; case management; and Social Security Disability benefits. The Public Policy Institute works closely with individuals and organizations in the city and throughout the state, including policymakers, in crafting policies that offer the poor the jobs, income and health insurance they need to escape from poverty.

Council for the Spanish Speaking

614 W. National Ave.
Milwaukee, WI 53207
(414) 384-3700
Website: www.spanishcenter-milw.org

Advocates on behalf of Latinos and the socially and economically challenged. Offers programs in education, housing and human services to improve quality of life for families, children, youth and the aging; promotes cultural, racial and linguistic understanding; and community planning and development supportive of social and economic equity. Provides assistance with immigration, legal translations, W-7 applications and family support.

Daniel M. Soref Family Resource Center

Children's Hospital of Wisconsin
9000 W. Wisconsin Ave.
Milwaukee, WI 53226
(414) 266-3169
Website: www.chw.org

Offers parent-to-parent support, information, referrals and help connecting to community resources. Programs and services include the Family Accommodation Program; patient representatives; the Southeast Regional Center for Children and Youth With Special Health Care Needs; and a lending library.

Disability Rights Wisconsin (DRW)

6737 W. Washington St.
 Milwaukee, WI 53214
 (414) 773-4646
 Website: www.disabilityrightswi.org

A statewide resource for individuals, families, service professionals and others concerned with disability issues. Helps people gain access to services and opportunities through its advocacy and legal expertise. Provides information and skill-building training on rights, self-advocacy and effective strategies; works one-on-one to overcome barriers and access benefits; and offers legal support to challenge discriminatory practices. Focus areas include abuse and neglect; deinstitutionalization; access to services in the community; employment and housing discrimination due to disability; services for Social Security beneficiaries who wish to return to work; special education; barriers to accessibility; and assistive technology. DRW is the designated Protection and Advocacy agency for the State of Wisconsin.

Grassroots Empowerment Project

P.O. Box 8683
 Madison, WI 53708
 (800) 770-0588
 Website: www.grassrootspower.org

A statewide, non-profit organization that is controlled and directed by mental health consumers/survivors. Provides technical assistance to consumer run organizations throughout Wisconsin that provide peer support services such as support groups, non-crisis phone line services, consultation to state and local mental health committees, formal and informal education seminars, social activities and participation in community events.

Hmong American Friendship Association

3824 W. Vliet St.
 Milwaukee, WI 53208
 (414) 344-6575
 Website: www.hmongamer.org

Dedicated to improving the quality of life for Southeast Asian families and the larger community by bridging culture and language barriers and promoting self-sufficiency and the preservation of cultural heritage.

Programs and services include employment services; a food pantry; home buyer counseling; interpretation and translation; youth and elderly services.

IndependenceFirst

540 S. 1st St.
 Milwaukee, WI 53204
 (414) 291-7520
 Website: www.independencefirst.org

Offers one-stop comprehensive information and referral regarding disability-related issues, community-based living, resources and services. Referrals are available to consumers, families, service providers, businesses and the community. Provides programs and services promoting independent living for people with disabilities including advocacy; Independent Living Services; benefits and employment counseling; peer support; and housing resources.



Kid's Matter, Inc.

1850 N. Dr. Martin Luther King Jr. Dr., Suite 202
 Milwaukee, WI 53212
 (414) 344-1220
 Website: www.kidsmatterinc.org

Seeks to strengthen the lives of children living with relatives or in foster care whose young lives have been touched by neglect, abuse, violence or crime. Educates the community and caregivers about the impact of such circumstances on children and assists caregivers in accessing the services the children need in order to heal. Caregivers frequently ask for assistance with medical insurance matters, legal and court proceedings, and victim compensation eligibility. The Kids Matter CASA Program is an organization of volunteers that advocates for abused children in Milwaukee County Children's Court. A Court Appointed Special Advocate (CASA) is appointed to independently investigate the cases of these children and advocate for what is best for each child with the goal of a loving, safe and permanent home.

Life Navigators (Formerly ARC of Greater Milwaukee)

7203 W. Center St.
Milwaukee, WI 53210
(414) 774-6255
Website: www.lifenavigators.org

Provides programs and services for children and adults with developmental and related disabilities, their families and the community through information, education, advocacy and life planning services. Services include information and assistance; special needs trust; corporate guardianship; advocacy; and care management unit services.

Mental Health America of Wisconsin (MHA)

600 W. Virginia St., Suite 502
Milwaukee, WI 53204
(414) 276-3122

Office of Public Policy
133 S. Butler St., Room 330
Madison, WI 53703
(608) 250-4368
Website: www.mhawisconsin.org

A nonprofit organization dedicated to helping all people live mentally healthier lives through education, information, advocacy and service. Answers questions from the general public, mental health consumers, family members and professionals about issues related to mental health, mental illness and accessing community resources. Legislative advocacy keeps people informed about proposals in Congress and the Wisconsin Legislature related to mental health. The Strong Families Healthy Homes program serves parents, as well as children, whose lives have been touched by mental illness. The program empowers parents with a mental illness to meet their children's needs, improve the overall health of the family, and strengthen family relationships. Services offered include family advocacy, education, support groups and family outings.

Milwaukee County Disability Services Division

1220 W. Vliet St.
Milwaukee, WI 53205
(414) 289-6660
Website: www.county.milwaukee.gov

Provides information and referral, assessment services and protective services to assure that people with disabilities retain independence. Provides intervention

services for children with developmental disabilities and assists families who have a disabled child living at home who is under the age of 21. Provides support to enhance the quality of life for those with developmental disabilities leading them to a fully productive life in the community.

National Alliance on Mental Illness (NAMI) Greater Milwaukee

3732 W. Wisconsin Ave.
Milwaukee, WI 53208
(414) 344-0447
Website: www.namigrm.org

A community-based, self-help, support, education and advocacy organization dedicated to improving the lives of those with mental illness, their families, and those touched by mental illness. Offers a helpline; information and referral to appropriate resources; support groups for consumers, families and loved ones of someone with a mental illness; systems advocacy services for individuals and families coping with mental illnesses and an array of mental health education and trainings.

Sojourner Family Peace Center

135 W. Wells St., 4th Floor
Milwaukee, WI 53203
(414) 276-1911
Website: www.familypeacecenter.org

Provides a full range of services for all adult victims of abuse, children who have been abused or have witnessed domestic violence, and perpetrators of violence. Victims of domestic violence are served through legal programs, a restraining order clinic and a children's advocacy program.

Supportive Community Services

1126 S. 70th St., Suite S106
West Allis, WI 53214
(414) 226-5335
Website: www.supportivecommunityservices.org

A social service agency designed to provide services for the elderly, developmentally disabled and the mentally ill through advocacy, guardianship, financial management and case management services. Provides representative payee service; tax assistance; advocacy; development of individual budgets and money management; court-ordered services; case management; coordination with health and social service providers; and financial and medical Power of Attorney.

Vital Voices for Mental Health

912 N. Hawley Rd.
 Milwaukee, WI 53213
 (414) 771-4368
 Website: www.vital-voices.org

Advocates for adults using mental health care and substance use recovery services provided by the Milwaukee County Behavioral Health Division and its contract agencies. A helpline allows consumers or family members to call with questions or concerns regarding their mental health care and substance use recovery services. Because of personal experience with mental illness and substance use and knowledge of how the system works, callers know that their concerns will be understood.

Wisconsin Department of Health Services

Client Rights Office

1 W. Wilson St.
 Madison, WI 53703
 (608) 266-1865

Oversees the grievance procedures for state operated facilities and the grievance process for the community. Visit the website for information on the steps in the grievance process: www.dhs.wisconsin.gov/clientrights.

Division of Quality Assurance (DQA)

1 W. Wilson St.
 Madison, WI 53703
 (608) 266-8481

Responsible for assuring the safety, welfare and health of persons using health and community care provider services in Wisconsin. If an individual believes that a caregiver, agency, or DQA regulated facility has violated State or Federal laws pertaining to regulated entities, that individual has the right to file a complaint with DQA. Visit the web site for information on the complaint process: www.dhs.wisconsin.gov/rl_DSL/bqa.htm.

Wisconsin FACETS

600 W. Virginia St., Suite 501
 Milwaukee, WI 53204
 (414) 374-4645
 Website: www.wifacets.org

Wisconsin FACETS (Family Assistance Center for Education, Training and Support) provides information, resource referral, workshops/training, and individual

support for parents of children with disabilities, students with disabilities, and others who support them related to education issues.

Wisconsin Family Ties

16 N. Carroll St., Suite 230
 Madison, WI 53703
 (608) 267-6888 or (800) 422-7145
 Website: www.wifamilyties.org

A statewide not-for-profit organization run by families for families that include children and adolescents who have emotional, behavioral, mental, and substance abuse disorders. Helps parents develop skills necessary to advocate for their families and children.

Know Your Rights

As a consumer of mental health services, you have a right to:

- Expect good quality help and services.
- Ask questions regarding:

 Credentials, training, and experience of the person helping you.

 The treatment plan you will be on, including medication.

 The cost of services and provision for payment.
- Access to your medical records.
- Seek another opinion about your therapy, whether the therapist is in private practice or works in an agency or public clinic.
- Expect confidentiality from the person helping you.
- Know that your written consent is required by law for the release of any information about you or your

2-1-1 @ IMPACT

6737 W. Washington St., Suite 2225
Milwaukee, WI 5321
Dial 2-1-1 or (414) 773-0211
Website: www.impactinc.org

24-hour central point of access for information and referral for residents of Milwaukee, Racine, Kenosha, Washington and Ozaukee County who need assistance with family, health, and social services. Provides telephone assessment for a wide range of issues including emergency food; alcohol or other drug abuse; health care; homelessness and emergency shelter; family and parenting issues; legal assistance; housing concerns; and more. The website features a comprehensive, searchable resource directory.

**For emergency shelters or food pantries, call IMPACT @ 2-1-1.
Dial 2-1-1 or (414) 773-0211**

ACCESS (Health, Nutrition and Child Care)

(800) 362-3002
Website: www.access.wisconsin.gov

An online resource that lets users determine whether they may be eligible for FoodShare, Medicaid, BadgerCare Plus, Caretaker Supplement Benefits and other programs, as well as check the status of their cases, report changes and complete applications.

VETS Place Central

3330 W. Wells St.
Milwaukee, WI 53208
(414) 342-5000
Website: www.cviet.org

Offers programs and services to veterans, including transitional housing; day services; education, training and employment services; drug and alcohol counseling; mental health services; food programs; outreach to the community; groups; money management and budgeting; and permanent housing referrals. Services are available to both male and female veterans.

City of Milwaukee Health Department

Administrative Office
841 N. Broadway St.
Milwaukee, WI 53202
(414) 286-3521
Website: www.milwaukee.gov/health

Works to ensure that services are available to enhance the health of individuals and families, promote healthy neighborhoods and safeguard the health of the Milwaukee community by assessing public health needs; developing healthy public health policy; assuring that public, non-profit, and private sector collaborate to advance initiatives; and providing direct services, when needed. For a listing of Health Department clinics, visit the Health Services section of the directory.

Consumer Credit Counseling Service of Greater Milwaukee

Five locations throughout Milwaukee
(414) 482-8801
Website: www.creditcounselingwi.org

Help for people with money management problems. Provides education, counseling, and debt repayment plans. Approved to provide pre-bankruptcy counseling and bankruptcy counseling and bankruptcy education. Offers weekend and evening appointments and a no-obligation consultation.

Division of Vocational Rehabilitation (DVR)

1915 N. Dr. Martin Luther King Jr. Dr., Suite 149
Milwaukee, WI 53212
(414) 267-3175

7900 W. Burleigh St.
Milwaukee, WI 53222
(414) 874-1616

2701 S. Chase Ave., Suite C
Milwaukee, WI 53207
(414) 389-6450

Website: www.dwd.wisconsin.gov/dvr

Works to obtain, maintain and improve employment for people with disabilities by working with Vocational Rehabilitations, consumers, employers and other partners. Provides employment services and counseling to people with disabilities who face a substantial barrier to employment; services to enable an individual to go to work; and training and technical assistance to employers regarding disability employment issues.

FoodShare

Milwaukee Enrollment Services
1220 W. Vliet St.,
Milwaukee, WI 53205
(800) 362-3002
Website: www.dhs.wisconsin.gov/foodshare

Helps people with limited income buy nutritious food. FoodShare benefits come on a plastic card called the Wisconsin QUEST card, which can be used like a bank card at most food stores. To find out if you may be eligible, call Enrollment Services or apply online at www.access.wisconsin.gov.

Milwaukee County Department of Health and Human Services (DHHS)

1220 W. Vliet St.
Milwaukee, WI 53205
(414) 289-6000
Website: www.county.milwaukee.gov

Provides human services for individuals and families who need assistance living a healthy, independent life in the community. The department consists of Delinquency and Court Services; Disabilities Services; Management Services; Housing; and Behavioral Health, which includes Emergency Medical Services.

Milwaukee Police Department

(414) 933-4444 (Non-emergency)
In an emergency, dial 9-1-1
Website: www.milwaukee.gov/police

If you are calling about a problem that may be related to a person's mental health, request that a Crisis Intervention Team (CIT) officer be sent to the location. CIT officers have received additional training in responding to situations where a person may be experiencing a mental health crisis.

District One- 749 W. State St., 2nd Floor
(414) 935-7213

District Two- 245 W. Lincoln Ave.
(414) 935-7223

District Three- 2333 N. 49th St.
(414) 935-7233

District Four- 6929 W. Silver Spring Dr.
(414) 935-7243

District Five- 2920 N. 4th St.
(414) 935-7252

District Six- 3006 S. 27th St.
(414) 935-7262

District Seven, 3626 W. Fond du Lac Ave.
(414) 935-7272

Social Development Commission Energy Assistance

4041 N. Richards St., Milwaukee, WI 53212

2701 S. Chase Ave., Milwaukee, WI 53207

6848 N. Teutonia Ave., Milwaukee, WI 53209
(414) 906-2800
Website: www.cr-sdc.org

Provides low-income residents with financial benefits for fuel costs, emergency furnace repair and replacement, and restoration of utility services. Services include regular energy assistance to help with annual home energy costs. Crisis assistance includes retention of utility services, reconnections, oil deliveries and furnace repair or replacement. Offered when funds are available. This is intended to help pay a portion of heating costs and is not intended to pay the total annual heating cost. The amount of heating assistance benefit varies according to household size, income level, and household heating costs. Also makes referrals for other heating related services. For additional information on eligibility and policies, call or visit the website.

Social Security Administration

310 W. Wisconsin Ave.
Milwaukee, WI 53203
(866) 467-9626
Website: www.socialsecurity.gov

Applications for retirement benefits, disability benefits, Medicare, Supplemental Security Income (SSI), survivors or family benefits. Many of Social Security's services are available online or through the automated phone line. Offices are open Monday – Friday from 9:00 a.m. to 3:30 p.m. Social Security representatives are available by phone from 7:00 a.m. to 7:00 p.m. The automated phone line is available 24 hours-a-day.



Find us on
Facebook

www.facebook.com/MHAWI1

Alma Center

2568 N. Dr. Martin Luther King Jr. Dr.
 Milwaukee, WI 53212
 (414) 265-0100
 Website: www.almacenter.org

Provides gender specific training, education and mentorship to men who have a history of perpetrating violence or abuse toward their partner. Also provides related social services to enhance life skills, stability and functioning of clients, including job readiness and referral, on-site alcohol and drug abuse programming, and mental health counseling.

Bureau of Milwaukee Child Welfare (BMCW)

1555 N. River Center Dr.
 Milwaukee, WI 53212
 (414) 220-7000
 (414) 220-SAFE (7233) (24 hours/day)
 Website: www.dcf.wisconsin.gov/bmcw

Works with families to ensure the safety and well-being of children. With its many community partners, BMCW provides services to families in crisis that help keep children safely in the home. When it is necessary, BMCW looks to foster and adoptive families to provide appropriate temporary and permanent homes for children who cannot live with their parents. Takes referrals on cases of alleged child abuse/neglect from the public.

Children’s Hospital of Wisconsin Child Protection Center

9000 W. Wisconsin Ave., Milwaukee, WI 53226
 (414) 266-2090
 1020 N. 12th St., Milwaukee, WI 53233
 (414) 277-8980
 Website: www.chw.org

CHW, in collaboration with child protective services and law enforcement departments, provides comprehensive assessments of children suspected to be victims of child abuse and neglect. Also accepts referrals from physicians seeking second opinions on conditions which may be mistaken for child abuse. Performs foster care screenings for children entering out-of-home care in Milwaukee County.

Kid's Matter, Inc.

1850 N. Dr. Martin Luther King Jr. Dr., Suite 202
 Milwaukee, WI 53212
 (414) 344-1220
 Website: www.kidsmatterinc.org

Supports relatives, foster parents or other caregivers while they care for children who have suffered from neglect, abuse, violence and crime. Assists them in accessing services the children need in order to heal such as assistance with medical insurance matters; legal and court proceedings; support services regarding medical and mental health; and school issues. The Kid’s Matter CASA Program is an organization of volunteers that advocate for abused and neglected children in Milwaukee County Children’s Court.

Milwaukee Women’s Center

728 N. James Lovell St.
 Milwaukee, WI 53233
 (414) 449-4777
 (414) 671-6140 (24-hour crisis line)

Provides emergency shelter and transportation; a 24-hour crisis line; specialized services and support for older abused women; children’s programming; batterers treatment; case management to meet housing and other basic needs; and counseling to address domestic violence and substance abuse issues. The agency’s Emergency Shelter operates 24 hours-a-day, 7 days-a-week, 365 days a-year at its confidential location in Milwaukee. (A division of Community Advocates)

Pathfinders

4200 N. Holton St., Suite 400
 Milwaukee, WI 53212
 (414) 964-2565
 Website: www.pathfindersmke.org

Provides short-term counseling for youth and young adults 25 years old and younger and their families. Specialty groups, such as parents whose children have been sexually abused, are offered. Specialty areas include trauma, sexual abuse and homelessness including a treatment program for youth with sexual behavior problems and therapy for children and teens who have been sexually assaulted. Sliding fee based on household income and number of people supported and the service they are seeking.

Sexual Assault Treatment Center

Aurora Sinai Medical Center
 945 N. 12th St.
 Milwaukee, WI 53233
 (414) 219-5555
 Website: www.aurorahealthcare.org

A safe and caring environment for anyone who has experienced any type of sexual violence, assault or abuse. Services include crisis intervention and emotional support; medical assessment and treatment; forensic exam with evidence collection (within 72 - 96 hours of the assault); pregnancy risk assessment, as appropriate; screening for sexually transmitted infections, as appropriate; follow-up telephone and in-person contact to provide emotional support, review, any test results and assist with counseling referrals if needed; 24-hour help and information line.

Sojourner Family Peace Center

135 W. Wells St., 4th Floor
 Milwaukee, WI 53203
 (414) 276-1911
 (414) 933-2722 (24-hour crisis line)
 Website: www.familypeacecenter.org

Provides a full range of services for all adult victims of abuse, children who have been abused or have witnessed domestic violence, and perpetrators of violence. Programs include a 24-hour domestic violence hotline and shelter; domestic abuse victim advocates in the District Attorney’s Office; Belle Resource Center for Women and Children; courthouse advocacy and restraining order clinic; legal emergency assistance; children’s advocacy; Ending Violence through Education; and BA-Beyond Abuse, for men and women seeking alternatives to abusive behavior.

The Healing Center

611 W. National Ave., 4th Floor
 Milwaukee, WI 53204
 (414) 671-HEAL (4325)
 Website: www.thehealingcenter.org

Support groups for female survivors at all stages of the healing journey, including specialty groups for adult survivors of childhood sexual abuse and incest, adult survivors of sexual assault, and women dealing with both sexual assault and addictions. Individual counseling and advocacy for men and women on sexual trauma issues. Support group for male survivors. Creative arts groups and workshops. Information and services for loved ones of survivors. Connections to

body work (i.e. massage) and energy work (i.e. Reiki). Open, non-judgmental staff and services. Free and confidential.

UMOS Latina Resource Center

802 W. Mitchell St.
 Milwaukee, WI 53204
 (414) 389-6500
 (414) 389-6510 (24-hour Spanish-speaking crisis line)
 Website: www.umos.org

Provides culturally and linguistically specific comprehensive advocacy services to Spanish speaking victims of domestic violence, sexual assault and dating violence.

**KNOW THE SIGNS
of Post Traumatic Stress
Disorder (PTSD)**

PTSD is an anxiety disorder that can occur following the experience or witnessing of a traumatic or life-threatening event such as military combat, natural disasters, terrorist incidents, serious accidents, or physical or sexual assault in adult or childhood.

Symptoms may begin almost right away or may not begin or become a problem until years later. Symptoms may include:

- ✓ Repeatedly thinking about the trauma
- ✓ Being constantly alert or on guard
- ✓ Avoiding reminders of the trauma
- ✓ Panic attacks
- ✓ Physical symptoms such as chronic pain or headaches
- ✓ Feelings of mistrust
- ✓ Problems in daily living and functioning
- ✓ Substance abuse
- ✓ Relationship problems
- ✓ Depression
- ✓ Suicidal thoughts

**Take an online mental health
screening at
www.mhawisconsin.org**

ACCESS (Health, Nutrition and Child Care)

(800) 362-3002

Website: www.access.wisconsin.gov

An online tool that lets users determine whether they may be eligible for Medicaid, BadgerCare Plus or other programs such as Caretaker Supplement Benefits or FoodShare.

BadgerCare Plus

Milwaukee Enrollment Services

1220 W. Vliet St.

Milwaukee, WI 53205

(800) 362-3002 (Member Services)

(800) 291-2002 (HMO Enrollment Specialists)

Website: www.dhs.wisconsin.gov/badgercareplus

Health care for children and families: Applicants must meet eligibility requirements including income requirements; live in Wisconsin; and provide proof of citizenship and identity. To find out if you are eligible, go to www.access.wisconsin.gov or call Member Services.

Health Care for Adults with No Dependent Children: Enrollment for this program was suspended in 2011 and at the time of printing this publication there is a wait list.

Contact Member Services for help with covered services and copays; enrollment rules; premium payments; a lost or stolen card; or to find a provider. For HMO problems, contact your HMO and ask to speak with a Member Advocate.

Community Advocates

728 N. James Lovell St.

Milwaukee, WI 53233

(414) 449-4777

Website: www.communityadvocates.net

Disability Services Advocacy provides representation, information, referral, and general advocacy services to individuals with disabilities who are seeking Social Security Disability benefits. In addition to direct representation on disability benefits appeals, staff works to ensure that clients have access to the resources and services they need to live in dignity during the appeals process and beyond.

Health Care Advocacy connects eligible individuals and families to health care services and provides advocacy services to meet their health care needs. Staff works

with the uninsured, underinsured and those who do not meet eligibility criteria for any of the benefit programs to connect them to free or low cost health care centers.

Community Healthcare Access Program

Southside Health Center

1639 S. 23rd St., Milwaukee, WI 53204

Northwest Health Center

7630 W. Mill Rd., Milwaukee, WI 53218

Keenan Health Center,

3200 N. 36th St., Milwaukee, WI 53216

(414) 286-8620 (for all locations)

Three locations to help with new BadgerCare Plus applications; reviews for BadgerCare Plus or troubleshooting problems with existing applications.

Disability Rights Wisconsin (DRW)

6737 W. Washington St.

Milwaukee, WI 53214

(414) 773-4646

Website: www.disabilityrightswi.org

The SSI Managed Care External Advocacy Project is a service for adult Supplemental Security Income (SSI) and/or Social Security Disability (SSD) Medicaid recipients who are or will be enrolled in a Managed Care Organization (MCO) and who have questions about or problems with the MCO or their medical, mental health or AODA services. Problems could include enrollment or disenrollment issues; denials of treatment or services such as therapy, personal care, surgery, durable medical equipment or medication; inaccessibility of facilities.

HIRSP (Health Insurance Risk Sharing Plan)

1751 W. Broadway St.

P.O. Box 8961

Madison, WI 53708

(800) 828-4777 or (608) 221-4551

Website: www.hirsp.org

HIRSP offers health insurance to Wisconsin residents who either are unable to find adequate health insurance coverage in the private market due to their medical conditions or who have lost their employer-sponsored group health insurance. Applicants are required to meet HIRSP eligibility criteria to qualify.

IndependenceFirst

540 S. 1st St.
 Milwaukee, WI 53204
 (414) 291-7520
 Website: www.independencefirst.org

Assists individuals who receive disability benefits in understanding how working will affect their benefits. A Benefits Specialist can provide a thorough breakdown of the benefits and services a person with a disability receives and the effect that income from employment will have on continued eligibility and benefit amounts.

Medicaid for the Elderly, Blind or Disabled

Milwaukee Enrollment Services
 1220 W. Vliet St.
 Milwaukee, WI 53205
 (800) 362-3002
 Website: www.dhs.wisconsin.gov/medicaid

Health care coverage for Wisconsin residents age 65 or older, are blind, or a person with a disability. Disability determinations are made by the Disability Determination Bureau. Must meet income requirements and provide proof of citizenship and identity. To determine if you may be eligible, go to www.access.wisconsin.gov.

Medicare

(800) MEDICARE (633-4227) (24 hours/day)
 Website: www.medicare.gov

Federal health insurance program for people age 65 and older; people under 65 with certain disabilities; and people with End-Stage Renal Disease. For general information, ordering Medicare booklets, and information about health plans, call 1-800-MEDICARE (1-800-633-4227). For questions about Medicare Part D or Medicare drug plans, contact one of the following:

- For beneficiaries age 60 and older, call the Prescription Drug Helpline at (866) 456-8211.
- For persons under age 60 who receive coverage due to a disability, call the Disability Drug Benefit Helpline at (800) 926-4862.

Medigap Helpline

(800) 242-1060
 Website: www.dhs.wisconsin.gov

Can help with questions about Medicare Supplemental Insurance, Long-Term Care Insurance, and other health

care plans available to Medicare beneficiaries. The Medigap Helpline is provided by the State of Wisconsin Aging and Long-Term Care and is not connected with any insurance company.

Social Security Administration

310 W. Wisconsin Ave.
 Milwaukee, WI 53203
 (800) 772-1213

Applications for retirement benefits, disability benefits, Medicare, survivors or family benefits, as well as applications for Supplemental Security Income (SSI).

TLS Behavioral Health

1040 S. 70th St.
 Milwaukee, WI 53214
 (414) 476-9675
 Website: www.tlsservices.org

The Winged Victory Project helps eligible consumers navigate the application process, submit medical evidence to the Disability Determination Bureau and access benefits such as Supplemental Security Income (SSI), Social Security Disability (SSDI), Medicare (Title 18), and Medicaid (Title 19). Also provides financial screening to determine which disability program a consumer is eligible for.

Wisconsin Department of Health Services Disability Determination Bureau

1 W. Wilson St.
 Madison, WI 53703
 (800) 423-1938
 Website: www.dhs.wisconsin.gov/ddb

Determines if Wisconsin residents applying for disability benefits meet the criteria for any of the following: Social Security Disability Income (SSDI); Supplemental Security Income (SSI); Medicaid; Katie Beckett Program (birth through age 18); or Medicaid Purchase Plan (age 18 and older). Visit the web site for information on the determination process.

**For additional resources, visit
 MHA's website
www.mhawisconsin.org**

- **Therapist Directory**
- **Support Group Directory**
- **Resource Directory**
- **Statewide Resources**

COMMUNITY HEALTH CLINICS

AIDS Resource Center of Wisconsin

820 N. Plankinton Ave.
Milwaukee, WI 53203
(414) 273-1991
Website: www.arcw.org

Angel of Hope Clinic

209 W. Orchard St.
Milwaukee, WI 53204
(414) 385-5394
Website: www.hopehousemke.org

City on a Hill

2224 W. Kilbourn Ave.
Milwaukee, WI 53233
(414) 931-6670
Website: www.cityonahillmilwaukee.org

Hillside Family Health Center

1452 N. 7th St.
Milwaukee, WI 53205
(414) 935-8000
Website: www.progressivechc.org

Hispanic Medical Center

3527 W. National Ave.
Milwaukee, WI 53215
(414) 384-8930

Keenan Health Center

3200 N. 36th St.
(414) 286-8840
Website: www.city.milwaukee.gov/clinics

Milwaukee Health Services

Isaac Coggs Heritage Health Center
8200 W. Silver Spring Dr.
Milwaukee, WI 53218
(414) 760-3900
Website: www.mhsi.org

MLK Heritage Health Clinic
2555 N. Dr. Martin Luther King Jr. Dr.
Milwaukee, WI 53212
(414) 372-8080
Website: www.mhsi.org

Lisbon Avenue Health Center

3522 W. Lisbon Ave.
Milwaukee, WI 53208
(414) 935-8000
Website: www.progressivechc.org

Marquette Clinic for Women and Children

1821 N. 16th St.
Milwaukee, WI 53205
(414) 755-6970
Website: www.marquette.edu/nursing

**Medical College of Wisconsin
Columbia-St. Mary's Saturday Clinic**

1121 E. North Ave.
Milwaukee, WI 53212
(414) 588-2865
Website: www.mcw.edu (type "Saturday Clinic" in the search box)

Northwest Health Center

7630 W. Mill Rd.
Milwaukee, WI 53218
(414) 286-8830
Website: www.city.milwaukee.gov/clinics

DID YOU KNOW? Co-Occurring Disorders and Depression

- Depression occurs in 40 to 65% of patients who have experienced a heart attack, and in 18 to 20% of people who have coronary heart disease, but who have not had a heart attack.
- Depression occurs in 10 to 27% of stroke survivors and usually lasts about one year.
- 1 in 4 people with cancer also suffer from clinical depression.
- People with adult onset diabetes have a 25% chance of having depression.
- Research shows a strong relationship between depression and eating disorders (anorexia and bulimia nervosa) in women.
- Research shows that 1 in 3 depressed people also suffer from some form of substance abuse or dependence.
- Medications for high blood pressure, Parkinson's disease, and other medical problems can produce side effects similar to the symptoms of depression.

Philippine Center Free Medical Clinic

535 N. 27th St.
Milwaukee, WI 53208
(414) 342-1400
Website: www.philippinecenter.com/freeClinic

Planned Parenthood of Wisconsin

Multiple locations
(800) 230-PLAN (7526)
Website: www.ppwi.org

Salvation Army

1730 N. 7th Street
Milwaukee, WI 53205
(414) 265-6360
Website: www.salvationarmywi.org

Sixteenth Street Community Health Center

1032 S. Cesar E. Chavez Dr.
Milwaukee, WI 53204

Parkway Location
2906 S. 20th St.
Milwaukee, WI 53215
(414) 672-1353
Website: www.sshc.org

Southside Health Center

1639 S. 23rd St.
Milwaukee, WI
(414) 286-8620
Website: www.city.milwaukee.gov/clinics

St. Ben's Clinic

1027 N. 9th St.
Milwaukee, WI 53233
(414) 765-0606
Website: www.stbensmilwaukee.org

UWM House of Peace Community Nursing Center

1702 W. Walnut St.
Milwaukee, WI 53205
(414) 933-1590
Website: www.houseofpeacemilwaukee.org

UWM Silver Spring Community Nursing Center

5460 N. 64th St.
Milwaukee, WI 53218
(414) 535-0432
Website: www.ssn-cmilw.org

Walker's Point Community Clinic

611 W. National Ave., Suite 400
Milwaukee, WI 53204
(414) 384-1400

Website: www.aurorahealthcare.org (type "walkers point" in search box)

Word of Hope Ministries

2677 N. 40th St.
Milwaukee, WI 53210
(414) 447-1965
Website: www.holycathedralwi.org

Women's Outpatient Center — St. Joseph's

5000 W. Chambers St.
Milwaukee, WI 53210
414.447-2275
Website: www.mywheaton.org

DENTAL CLINICS

Guadalupe Dental Clinic

1112 S. 3rd St.
Milwaukee, WI 53204
(414) 643-8787

St. Elizabeth Ann Seton Clinic

1730 S. 13th St.
Milwaukee, WI 53204
(414) 383-3220
Website: www.columbiastmarys.org/Ann_Seton_Dental

Marquette Dental Clinic

1801 W. Wisconsin Ave.
Milwaukee, WI 53233
(414) 288-6790
Website: www.marquette.edu/dentistry

Milwaukee Area Technical College (MATC)

700 W. Highland Ave., Room H115
Milwaukee, WI 53233
(414) 297-6573
Website:
www.matc.edu/communityresources/dental.html

Milwaukee Health Services Oral Health Clinic

MLK Heritage Health Center
2555 N. Dr. Martin Luther King Jr. Dr.
Milwaukee, WI 53212
(414) 372-8095
Website: www.mhsi.org

2-1-1 @ IMPACT

6737 W. Washington St., Suite 2225
 Milwaukee, WI 53214
 Dial 2-1-1 or (414) 773-0211
 Website: www.impactinc.org

24-hour central point of access for information and referral for residents of Milwaukee, Racine, Kenosha, Washington and Ozaukee County who need assistance with family, health, and social services. Provides telephone assessment for a wide range of issues including: emergency food; alcohol or other drug abuse; health care; homelessness and emergency shelter; family and parenting issues; legal assistance; housing concerns; and more. The website also provides a comprehensive searchable resource directory.

ACCESS**(Health, Nutrition and Child Care)**

(800) 362-3002

Website: www.access.wisconsin.gov

An online resource that lets users determine whether they may be eligible for FoodShare, Medicaid, BadgerCare Plus, Caretaker Supplement Benefits, and other programs as well as check the status of their cases, report changes, and complete applications.

Aging Resource Center

1220 W. Vliet St., Suite 300

Milwaukee, WI 53205

(414) 289-6874

Website: www.milwaukee.gov/county/aging

Offers information, consultation, assistance and referrals regarding short-term and long-term services for older adults residing in Milwaukee County. Provides a single point of access to information, services and programs that can help people 60 years of age or older remain active and independent in their community. Provides information on resources and services including transportation, home delivered meals and other long term care services. Also investigates allegations of elder abuse/self-neglect and assistance with Alzheimer's services. After hours coverage provided by 2-1-1 @ Impact for non-medical emergencies, including weekends.

Alzheimer's Association

620 S. 76th St., Suite 160

Milwaukee, WI 53214

(800) 272-3900 (24-hour helpline)

Website: www.alz.org/sewi

A telephone or in-person service that provides emotional support as well as information about Alzheimer's disease and related disorders, services offered by the Association and community resources. Common topics include concerns regarding memory loss; assessment; diagnosis and treatment; coping with changes and planning for future care needs; respite option; facility placement; and end-of-life care.

BadgerCare Plus

(800) 362-3002

Website: www.dhs.wisconsin.gov/badgercareplus

Website: www.access.wisconsin.gov

Health care for children and families. Contact Member Services for help with covered services and co-pays; enrollment rules; premium payments; a lost or stolen card; or to find a provider.

Bureau of Milwaukee Child Welfare (BMCW)

1555 N. River Center Dr.

Milwaukee, WI 53212

(414) 220-7000

(414) 220-SAFE (7233) (24 hours/day)

Website: www.dcf.wisconsin.gov/bmcw

Works with families to ensure the safety and well-being of children. BMCW provides services to families in crisis that help keep children safely in the home or looks to foster and adoptive families to provide appropriate temporary and permanent homes for children who cannot live with their parents. Takes referrals on cases of alleged child abuse/neglect from the public.

Coalition of Wisconsin Aging Groups (CWAG) Prescription Drug Helpline

2850 Dairy Dr., Suite 100

Madison, WI 53718

(866) 456-8211

Website: cwagwisconsin.org

Helpline counselors are available to provide information and assistance to Wisconsin Medicare beneficiaries of all ages and their families regarding the various Medicare prescription drug programs, including costs, eligibility and benefit coverage. Helpline counselors can assess eligibility for low income assistance, Wisconsin Senior Care and other prescription drug options. Also provides information and assistance with Medicare prescription drug complaints, grievances, appeals and enrollment problems.

Community Advocates

728 N. James Lovell St.
Milwaukee, WI 53233
(414) 449-4777

Website: www.communityadvocates.net

Provides information, resources, assistance and advocacy in the areas of health care; housing and homelessness; utility services; case management; and Social Security benefits.

Community Healthcare Access Program

Southside Health Center
1639 S. 23rd St., Milwaukee, WI 53204

Northwest Health Center
7630 W. Mill Rd., Milwaukee, WI 53218

Keenan Health Center
3200 N. 36th St., Milwaukee, WI 53216
(414) 286-8620 (for all locations)

Three locations to help with new BadgerCare Plus applications; FoodShare applications; reviews for BadgerCare Plus, Foodshare; Family Planning Only Services application; or troubleshooting problems with existing applications.

COPE Hotline

(262) 377-COPE (2673)

(262) 377-7786 (Teen Line)

Website: www.copeservices.org

24-hour hotlines providing emotional support, crisis intervention, information and referral services to Ozaukee County and the Greater Milwaukee area. COPE provides helplines, an information and referral database, and educational materials and programs. Calls are answered by trained volunteer listeners. All calls are confidential.

Disability Rights Wisconsin (DRW)

6737 W. Washington St.
Milwaukee, WI 53214
(414) 773-4646

Website: www.disabilityrightswi.org

A statewide resource for individuals, families and service professionals. Focus areas include abuse and neglect; deinstitutionalization; access to services in the community; employment and housing discrimination due to disability; services for Social Security beneficiaries who wish to return to work; special

education; barriers to accessibility and assistive technology. DRW is the designated Protection and Advocacy agency for the State of Wisconsin.

SSI Managed Care External Advocacy Project: A service for adult Supplemental Security Income (SSI) and/or Social Security Disability (SSD) Medicaid recipients who are or will be enrolled in a Managed Care Organization and have questions about or problems with the MCO or their medical, mental health or AODA services. Problems could include enrollment or disenrollment issues or denials of treatment or services such as therapy.

Disability Drug Benefit Helpline: Helps people under the age of 60 with a disability who are eligible for Medicare Part D. Assistance with choosing a Medicare Part D plan or deciding whether to enroll in a plan at all. Can also assist with access to drugs, changing plans, appeal processes, and billing problems. Call (800) 926-4862

Family Caregiver Support Network

600 W. Virginia St., Suite 300
Milwaukee, WI 53204
(414) 220-8600

Website: www.caregiversupportnetwork.org

Resource center that helps family caregivers who provide care to a family member who is 60 years of age or older; or to an individual with Alzheimer's disease or a related disorder. Also assists grandparents or relative caregivers 55 years of age and older who are caring for children under age 19, or a relative with a disability. Provides information about available resources; supportive services; counseling; support groups; and short-term respite and supplemental services that can give a caregiver a break.

IMPACT

6737 W. Washington St., Suite 2225
Milwaukee, WI 53214
(414) 256-4808

Website: www.impactinc.org

Free and confidential service assists individuals and families who have questions about their own alcohol or drug use or the use of another person. Alcohol and drug counselors will talk with a person by phone or in person to help determine the seriousness of the problem and identify ways to solve it including getting connected with a treatment program.

IndependenceFirst

540 S. 1st St.
 Milwaukee, WI 53204
 (414) 291-7520
 Website: www.independencefirst.org

Offers one-stop comprehensive information and referral regarding disability-related issues, community-based living, resources and services. Referrals are available to consumers, families, service providers, businesses and the community.

Medicare

1-800-MEDICARE (633-4227)
 Website: www.medicare.gov

Federal health insurance program for people age 65 and older; people under 65 with certain disabilities; and people with End-Stage Renal Disease. Call the 1-800-MEDICARE helpline for general information, ordering Medicare booklets and information about health plans. English and Spanish-speaking customer service reps are available.

Mental Health America of Wisconsin (MHA)

600 W. Virginia St., Suite 502
 Milwaukee, WI 53204
 (414) 276-3122
 Website: www.mhawisconsin.org

Provides information and referral for the general public, mental health consumers, family members and professionals to appropriate mental health, wellness and AODA resources including counseling services, support groups and statewide resources.

Milwaukee County Behavioral Health Division Crisis Line

(414) 257-7222

24-hour mental health and suicide crisis line. Individuals seeking assistance can talk with a professional who is able to provide counseling, information and referrals to community resources. Also assists agencies and individuals working with suicidal individuals and/or people in crisis.

Milwaukee County Behavioral Health Division Mobile Urgent Treatment Team (MUTT)

(414) 257-7621

A telephone and mobile crisis service for children and adolescents (to age 18). MUTT will answer questions and concerns about your child by phone or by meeting with you and your child in the community or at home.

Milwaukee County Disability Services Division Resource Center

1220 W. Vliet St.
 Milwaukee, WI 53205
 (414) 289-6660
 Website: www.county.milwaukee.gov

Serve as the entry point for the Disabilities Services Division by providing information and referral, assessment services and protective services to assure that people with disabilities retain independence in the community.

Milwaukee County Sheriff's Department

821 W. State St., Room 107
 Milwaukee, WI 53233
 (414) 278-4766
 Website: www.county.milwaukee.gov

Milwaukee Police Department

Non-emergency (414) 933-4444
 In an emergency dial 9-1-1
 Website: www.milwaukee.gov/police

If you are calling about a problem that may be related to a person's mental health, request that a Crisis Intervention Team (CIT) officer be sent to the location.

District One- 749 W. State St., 2nd Floor
 (414) 935-7213

District Two- 245 W. Lincoln Ave.
 (414) 935-7223

District Three- 2333 N. 49th St.
 (414) 935-7233

District Four- 6929 W. Silver Spring Dr.
 (414) 935-7243

District Five- 2920 N. 4th St.
 (414) 935-7252

District Six- 3006 S. 27th St.
(414) 935-7262

District Seven- 3626 W. Fond du Lac Ave.
(414) 935-7272

Milwaukee Women's Center

728 N. James Lovell St.
Milwaukee, WI 53233
(414) 449-4777
(414) 671-6140 (Crisis Line)

Provides emergency shelter and transportation; a 24 hour crisis line; specialized services and support for older abused women; children's programming; batterer's treatment; case management; and counseling to address domestic violence and substance abuse issues. The agency's emergency shelter operates 24 hours-a-day, 7 days-a-week, 365 days-a-year at its confidential location in Milwaukee. (A division of Community Advocates)

National Alliance on Mental Illness (NAMI) Greater Milwaukee

3732 W. Wisconsin Ave.
Milwaukee, WI 53208
(414) 344-0447
Website: www.namigm.org

Offers a helpline; information and referral to appropriate mental health resources.

Parenting Network Helpline

7516 W. Burleigh St.
Milwaukee, WI 53210
(414) 671-0566
Website: www.theparentingnetwork.org

Confidential phone counseling, information, resources, and referrals for anyone in a parenting role concerning any issue that impacts the well-being of a child. 2-1-1@IMPACT responds on weekends and after 6:00 p.m. on weekdays. A Helpline Counselor is available upon request during these times.

Transitional Living Services Deaf and Hard of Hearing Program

1040 S. 70th St.
Milwaukee, WI 53214
(414) 476-9675

People who have a mental illness and are deaf or hard of hearing have a need to access effective treatment with barrier-free communication. Consumers can call TLS

directly using a telecommunications device for the deaf (TTY) at (414) 476-9617. Staff includes professionals who are fluent in American Sign Language. Staff also works with families, referral sources and support agencies to coordinate services.

Vital Voices for Mental Health

912 N. Hawley Rd.
Milwaukee, WI 53213
Website: www.vital-voices.org

Advocates for adults using mental health and substance use services provided by the Milwaukee County Behavioral Health Division and its contract agencies. Helpline allows consumers or family members to call with questions or concerns regarding their mental health care and substance use recovery services.

**For additional resources, visit
MHA's website
www.mhawisconsin.org**

- **Therapist Directory**
- **Support Group Directory**
- **Resource Directory**
- **Statewide Resources**

Walker's Point Youth and Family Center

2030 W. National Ave.
Milwaukee, WI 53204
(414) 672-5300

Runaway and Teen Crisis Program
732 S. 21st St.
Milwaukee, WI 53204
(414) 647-8200
Website: www.walkerspoint.org

Crisis intervention and crisis prevention services for runaways, homeless, and other troubled young people and their families. Runaway and Teen Crisis Program targets runaway, homeless and other youth in crisis. Provides 24-hour emergency shelter and counseling for youth age 11-17 years old for a period of up to two weeks. 24-hour phone counseling and referral.

Warmline

9455 Watertown Plank Rd.
Milwaukee, WI 53226
(414) 777-4729

A non-crisis support line run by and for people with mental illness. Available Monday, Tuesday, Wednesday, Friday, Saturday and Sunday from 7:00 p.m. - 11:00 p.m. Services available in Spanish on Sunday evenings from 7:00 p.m. - 10:00 p.m.

Wisconsin Council on Problem Gambling

(800) GAMBLE-5 (426-2535)
(920) 437-8888 (Office)
Website: www.wi-problemgamblers.org

Operates a 24-hour helpline, provides resources, public awareness, and education on problem and pathological gambling disorders while maintaining strict neutrality on the issue of legalized gambling. Can provide confidential referrals to current self-help information (such as local meetings of Gamblers Anonymous and Gam-Anon), treatment provider referrals, crisis center information, in-patient centers and many other community resources.

Wisconsin Department of Health Services

1 W. Wilson St.
Madison, WI 53703
(608) 266-1865
Website: www.dhs.wisconsin.gov

Client Rights Office: Oversees the grievance procedures for state operated facilities and the grievance process for the community. Visit the website for information on the steps in the grievance process. Call (608) 266-2717.

Disability Determination Bureau: In accordance with Social Security Administration regulations, determines if Wisconsin residents applying for disability benefits meet the criteria for any of the following: Social Security Disability (SSDI); Supplemental Security Income (SSI); Medicaid; Katie Beckett Program; Medicaid Purchase Plan. Visit the website for information on the determination process. Call (800) 423-1938.

Division of Mental Health and Substance Abuse Services: Manages programs that provide community mental health and substance abuse services. Also administers Wisconsin's institutional programs for those whose needs cannot be met in a community setting. Call (608) 266-1865 (option 5).

Division of Quality Assurance (DQA): Responsible for assuring the safety, welfare and health of persons using health and community care provider services in Wisconsin. If an individual believes that a caregiver, agency, or DQA regulated facility has

violated State or Federal laws pertaining to regulated entities, that individual has the right to file a complaint with DQA. Visit the website for information on the complaint process. Call (608) 266-8481.

**Wisconsin FACETS**

600 W. Virginia St., Suite 502
Milwaukee, WI 53204
Website: www.wifacets.org

Wisconsin FACETS (Family Assistance Center for Education, Training and Support) provides information; resource referral; workshops/training; and individual support for parents of children with disabilities, students with disabilities, and others who support them related to education issues.

Wisconsin Family Ties

16 N. Carroll St., Suite 230
Madison, WI 53703
(608) 267-6888 or (800) 422-7145
Website: www.wifamilyties.org

A statewide not-for-profit organization run by families for families that include children and adolescents who have emotional, behavioral, mental, and substance abuse disorders. Helps parents develop skills necessary to advocate for their families and children.

Bell Therapy

Multiple locations
Milwaukee, WI
(414) 527-6940
Website: www.phoenixcaresystems.com/bell

Provides comprehensive, community-based residential options for adults with intellectual and developmental disabilities and/or serious and persistent mental illness.

Center for Veterans Issues

Administrative Office
3312 W. Wells St.
Milwaukee, WI 53208
(414) 345-3917
Website: www.cvivet.org

Provides transitional housing programs to assist veterans who are ready to move beyond emergency shelter into a more independent living situation with the goal of getting the veteran ready for work and the move to permanent housing. Provides intensive case management. All facilities require that residents maintain a sober and drug-free environment.

City of Milwaukee Department of Neighborhood Services

841 N. Broadway St., First Floor
Milwaukee, WI 53203
(414) 286-2268
Website: www.city.milwaukee.gov/DNS

Seeks to resolve service requests from citizens about problems with existing buildings; educates people in the effective management of their property; and assists neighborhood groups in maintaining a stable environment.

Community Advocates

728 N. James Lovell St.
Milwaukee, WI 53233
(414) 449-4777
Website: www.communityadvocates.net

Provides services including relocation for individuals who once resided in a placarded residence; rent abatement and rent withholding; case management to help people transition to permanent housing; emergency housing assistance for homeless families; security deposit guarantee program; assistance with setting up rent payment plans; and tenant/landlord advocacy and trainings. Operates Autumn West Supportive Housing, a short-term housing program which provides food,

security and on-site case-management services for individuals who are homeless and mentally ill.

Department of Housing and Urban Development (HUD)

310 West Wisconsin Ave., Suite 1380
Milwaukee, WI 53203
(414) 297-3214
Website: www.hud.gov

Provides resources and information about housing counseling agencies; homeownership assistance programs; listings of subsidized housing, public housing and housing choice vouchers and information on how to apply.

**For emergency shelters,
call IMPACT @ 2-1-1**

Dial 2-1-1 or (414) 773-0211

IndependenceFirst

540 S. 1st St.
Milwaukee, WI 53204
(414) 291-7520
Website: www.independencefirst.org

Maintains a comprehensive list of affordable, accessible housing options and subsidy information. Also offers classes covering a variety of topics related to people with disabilities looking for housing or renting.

Lutheran Social Services (LSS)

647 W. Virginia St., Suite 200
Milwaukee, WI 53204
(800) 488-5181
Website: www.lsswis.org

Offers a number of housing programs for children and adults. Services are provided for people who are aging; people with disabilities; people with chronic mental illness; and teens. Service settings can range from private homes where LSS provides support services, individual apartments, and specialized living situations. In cooperation with the U.S. Department of Housing and Urban Development, LSS owns and operates multiple subsidized housing apartment buildings for older adults, persons with developmental disabilities, persons with chronic mental illness, and persons with physical disabilities.

Metro Milwaukee Fair Housing Council

600 E. Mason St., Suite 401
 Milwaukee, WI 53202
 (414) 278-1240
 Website: www.fairhousingwisconsin.com

Intake of fair housing complaints, case management and counseling on options for administrative or judicial remedy; investigative services for persons who allege housing discrimination; referrals to attorneys and government agencies and systemic investigations of institutional discrimination.

Milwaukee County Behavioral Health Division Service Access to Independent Living (SAIL) Program

9455 Watertown Plank Rd.
 Milwaukee, WI 53226
 (414) 257-8095
 Website: www.county.milwaukee.gov

Centralized intake assessment unit that assesses individual needs and facilitates access to community services and supports. The community programs to which persons are referred by SAIL may include community residential, targeted case management, support programs, payee services, outpatient treatment and/or benefits advocacy. Individuals must be referred to the SAIL program by a mental health professional, preferably a psychiatrist, who has had a history of working with the person.

Milwaukee County Department of Health Services Housing Division

1220 W. Vliet St.
 Milwaukee, WI 53205
 (414) 278-4894
 Website: www.county.milwaukee.gov

Administers the Housing and Urban Development (HUD) funded Special Needs, Housing Choice Voucher (Rent Assistance), HOME/Home Repair, and Community Development Block Grant (CDBG) programs. Also manages the County Special Needs Housing Trust Fund and the Inclusive Housing Fund and administers contracts providing operational support to community emergency shelter providers.

My Home Your Home/Lissy's Place

6200 W. Center St.
 Milwaukee, WI 53210
 (414) 874-2560
 Website: www.MHYH.org

A transitional housing program for homeless, single women ages 18-29. Clients can be referred by another agency, such as a homeless shelter, or they can make self-referrals. The target population is homeless women with a history of foster care or similar transient and unsupportive backgrounds. Provides intensive case management; independent learning experiences; and connection to community resources

St. Catherine Residence

1032 E. Knapp St.
 Milwaukee, WI 53202
 (414) 272-8470
 Website: www.stcatherineresidence.org

A rooming house for low-income women in the midst of change. Provides a safe, supportive environment to live, study, work, and learn to master the challenges of gaining independence and self-sufficiency. Also offers the Right Start program which assists pregnant, single women over 18 who can stay until their baby is 18 months old; Wraparound for young adults aging out of foster care; and the Next Step program for homeless women.

TLS Behavioral Health

1040 S. 70th St.
 Milwaukee, WI 53214
 (414) 476-9675
 Website: www.tlsservices.org

Includes licensed Community Based Residential Facilities, Supported Apartments and community apartments which are independent apartments provided in conjunction with case management. All residential programs emphasize independent living skills training to assist individuals in living successfully in the community. Referrals for group homes and supported apartments are accepted through the Milwaukee County Behavioral Health Division SAIL program; referrals for community apartments can be made directly to TLS.

Willowglen Academy

Multiple locations
 Milwaukee, WI
 (414) 342-2060
 Website: www.phoenixcaresystems.com

Community-based residential facilities serve adults who have been diagnosed with mental illness or developmental disabilities that may be long-standing along with cognitive impairment that inhibits their ability to live independently in less restrictive type settings.

Centro Legal

614 W. National Ave., 2nd floor
Milwaukee, WI 53204
(414) 384-7900

Website: www.centrolegalwisconsin.org

Provides full legal services in the areas of family law and misdemeanor criminal defense for low-income, working individuals within the Milwaukee County Court system. Visit website for qualifying incomes and fee structure. Represents those who fall in the gap between free legal services and the private market.

Consumer Credit Counseling Service of Greater Milwaukee

Five locations throughout Milwaukee
(414) 482-8801

Website: www.creditcounselingwi.org

Help for people with money management problems. Provides education, counseling and debt repayment plans. Approved to provide pre-bankruptcy and bankruptcy counseling and bankruptcy education. Weekend and evening appointments. Counseling is very affordable. A no-obligation consultation can be scheduled.

Council for the Spanish Speaking

614 W. National Ave.
Milwaukee, WI 53207
(414) 384-3700

Website: www.spanishcenter-milw.org

Consultation and referral on immigration, citizenship, document translation, notarization, W-7 processing (ITIN), financial budgets, credit reporting, home buying and foreclosures.

Disability Rights Wisconsin (DRW)

6737 W. Washington St.
Milwaukee, WI 53214
(414) 773-4646

Website: www.disabilityrightswi.org

A statewide resource for individuals, families, service professionals and others concerned with disability issues. Helps people gain access to services and opportunities through its advocacy and legal expertise. Provides information and skill-building training on rights and self-advocacy; works one-on-one to overcome barriers and access benefits; and offers legal support to challenge discriminatory practices. Focus areas include abuse and neglect; deinstitutionalization;

access to services in the community; employment and housing discrimination due to disability; services for Social Security beneficiaries who wish to return to work; special education; barriers to accessibility; and assistive technology. DRW is the designated Protection and Advocacy agency for the State of Wisconsin.

Dryhootch

1030 E. Brady St.
Milwaukee, WI 53202
(414) 614-0651

Website: www.dryhootch.org

The Veteran Family Legal Clinic provides free legal advice to veterans and their families regarding family-related, non-criminal issues such as divorce, separation, child custody and child support. Appointments are taken on a first come, first served basis. Call for days and times the clinic is available.

Equal Employment Opportunity Commission (EEOC)

310 W. Wisconsin Ave., Suite 800
Milwaukee, WI 53203
(800) 669-4000

Website: www.eeoc.gov

A federal agency authorized to accept, investigate, resolve or make findings related to charges of employment discrimination.

Legal Action

230 W. Wells St., #800
Milwaukee, WI 53203
(414) 278-7722

Website: www.legalaction.org

Staff and volunteer attorneys provide advice and legal representation in the following areas: Public Benefits/Health Law; Family Law; Housing; Education; Legal Intervention for Employment (LIFE); SeniorLAW; and the Migrant Project. The Volunteer Lawyers Project may be able to assist with the following types of cases: bankruptcy; unemployment compensation hearings; security deposit issues (only on behalf of tenants); home foreclosures and home purchase issues; some estate and probate matters. Call for intake hours. Does not take personal injury, worker's compensation, criminal law or discrimination cases.

Legal Aid Society of Milwaukee

521 N. 8th St.
Milwaukee, WI 53233
(414) 727-5300

Children's Court Office
10201 Watertown Plank Rd.
Wauwatosa, WI 53226
(414) 257-7159
Website: www.lasmilwaukee.com

Guardian ad Litem Division: Serves by court appointment as advocates for children in the Family and Children's Courts; Mental Disability Law Division: Serves by court appointment as defense counsel in mental commitment cases and as guardians ad litem in judicial reviews of protective placements; Civil Division: Provides representation in family law, consumer and bankruptcy matters, housing issues, public benefits and civil rights.

Marquette Volunteer Legal Clinic

House of Peace Community Center
1702 W. Walnut St., Milwaukee, WI 53205
(414) 933-1300

The Council for the Spanish Speaking- Hillview
1615 S. 22nd St., 3rd floor, Milwaukee, WI 53204
(414) 615-1345

Milwaukee County Courthouse
901 N. 9th St., Room 106, Milwaukee, WI 53233
(414) 278-2910

Milwaukee County VA Hospital Grounds
5000 W. National Ave., Milwaukee, WI 53295
(414) 382-1753
Website: www.law.marquette.edu/mvlc

Volunteer attorneys and Marquette University law students provide free, confidential legal information and referrals related to: family law, including child custody, child support, foster care, domestic violence and guardianship; landlord-tenant issues; employment issues; consumer law; and a host of other civil legal issues. The clinic does not offer services in the criminal law area. Assistance is limited to a one time meeting and does not create an on-going attorney-client relationship. No legal information or advice can be given out over the phone. Bring all paperwork related to your question. Call for hours.

Milwaukee Bar Association Lawyer Referral & Information Service

424 E. Wells St.
Milwaukee, WI 53202
(414) 274-6768
Website: www.findmilwaukeeelawyers.org

The Milwaukee Bar Association has a panel of pre-screened, qualified attorneys that are available for hire in all areas of law. The initial half hour consultation is guaranteed to be no more than \$20. Has a Modest Means panel that offers private attorneys at a reduced rate for anyone currently receiving any form of public assistance. When you call you will speak with a representative who will refer you to one of the lawyers or a community resource that best fits your needs. Answers to legal questions also available at www.mbaevice.blogspot.com.

Milwaukee County Corporation Counsel

901 N. 9th St., Room 303
Milwaukee, WI 53233
(414) 278-4302

Initiates the three-party petition process for involuntary commitment under Chapter 51 of the Wisconsin Statutes. A phone interview will be conducted first to determine whether the situation meets the requirements of the law.

SeniorLAW

230 W. Wells St., Room 800
Milwaukee, WI 53203
(414) 278-1222

Provides free legal assistance to Milwaukee County residents who are 60 and older. Benefit specialists provide legal information and attorneys provide representation in appropriate court cases. Most often, SeniorLAW handles the following types of legal problems: Medical Assistance; Medicare; Long Term Care; Social Security; SSI; Food Stamps; Subsidized Housing; Homestead Credits; elder (financial, physical, emotional, or neglect) abuse; and consumer law problems. There are several Outreach Centers throughout the city. Call for locations and times.

Sojourner Family Peace Center

Administrative & Advocacy Office
135 W. Wells St., 4th Floor
Milwaukee, WI 53203
(414) 276-1911
Website: www.familypeacecenter.org

Victims of domestic violence are served through legal programs including the Legal Emergency Assistance Program (LEAP); a Restraining Order Clinic; and the Children's Advocacy Program. Advocates provide legal information and referrals including an eligibility assessment for free emergency legal services through a partnership with Legal Action. They also help people who have experienced abuse file restraining orders by helping to explain the process, fill out the paperwork and accompany them to court.

Supportive Community Services

1126 S. 70th St., Suite S106
West Allis, WI 53214
(414) 226-5335
Website: www.supportivecommunityservices.org

Provides services for the elderly, developmentally disabled, and the mentally ill through advocacy, guardianship, financial management and case management services. Services include representative payee service; tax assistance; advocacy; development of budgets and money management; court-ordered services; and Power of Attorney (financial and medical).

Wisconsin Department of Health Services

1 W. Wilson St., Madison, WI 53703
Website: www.dhs.wisconsin.gov

Client Rights Office: Oversees the grievance procedures for state operated facilities and the grievance process for the community. Visit the website for information on the steps in the grievance process. Call (608) 266-2717.

Division of Quality Assurance: Responsible for assuring the safety, welfare and health of persons using health and community care provider services. If an individual believes that a caregiver, agency, or DQA regulated facility has violated State or Federal laws pertaining to regulated entities, that individual has the right to file a complaint. Visit the web site for information on the complaint process. Call (608) 266-8481.



Why Mental Health Matters

Emotions, thoughts and attitudes affect your energy, productivity and overall health. Good mental health strengthens your ability to cope with everyday hassles and more serious crises and challenges.

Good mental health is essential to creating the life you want!

There are tools that can buffer the effects of stress and help you cope better with the many challenges you face and promote health and well-being. These proven tools can help you feel stronger and more hopeful.

The 10 Tools

1. Connect with others
2. Stay positive
3. Get physically active
4. Help others
5. Get enough sleep
6. Create joy and satisfaction
7. Eat well
8. Take care of your spirit
9. Deal better with hard times
10. Get professional help if you need it

Milwaukee County Behavioral Health Division

9455 Watertown Plank Rd.
Milwaukee, WI 53226
(414) 257-6995 (general number)
Website: www.county.milwaukee.gov

Access Clinic

(414) 257-7665

Individuals who are uninsured receive a clinical needs assessment and a referral for services, whether for therapy, medication assessment, or both, on the day of their visit to the clinic. Individuals will then be referred to a clinic for further outpatient assessment and counseling services. If an individual is determined to be in need of medication, they will be referred for medication evaluation. The clinic hours are 8:00 a.m. to 3:00 p.m. for assessments. No appointments. Proof of Milwaukee County residency is required.

Crisis Line

(414) 257-7222

24-hour mental health and suicide crisis line. Individuals seeking assistance can talk with a professional who is able to provide counseling, information and referrals to community resources. Also assists agencies and individuals working with suicidal individuals and/or people in crisis.

Mobile Crisis Team

(414) 257-7222

Adult Mobile Team provides community-based assessment as appropriate when it is impossible or impractical for the individual to come into the Behavioral Health Division. Teams of clinicians are available to provide crisis intervention services and referrals. Available Monday - Friday 9:00 a.m. to midnight and weekends and holidays 11:30 a.m. to 8:00 p.m. Families, friends, individuals and law enforcement can access the service by calling the Crisis Line. Calls will be evaluated. If a mobile intervention is indicated, a team will be dispatched as soon as practical.

Mobile Urgent Treatment Team (MUTT) (414) 257-7621

A telephone and mobile crisis service for children and adolescents (to age 18). MUTT will answer questions

and concerns about your child by phone or by meeting with you and your child in the community or at home.

Psychiatric Crisis Admissions Center and Observation Unit

(414) 257-7260

Provides 24 hour-a-day, 7 days-a-week psychiatric emergency services including assessment, crisis intervention and medication as well as the capacity for observation for up to 48 hours as needed.

Crisis Resource Center (CRC)

2057 S. 14th St., Milwaukee, WI 53204

(414) 643-8778

Website: www.tlsservices.org

A place where individuals who may be experiencing a psychiatric crisis can voluntarily access crisis intervention. Offers a safe, recovery-oriented environment, short-term intervention, peer support and links to ongoing support and services. Open 24 hours-a-day, 7 days-a-week. Must be 18 years or older; a Milwaukee County resident; experiencing psychiatric symptoms; a voluntary client; not a danger to themselves or others; and medically stable. A referral call must be made to the nurse/social worker at the CRC by a doctor, nurse, social worker or Behavioral Health Intake Worker.

Service Access to Independent Living (SAIL) Program

9201 Watertown Plank Rd.

Milwaukee, WI 53226

(414) 257-8095

Centralized intake assessment unit that assesses individual needs and facilitates access to community services and supports. The community programs to which persons are referred by SAIL may include community residential, targeted case management, support programs, payee services, outpatient treatment and/or benefits advocacy. Individuals must be referred to the SAIL program by a mental health professional, preferably a psychiatrist, who has had a history of working with the person.

Wiser Choice Alcohol and Other Drug Abuse (AODA) Program

9201 Watertown Plank Rd.
 Milwaukee, WI 53226
 (414) 257-8095

AODA Central Intake Units assist individuals seeking substance abuse treatment. Staff determines eligibility for funding. Eligibility includes residency (Milwaukee County) and age (ages 18 to 59). Not all Milwaukee County residents are eligible for the Wiser Choice/ATR Program. There are a limited number of screens performed daily. Clients are generally served on a first come, first served basis. When individuals are found to be eligible and appropriate for services, a referral is made to the treatment provider of choice. Treatment is provided by a network of agencies on a fee-for-service basis. Services provided include: outpatient, day and residential treatment; methadone maintenance; and detoxification.

Central Intake Unit (CIU) locations:

IMPACT

611 W. National Ave., Milwaukee, WI 5320
 (414) 649-4380

M&S Clinical Services

2821 N. 4th St., Suite 516 , Milwaukee, WI 53212
 (414) 263-6000

6550 N. 76th St., Milwaukee, WI 53223
 (414) 760-6060

United Community Center

1111 S. 6th St., Milwaukee, WI 53204
 (414) 643-8530

Wisconsin Community Services, Inc.

3732 W. Wisconsin Ave., Milwaukee, WI 53208
 (414) 343-3583



KNOW THE SIGNS of Clinical Depression

- ✓ Persistent sad, anxious or "empty" mood
- ✓ Changes in sleep patterns
- ✓ Reduced appetite and weight loss, or increased appetite and weight gain
- ✓ Loss of pleasure and interest in once-enjoyable activities, including sex
- ✓ Restlessness, irritability
- ✓ Persistent physical symptoms that do not respond to treatment, such as chronic pain or digestive disorders
- ✓ Difficulty concentrating at work or at school, or difficulty remembering things or making decisions
- ✓ Fatigue or loss of energy
- ✓ Feeling guilty, hopeless or worthless
- ✓ Thoughts of suicide or death

If you experience five or more of these symptoms for two weeks or longer, you could have clinical depression. See a doctor or qualified mental health professional for help.

Take an online mental health screening at www.mhawisconsin.org

An asterisk (*) indicates that the clinic or agency provides both mental health and Alcohol and Other Drug Abuse (AODA) services.

Acacia Mental Health Clinic*

6040 W. Lisbon Ave., Suite 102
 Milwaukee, WI 53210
 (414) 871-9111

Outpatient mental health and addiction treatment clinic. Provides services to children, adolescents, adults and families who have mental health problems, behavior problems or AODA issues. Also provides in-home services for severely emotionally disturbed (SED) children. Staff consists of physicians and licensed psychologists, counselors, marriage and family therapists and social workers.

Achievement Associates*

933 N. Mayfair Rd., Milwaukee, WI 53226
 (262) 786-6543

1110 N. Old World Third St., Milwaukee, WI 53203
 (262) 241-5099
 Website: www.achievementassociatesltd.com

Provides a complete range of educational, psychological, psychiatric, AODA and vocational services. Services include individual, marriage, family, and divorce counseling; career and vocational counseling; special services for children and youth; educational evaluation and intervention; eating disorders program; chemical dependency program including a Suboxone treatment; smoking cessation program; relapse prevention training; and end-of-life counseling. Also has offices in Mequon and Waukesha.

Adkins Counseling Services

6001 W. Center St., Suite 208
 Milwaukee, WI 53210
 (414) 393-1099

Offers mental health counseling services to families, individuals, children, teens and adults; specializes in play therapy, family mediation, anger management and in-home therapy.

AIDS Resource Center Behavioral Health & Wellness Clinic*

820 N. Plankinton Ave.
 Milwaukee, WI 53203
 (414) 273-1991
 Website: www.arcw.org

Provides psychiatric, neuropsychological, psychotherapeutic, psycho-educational, educational, AODA and wellness services to individuals, couples and families for people living with HIV.

AJA Counseling Center

8726 W. Mill Rd.
 Milwaukee, WI 53225
 (414) 353-9250
 Website: www.ajaenterprise.com

Provides a comprehensive, culturally appropriate, and therapeutically sound program for children. Works with children and families to help children "stay in school, stay at home, and stay out of trouble". Multidisciplinary team includes a psychiatrist, registered nurse, licensed psychotherapist, art therapist and group therapist.

Alternatives in Psychological Consultation*

5757 W. Oklahoma Ave., West Allis, WI 53219
 (414) 358-7144

10045 W. Lisbon Ave., Wauwatosa, WI 53222
 (414) 358-7144
 Website: www.altfig.com

Provides outpatient therapy to children, youth, adults, and families who have a variety of needs such as depression and anxiety; adjustment disorders; anger; trauma resolution; alcohol and drug abuse; and more. Services include individual, couple, and family therapy; child and adolescent specialists; and AODA group intervention for adults. Also offers a wide range of innovative alternatives to traditional psychotherapy including play therapy and EMDR (eye movement therapy).



AMRI Counseling Services*

1915 N. MLK Jr. Dr., Milwaukee, WI 53213
(414) 810-6691

5600 W. Brown Deer Rd., Brown Deer, WI 53223
(414) 810-6691

Website: www.amricounseling.weebly.com

Mental health and substance abuse clinic providing a variety of quality services including individual, group and in-home mental health counseling; psychological assessments; individual, group and in-home substance abuse counseling; faith-based counseling; marriage and couples counseling; urinalysis drug and alcohol testing; and parenting and daily living skills classes.

Aro Behavioral Healthcare*

8200 W. Brown Deer Rd., Brown Deer, WI 53223
(414) 362-8147

4325 S. 60th St., Greenfield, WI 53220
(414) 546-0467

6416 S. Howell Ave., Oak Creek, WI 53154
(414) 762-5429
Website: www.arobhc.com

Outpatient mental health services for children, adolescents, adults and families. Multi-disciplinary staff able to work on a wide variety of issues with clients. Provides AODA services which include day treatment, intensive outpatient and primary outpatient groups.

Aurora Behavioral Health Services*

Multiple locations
(414) 773-4312 (central intake)
Website: www.aurorahealthcare.org/abhs

Provides all levels of care, specialized for most behavioral health problems, including adult services; child and adolescent behavior problems; specialized care for older adults; and substance abuse treatment. Outpatient mental health and substance abuse treatment is available at multiple locations throughout Milwaukee County. Inpatient care is available at two hospital locations.

Aurora Family Service

3200 W. Highland Blvd.
Milwaukee, WI 53208
(414) 345-4941
Website: www.aurorahealthcare.org

Provides outpatient mental health services for children and families. The professional staff is bilingual,

bicultural, and competent to serve culturally diverse families. Offers a strength-based approach tailored to individual and family needs. Offers a sliding fee scale for the uninsured. Bilingual intake is available in the afternoons.

Aurora Psychiatric Hospital*

1220 Dewey Ave.
Milwaukee, WI 53213
(414) 454-6777
Website: www.aurorahealthcare.org/abhs

Offers inpatient, partial hospitalization and outpatient services for mental health and substance abuse issues. Services include psychiatric treatment; substance abuse treatment including detox, residential and day treatment; eating disorders program; obsessive-compulsive disorder program; and child, adolescent and adult programs.

Aurora St. Luke's South Shore Hospital*

5900 S. Lake Dr.
Cudahy, WI 53110
(414) 489-4173
Website: www.aurorahealthcare.org/abhs

Psychiatric unit located within a general hospital setting. Offers mental health, substance abuse and dual diagnosis services. Programs include detox and inpatient mental health treatment. Specialized programs for geriatric population and addictions.

Bell Therapy, Inc.*

Website: www.phoenixcaresystems.com/bell

Medical Day Treatment
4065 N. 35th St., Milwaukee, WI 53216
(414) 445-9180

Community-based, group-oriented medical program serving individuals with long-term mental illness and individuals with co-occurring disabilities such as trauma or an intellectual and developmental disability. Programming ranges from full-time daily treatment to part-time care.

Outpatient Clinic
5151 W. Silver Spring Dr., Milwaukee, WI 53218
(414) 527-6940

Serves individuals experiencing a variety of psychological, emotional, social or behavioral challenges. Also serves consumers who experience

behavioral symptoms and sensory or cognitive/intellectual issues, associated with developmental disabilities.

Horizons Program

634 W. Mitchell St., Milwaukee, WI 53204
(414) 527-6970

Provides community based services focused on teaching independent living skills. Primarily serves individuals who present with intellectual disabilities, physical limitations and/or mental illnesses and who are living independently. Services and supports are provided through case; health monitoring; medication education; financial management; and employment/vocational referral.

Catholic Charities Counseling Services

2021 N. 60th St.
Milwaukee, WI 53208
(414) 771-2881
Website: www.ccmke.org

Outpatient behavioral health clinic providing accessible, culturally competent, mental health services for individuals, families, children and couples. Provides counseling for older adults and individuals with cognitive and physical disabilities. Accepts patients who are uninsured or with limited resources on a sliding fee scale. Services are non-denominational and open to all people.

Child, Adolescent, Family, Marriage Therapy Associates*

230 W. Wells St.
Milwaukee, WI 53203
(414) 272-5005

Provides outpatient therapy for children, teens, adults, couples and families on issues related to mental health and mental illness. Areas covered include AODA recovery; adjustment disorders; anxiety/depression; childhood disorder; and physical/sexual abuse. Other services include psychiatric evaluations and psychotropic medication management.

Children's Hospital of Wisconsin

Child & Adolescent Psychiatry and Behavioral Medicine Center
9000 W. Wisconsin Ave., Wauwatosa, WI 53226
(414) 266-2932

1020 N. 12th St., Milwaukee, WI 53233
(414) 277-8980

4855 S. Moorland Rd., New Berlin, WI 53151
(262) 432-7702
Website: www.chw.org

Outpatient mental health diagnostic and treatment services for children and families for a wide variety of behavioral and emotional issues including anxiety, depression, bipolar disorder and adjustment to chronic illness.

Children's Service Society of Wisconsin

620 S. 76th St.
Milwaukee, WI 53214
(414) 453-1400
Website: www.cssw.org

Counseling programs that aim to reduce stress and conflict, enhance parenting skills and strengthen family ties. Treats children, adolescents and families with a wide variety of behavioral and emotional issues. Offers a sliding fee based on income.

Childynamics

11904 W. North Ave.
Wauwatosa, WI 53226
(414) 258-4318
Website: www.childynamics.com

Specializes in mental health services for children and adolescents, ages 4-16 years, with behavioral and/or emotional difficulties at home, school, and/or the community. Provides day and outpatient treatment; group therapy; psychological evaluations; and medication management. Children may be considered appropriate for services with problems such as ADHD/ADD, depression/mood swings, anxiety, poor concentration, defiance, psychosis, trauma, or other disorders.

Christian Family Counseling*

6800 N. 76th St., Milwaukee, WI 53224
1214 S. 8th St., Milwaukee, WI 53204

3601 N. Port Washington Rd., Milwaukee, WI 53212
(414) 368-6070
Website: www.wlcf.org

Offers individual, group, family and couples/marital counseling to help people address life's challenges and promote healthy relationships. Integrates Christian truths with evidence-based practice of psychological health to assist with efforts at growing toward a healthier, more

satisfying life. Also has locations in Oak Creek and Brookfield.

Clement J. Zablocki VA Medical Center*

5000 W. National Ave.
Milwaukee, WI 53295
(414) 384-2000
Website: www.milwaukee.va.gov

Provides inpatient, residential and outpatient primary, secondary and tertiary mental health care for veterans. Veterans with a wide variety of difficulties and diagnoses can receive a full and integrated continuum of medical, mental health, vocational and housing services.

Columbia St. Mary's Behavioral Health Services*

2025 E. Newport Ave., Milwaukee, WI 53211
(414) 961-5520

Huiras Center, 1500 W. Market St., Mequon, WI 53092
(800) 457-6004
Website: www.columbiastmarys.org

Intensive outpatient and partial hospitalization services provide structured, time-limited services for adults experiencing serious impairments in psychosocial functioning. Inpatient services provide short-term, intensive treatment for adults and older adults with acute episodes of mental illness offering a high level of safety and security with 24-hour nursing care and may include treatment for co-existing medical conditions. Chemical dependency intensive outpatient services provide medical assessment and treatment for people suffering from alcohol and other drug abuse.

Community Advocates Homeless Outreach Nursing Center

728 N. James Lovell St.
Milwaukee, WI 53233
(414) 449-4777
Website: www.communityadvocates.net

Provides mental health-related services to people who are homeless and have a mental illness. Conducts outreach on the streets, at meal sites and in emergency shelters. Provides connections with other service providers such as mental health and health services; access to safe havens and other transitional and permanent housing; and referral and help securing benefits.

Crisis Resource Center (CRC)

2057 S. 14th St.
Milwaukee, WI 53204
(414) 643-8778
Website: www.tlsservices.org

A place where individuals who may be experiencing a psychiatric crisis can voluntarily access crisis intervention. Offers a safe, recovery-oriented environment, short-term intervention, peer support and links to ongoing support and services. Open 24 hours-a-day, 7 days-a-week. Must be 18 years or older; a Milwaukee County resident; experiencing psychiatric symptoms; a voluntary client; not a danger to themselves or others; and medically stable. A referral call must be made to the nurse/social worker at the CRC by a doctor, nurse, social worker or Behavioral Health Intake Worker.

Current Initiatives Counseling Service*

6815 W. Capitol Dr., Suite 311
Milwaukee, WI 53216
(414) 616-8805

Works toward the preservation of adolescents, adults, children, and families through the assistance of community resources (i.e social services, schools, churches and employers). Assists parents and children with behavioral, mental and AODA health and career counseling to help families gain and reach their goals.

Discovery and Recovery Clinic

4402 S. 68th St., Greenfield, WI 53220
(414) 321-4411

4465 N. Oakland Ave., Shorewood, WI 53211
(414) 332-2227
Website: www.discoveryandrecoveryclinics.com

Therapists work together with a community psychiatrist to meet both the medical and psychological needs of clients. Clinicians treat depression and anxiety disorders; each also has specialty areas of treatment. Works with children, adolescents, and adults of all ages. Also offers group therapy for anger management and co-parenting.

Dryhootch*

1030 E. Brady St.
Milwaukee, WI 53202
(414) 614-0651
Website: www.dryhootch.org

Provides individual and peer-to-peer counseling and support groups for veterans suffering from PTSD, alcoholism and drug addictions; offers an inviting, non-threatening atmosphere where veterans, their families, and friends can meet to socialize and reconnect with other veterans; and provides advice or resources on a variety of issues including mental health concerns, benefits and legal issues.

Empowerment Clinic*

6001 W. Center St.
Milwaukee, WI 53210
(414) 763-1757
Website: www.empowermentclinicinc.com

Provide psychotherapy, AODA counseling, transportation and life improvement services to individuals, families, youth, couples and groups. Special emphasis is placed on minorities and persons with disabilities. Uses an evidence-based empowerment model as well as Biblical, Qur’anic and Jewish therapeutic approaches to meet and address the needs of clients who prefer faith-based counseling services.

Encompass, Inc.

1011 N. Mayfair Rd., Suite 304
Wauwatosa, WI 53226
(414) 453-8380
Website: www.encompasswellness.com

Provides a positive, client-therapist partnership, where care, therapy, and course of action are determined by the specific needs of the individual. Staff offers a wide variety and diverse repertoire of expertise and professional knowledge and includes a psychiatrist who treats adults, as well as psychotherapists who see adults, adolescents and children.

Fokus Family Services*

2821 N. 4th St., Suite 139
Milwaukee, WI 53212
(414) 264-4217

A diversified, multicultural agency providing a range of services including both traditional treatment services such as AODA assessment, group counseling, and in-home therapy along with family support services such as life skills training, mentoring, tutoring, supported work environment and job coach services.

Forward Choices

6040 W. Lisbon Ave., Suite 103
Milwaukee, WI 53210
(414) 442-1751

Individual-focused treatment planning is utilized to service populations of all age ranges and mental health needs. Works closely with existing psychiatrists and primary care physicians to coordinate care and services to each client.

Gateway to Change*

2319 W. Capitol Dr.
Milwaukee, WI 53206
(414) 442-2033

An AODA and mental health treatment center providing culturally sensitive treatment service to help individuals overcome dependency on alcohol and other drugs. Offers AODA assessment; day treatment; and family, group and individual counseling. Collaborates with W-2 agencies to provide AODA services and community outreach and integration of the faith community to support troubled neighborhoods where many W-2 families reside.

Gerald Ignace Indian Health Center*

1711 S. 11th St.
Milwaukee, WI 53204
(414) 383-9526
www.gliihc.net

Multi-tribal American Indian agency that addresses the health and social needs of Milwaukee’s American Indian community and the urban area. All Nations Wellness Center provides social, mental, fitness and nutrition services.

Grand Avenue Club

210 E. Michigan St.
Milwaukee, WI 53202
(414) 276-6474
Website: www.grandavenueclub.org

A community offering respect, hope and opportunity to people who experience mental illness. Grand Avenue Club helps its members secure work, find suitable housing, go to school, have a place to celebrate holidays and experience a sense of community by connecting with others.

Guest House of Milwaukee*

1216 N. 13th St.
 Milwaukee, WI 53205
 Website: www.guesthouseofmilwaukee.org

Offers a holistic approach to substance abuse and mental health issues, addressing their impact on all areas of life. Offers day treatment and outpatient treatment for substance abuse and outpatient mental health treatment, as well as coordination of care, limited psychiatric consultation, referrals to medical providers, and connection with community based recovery supports.

Outreach Community Health Center* (Formerly Health Care for the Homeless)

210 W. Capitol Dr.
 Milwaukee, WI 53210
 (414) 727-6320
 Website: www.hchm.com

Provides psychiatric, psychotherapy and substance abuse services, including drug testing, on a traditional outpatient basis. Services are provided through a variety of funding sources.

Hysop Diagnostic Treatment & Social Services*

3500 W. Mother Daniels Way
 Milwaukee, WI 53209
 (414) 397-2222

A human service organization providing clinical counseling; marriage and family counseling; education; training; and support service facilitation. Clients come from all walks of life. A comprehensive treatment plan is created based on an extensive research based evaluation, client comments and best practices.

Jewish Family Services (JFS)*

1300 N. Jackson St., Milwaukee, WI 53202

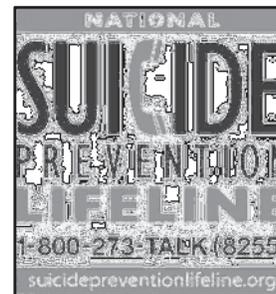
 5800 N. Bayshore Dr., Suite B215, Glendale, WI 53217
 (414) 390-5800
 Website: www.jfsmilw.org

Provides counseling for children, families and adults. A sliding fee scale is available and most insurance plans are accepted. JFS programs and services are open to people of all faiths, incomes, backgrounds and lifestyles.

La Causa Social Services*

1212 S. 70th St., Suite 115A
 Milwaukee, WI 53214
 (414) 902-1500
 Website: www.lacausa.org

A, holistic approach to mental health and substance abuse counseling and therapy. Staff is sensitive to the physical, emotional, spiritual, and cultural needs of individuals and families. Serves children, adolescents, and adults and offers services in the office or in-home. Services include mental health; psychosocial assessment; individual, family and group therapy; AODA assessment, counseling and random urine screens.



Lutheran Social Services*

155 E. Silver Spring Dr., #201
 Whitefish Bay, WI 53217
 (414) 967-3900
 Website: www.lsswis.org

Provides outpatient mental health and substance abuse counseling for children, adults, and families in individual, group or family sessions regarding: parenting and family issues; grief and loss; AODA; gambling; emotional, physical and sexual abuse; relationships; anxiety and depression; anger and stress management; intimate partner violence; adjustment disorders; adolescent issues; financial counseling; and, pre-marriage workshops. Accepts insurance payment and offers a sliding-fee scale for self-pay clients.

M & S Clinical Services*

2821 N. 4th St., #516
 Milwaukee, WI 53212
 (414) 263-6000

Provides comprehensive culturally competent outpatient mental health and substance abuse services to families, adults, couples, youth and children. Also determines eligibility for Milwaukee County-funded AODA treatment through a comprehensive assessment.

Marquette University Center for Psychological Services

604 N. 16th St., Room 307
 Milwaukee, WI 53233
 (414) 288-3487
 Website: www.marquette.edu

Operated by the Department of Psychology at Marquette University. Offers high quality evaluation and therapeutic services for adults, children, couples and families, while giving advanced graduate students in clinical psychology the opportunity to gain clinical experience under the close supervision of Marquette faculty.

**For additional resources, visit
 MHA's website
www.mhawisconsin.org**

- **Therapist Directory**
- **Support Group Directory**
- **Resource Directory**
- **Statewide Resources**

Matt Talbot Recovery Center*

2613 W. North Ave.
 Milwaukee, WI 53205
 (414) 342-5474
 Website: www.mtrcinc.com

A residential treatment facility specializing in serving adult males with substance abuse. Assists residents in all areas to support a drug free lifestyle. Uses a holistic approach by eliminating barriers and connecting residents with community resources such as health insurance, identification and legal assistance. MTRC staff monitors residents for one year post discharge to provide continued support and direction.

MCFI Children's Behavioral Health Resources

2020 W. Wells St.
 Milwaukee, WI 53233
 (414) 937-2020
 Website: www.mcfi.net

Licensed child psychologist and family counselors on staff to work with children and families in need of mental health services. Diagnostic assessments for children with potential Autism Spectrum Disorders. Bilingual/Spanish speaking mental health professional available.

Mental Health America of Wisconsin (MHA)

600 W. Virginia St., Suite 502
 Milwaukee, WI 53204
 (414) 276-3122

Office of Public Policy
 133 S. Butler St., Room 330
 Madison, WI 53703
 (608) 250-4368
 Website: www.mhawisconsin.org

A nonprofit organization dedicated to helping all people live mentally healthier lives through education, information, advocacy and service. Answers questions from the general public, mental health consumers, family members and professionals about issues related to mental health, mental illness and accessing community resources. Legislative advocacy keeps people informed about proposals in Congress and the Wisconsin Legislature related to mental health. The Strong Families Healthy Homes program serves parents, as well as children, whose lives have been touched by mental illness. The program empowers parents with a mental illness to meet their children's needs, improve the overall health of the family, and strengthen family relationships.

Milwaukee Center for Independence

2020 W. Wells St.
 Milwaukee, WI 53233
 (414) 937-2020
 Website: www.mcfi.net

Outpatient psychotherapy clinic specializing in providing counseling to persons experiencing intellectual impairments who have mental health concerns.

Milwaukee County Behavioral Health Division*

9455 Watertown Plank Rd.
 Milwaukee, WI 53226
 (414) 257-7665 Access Clinic
 (414) 257-7260 Psychiatric Crisis Service/Admissions
 (414) 257-7222 Crisis Line (24-hour)

Access Clinic: Individuals who are uninsured receive a clinical needs assessment and a referral for services, whether for therapy, medication assessment, or both. Individuals will then be referred to a clinic for further outpatient assessment and counseling services. If an individual is determined to be in need of medication, they will be referred for medication evaluation. The

clinic hours are 8:00 a.m. to 3:00 p.m. for assessments. Proof of Milwaukee County residency is required.

Psychiatric Crisis Service/Admission Center: Provides 24 hours-a-day, 7 days-a-week psychiatric emergency services including assessment, crisis intervention and medication as well as the capacity for observation for up to 48 hours as needed.

Milwaukee Health Services

Isaac Coggs Heritage Health Center
8200 W. Silver Spring Dr., Milwaukee, WI 53218
(414) 760-3900
Website: www.mhsi.org

Offers a wide range of behavioral health services including individual, child, family, couples and group therapy; neurological and personality testing; medication management; and social work. Providers accept most state insurances and many private insurances in addition to a sliding-fee scale program for clients with no insurance.

National Alliance on Mental Illness (NAMI) Greater Milwaukee

3732 W. Wisconsin Ave.
Milwaukee, WI 53208
(414) 344-0447
Website: www.namigm.org

A community-based, support, education and advocacy organization dedicated to improving the lives of those with mental illness, their families, and those touched by mental illness. Offers a helpline; information and referral to appropriate resources; support groups for consumers, families and loved ones of someone with a mental illness; systems advocacy services for individuals and families coping with mental illnesses; and an array of mental health education and trainings including Family-to-Family and Peer-to-Peer classes, monthly educational meetings and a quarterly newsletter.

New Concept Self-Development Center*

4828 W. Fond du Lac Ave.
Milwaukee, WI 53216
(414) 444-1952
Website: www.ncsdc-inc.org

Provides therapeutic mental health and substance abuse counseling to individuals and families whose lives are eclipsed by psychological, situational, and addictive behaviors.

New Covenant Holistic Ministry*

2315 N. 38th St.
Milwaukee, WI 53210
(414) 873-1221

For individuals and/or family member or co-dependents suffering from addiction to a mood altering substance. Recovery is learned through converting the 12-Steps principle to scripture with a thorough break down of its application.

North Shore Psychotherapy Associates

5800 N. Bayshore Dr., Suite A-250
Glendale, WI 53217
(414) 962-6764
Website:
www.northshorepsychotherapyassociates.vpweb.com

Provides individual and family therapy services for diverse issues and problems including depression; anxiety; PTSD; anger management; stress management; sexual and physical abuse; and parenting issues. Conducts psychological evaluations/assessments with children, adolescents, and adults. Evaluations are also conducted with regard to abuse issues, parenting capacity, competency, cognitive and academic functioning, and various other issues as requested.

Our Space

1527 W. National Ave.
Milwaukee, WI 53204
(414) 383-8921
Website: www.ourspaceinc.org

Recreational, psychological, educational, pre-vocational and occupational therapy services including computer instruction, wellness, exercise, support groups and literacy programs for persons who have experienced a mental illness.

Pathfinders

4200 N. Holton St., Suite 400
Milwaukee, WI 53212
Website: www.pathfindersmke.org

Provides short-term counseling and group services for youth and young adults 25 years old and younger and their families. Specialty areas include trauma, sexual abuse and homelessness. Sliding fee based on household income, number of people supported and the service they are seeking.

Pathways Counseling Center*

13105 W. Bluemound Rd., Suite 100
 Brookfield, WI 53005
 (262) 641-9790
 Website: www.pathwayscounseling.com

Offers a broad spectrum of individualized services for clients, their families and significant others. Services and programs available include adult children of alcoholics and co-dependency; marriage and couples counseling; women's issues; sex therapy; compulsive sexual behavior; depression; grief and loss; psychological testing; Milwaukee transgender program for youth and adults; and spiritual counseling.

Professional Services Group*

1126 S. 70th St., Suite S507
 West Allis, WI 53214
 (414) 727-2789
 Website: www.psgcip.com

Provides outpatient mental health and addiction counseling as well as psychological testing and evaluation and medication management. Provides a wide array of mental health and alcohol and other drug prevention and treatment services.

REACH, Inc.*

6310 N. Port Washington Rd.
 Milwaukee, WI 53217
 (414) 961-1600

Provides individual, family and group outpatient counseling. Serves clients with mental health, AODA and dual diagnosis. Provides a holistic approach to mental, emotional and spiritual health. In addition to conventional AODA and mental health services, REACH offers faith-focused counseling services by ordained ministers who are also qualified as AODA and mental health therapists.

Recovery Network, Inc.*

825 S. 14th St.
 Milwaukee, WI 53204
 (414) 647-9930

AODA day and outpatient treatment; assessments; Operating While Intoxicated (OWI) programs; drug screening; and legal community assistance.

Renew Counseling Services*

1225 W. Mitchell St., #223
 Milwaukee, WI 53204
 (414) 383-4455

Mental health and AODA clinic providing services to children through adults. Open 6 days-a-week, with evening and weekend hours. Offers individual, couples, group, family as well as in-home services; random urine screens; gambling therapy; art therapy; and play therapy. Spanish-speaking therapist by appointment.

Rogers Memorial Hospital*

34700 Valley Rd., Oconomowoc, WI 53066
 (800) 767-4411

11101 W. Lincoln Ave., West Allis, WI 53227
 (414) 327-3000

4600 Schroeder Dr., Brown Deer, WI 53223
 (414) 355-9000

Website: www.rogershospital.org

Comprehensive treatment for adults with a variety of disorders including inpatient hospitalization; residential treatment with specialized treatment centers for chemical dependency, eating disorders, and OCD and other anxiety disorders; and partial hospitalization.

Services for children and adolescents include inpatient hospitalization; residential treatment which combines intensive psychiatric treatment with education, experiential-based therapies and off-site visits for community reintegration. Day treatment offers half-day programming that provides individual, family and group therapy, school liaison services and psychiatric consultation with medication management.

Sebastian Family Psychology Practice*

1720 W. Florist Ave., Suite 125
 Glendale, WI 53209
 (414) 247-0801

Mental health and AODA clinic, focused on reaching out to a multicultural clientele to be served by a multicultural team. Through a progressive, outcome focused, cutting edge, research-based approach, provides individualized care that empowers the client and nurtures whole health enhancement attitudes to life.

Shorehaven Behavioral Health*

3900 W. Brown Deer Rd., Milwaukee, WI 53209

8405 W. Forest Home Ave., Greenfield, WI 53228
 (414) 540-2170

Website: shorehavenbhi.com

Offers a full spectrum of outpatient services including mental health counseling; marriage and family therapy;

child and adolescent counseling; dual diagnosis; and substance abuse counseling. Individual and family mental health services including treatment for Reactive Detachment Disorder. In-home therapy for children and adults and for families affected by autism spectrum disorders.

Sixteenth Street Community Health Center

1032 S. Cesar Chavez Dr.
Milwaukee, WI 53204
(414) 672-3145

Provides health care, health education and social services on Milwaukee’s multi-cultural south side. Outpatient psychiatry/mental health services for all ages, provided by bilingual (Spanish-speaking) counselors, psychologists, and psychiatrists.

St. Charles Youth & Family Services*

151 S. 84th St.
Milwaukee, WI 53214
(414) 476-3710

Provides mental health counseling, support services and AODA treatment. Assists clients seeking assistance with mental health issues; social, psychological, and interpersonal problems; and AODA issues which interfere with the client’s daily functioning.

Medical Day Treatment offers a daily combination of therapeutic and educational services for youth experiencing diagnosed emotional and behavioral problems. Also offers 24-hour supervised residential treatment, including psychiatric assessment, medication management, alcohol and other drug abuse counseling, education and group activities for a diverse population of youth.

St. Rose Youth & Family Center

3801 N. 88th St.
Milwaukee, WI 53222
(414) 466-9450
Website: www.strosecenter.org

Advocacy agency for troubled children, young women, and their families. Residential care offers a therapeutic program for girls and young women, ages 12-18, in need of 24-hour supervision in a structured and safe environment; specializes in helping girls with severe emotional and behavioral problems. Day education is designed to meet the education and treatment needs of adolescent girls who have been unable to succeed in the

community due to learning difficulties, emotional or behavioral problems, mental health issues or truancy.

The Bridge Health Clinics & Research Centers*

600 W. Virginia St., Suite 203
Milwaukee, WI 53204
(414) 831-4500
Website: www.thebridgehealthclinics.com

Offers mental health and substance abuse services for persons who are adversely affected by addiction; mental illness; disability; other psychological health factors; physical illness; and/or socio-economic factors. Provides services for children, adolescents, adults and families. Provides an array of services which allow for a tailored, comprehensive plan for each client. An integrated, inter-disciplinary team approach to each client’s individualized care plan includes an array of services. Spanish-speaking therapist by appointment.

TLS Behavioral Health

1040 S. 70th St.
Milwaukee, WI 53214
(414) 476-9675
Website: www.tlsservices.org

Outpatient psychotherapy clinic for adults experiencing anxiety, depression, mood disorders, adjustment disorders and co-occurring substance abuse. Offers a wide range of mental health services including individual and group therapy and; psychiatry; medication management; and an injection clinic. Specialized services include psychiatry for persons requiring co-occurring mental health and substance abuse services; bilingual (Spanish) services; and services for persons who are deaf or hard of hearing (Videophone (414) 395-8267; TTY (414) 476-9617). TLS Community Pharmacy serves clients in long-term care settings that require specialized unit-dose medicine packaging and provides medication therapy management services for clients taking multiple medications to assure safety and adherence.

United Community Center*

1111 S. 6th St.
Milwaukee, WI 53204
(414) 643-8530
Website: www.unitedcc.org

Bilingual and culturally competent programs for Hispanics and other minorities with AODA and mental health problems by bilingual/bicultural personnel. Activities range from AODA and mental health

counseling, psychiatric and case management services to art therapy. Includes a Central Intake Unit, outpatient and residential AODA treatment programs.

UWM Psychology Clinic

2513 E. Hartford Ave.
Milwaukee, WI 53211
(414) 229-5521

A training facility for psychology graduate students who are supervised by expert faculty members. Clients can come from the Milwaukee community as well as UWM students. Provides low-fee, sliding scale assessment and treatment for a variety of mental health problems.

Warmline

9455 Watertown Plank Rd.
Milwaukee, WI 53226
(414) 777-4729

A non-crisis support line run by and for people with mental illness. Available Mon., Tues., Wed., Fri., Sat. and Sun. from 7:00-11:00 p.m. Services available in Spanish on Sat. and Sun. evenings from 7:00-10:00 p.m.

Wheaton Franciscan Mental Health and Addiction Care*

5650 N. Green Bay Rd., Suite 200, Glendale, WI 53209

3267 S. 16th St., Suite 200, Milwaukee, WI 53215

3070 N. 51st St., Suite 210, Milwaukee, WI 5321

13950 W. Capitol Dr., Brookfield, WI 53045

(414) 874-4560 (Central scheduling for all locations)
Website: www.wfhc.org

Offers comprehensive outpatient counseling for children, teens and adults and older adults who may be dealing with issues such as alcohol and/or drug addiction; anxiety and panic disorders; mood disorders; dementia or memory impairment; Attention Deficit Disorder and school issues; crisis and trauma; depression; grief; relationship issues; abuse; and stress and anger management.

TYPES OF MENTAL HEALTH PROFESSIONALS

Psychiatrist (M.D.) A medical doctor with special training in the diagnosis and treatment of mental and emotional illnesses. Like other doctors, psychiatrists are qualified to prescribe medication.

Psychologist (PhD; PsyD) Has a doctoral degree in psychology from an accredited/designated doctoral program in psychology and two years of supervised professional experience, including a year long internship. Trained to make diagnoses and provide individual and group therapy.

Licensed Clinical Social Worker (LCSW) Counselor with a master’s degree in social work from an accredited graduate program. Trained to make diagnoses and provide individual and group counseling.

Licensed Professional Counselor (LPC) Counselor with a master’s degree in psychology, counseling or a related field. Trained to diagnose and provide individual and group counseling.

Certified Substance Abuse Counselor (CSAC) Counselor with specific clinical training in alcohol and drug abuse. Trained to diagnose and provide individual and group counseling

Licensed Marriage and Family Therapist (LMFT) Counselor with a master’s degree with special education and training in marital and family therapy. Trained to diagnose and provide individual and group counseling.

Aging Resource Center of Milwaukee County

1220 W. Vliet St., Suite 300
 Milwaukee, WI 53205
 (414) 289-6874
 Website: www.milwaukee.gov/county/aging

Offers information, consultation, assistance and referrals regarding short-term and long-term services for older adults residing in Milwaukee County. Provides a single point of access to information, services, and programs that can help people 60 years of age or older remain active and independent in their community.

Services include general information and assistance via telephone inquiries, walk-in contact or through the Prevention/Outreach team. The Resource Center's Access Units provide home visits to complete Options Counseling (Functional Screens and Benefit applications) and share information on a wide variety of resources and services, including such programs as Transportation, Home Delivered Meals and other Long Term Care services. The Protective Services Unit provides such services as investigations of allegations of Elder Abuse/Self Neglect, at risk Brief Services and assistance with Alzheimer's services. After hours coverage provided by 2-1-1 @ Impact for non-medical emergencies, including weekends.

Alzheimer's Association

620 S. 76th St., Suite 160
 Milwaukee, WI 53214
 (414) 479-8800
 (800) 272-3900 (24/7 Helpline)
 Website: www.alz.org/sewi

Telephone or in-person information and referral service that provides emotional support as well as information about Alzheimer's disease and related disorders, services offered and community resources. Common topics include concerns regarding memory loss; assessment; diagnosis and treatment; coping with changes and planning for future care needs; respite option; and end-of-life care. Telephone information and consultation is available through the 24/7 Helpline.

Provides care consultation when individuals with dementia or their family members need more assistance accessing and using resources, navigating the healthcare systems, or need assistance with a more complex issue. These can be done in person or over the phone via the 24/7 Helpline.

Support groups, led by trained facilitators, provide families and care partners the opportunity to explore feelings and share solutions to the challenges posed by dementia. Early Stage support groups are offered for individuals who have been diagnosed with early stage Alzheimer's or another form of dementia.

Education programs for family caregivers, professionals, and the general community on various topics that pertain to Alzheimer's disease and other forms of dementia. Examples include, Know the 10 Signs, Memory Loss, Dementia, and Alzheimer's Disease: The Basics, and The Savvy Caregiver.

Medic Alert + Safe Return: A nationwide identification, support and enrollment program working at the community level. Safe Return provides assistance whether a person becomes lost locally or far from home. Assistance is available 24 hours a day, every day, whenever a person is lost or found. You can enroll in this program online at www.alz.org or over the phone by calling (888) 572-8566.

Coalition of Wisconsin Aging Groups (CWAG) Prescription Drug Helpline

(866) 456-8211
 Website: www.cwagwisconsin.org

Helpline counselors provide information and assistance to Medicare beneficiaries and their families regarding the various Medicare prescription drug programs, including costs, eligibility and benefit coverage. Can assess eligibility for low income assistance, Wisconsin SeniorCare and other prescription drug options. In addition, the Helpline provides information and assistance with Medicare prescription drug complaints, grievances, appeals and enrollment problems.

Interfaith Older Adult Programs

600 W. Virginia St., Suite 300
 Milwaukee, WI 53204
 (414) 291-7500
www.interfaithmilw.org

Family Caregiver Support Network: A one-stop resource center that assists family caregivers with personal concerns related to caregiving and their older adult care needs. Provides telephone assistance; information and referral; classes; advocacy; a respite program; and a resource library. Call (414) 220-8600.

Senior Centers and Senior Dining: Oversees the operation and management of five multi-purpose social centers for mature adults providing social, educational, and recreational opportunities. Also manages several senior dining sites open to all seniors and their spouse regardless of income. Call for locations and meal times.

Personal Care Plus: An affordable option to those who need that little extra assistance to remain safely in their homes. Competent, caring, bonded and insured in-home workers provide personal care services and light housekeeping tasks. Call (414) 220-8680.

Neighborhood Outreach: Sites located throughout Milwaukee County, each serving older adults within their specific neighborhood boundaries. Provides services such as transportation, shopping, minor chores, etc. The Good Neighbor Project provides help with seasonal outdoor chores, such as grass cutting, shoveling snow, and raking leaves.

Telephone Reassurance: Volunteers make daily phone calls providing a sense of security and safety.

Employment and Volunteer Services: Sponsors several programs that help mature workers find employment.



DID YOU KNOW?

- More than two million of the 34 million Americans age 65 and older suffer from some form of depression.
- Symptoms of clinical depression can be triggered by other chronic illnesses common in later life, such as Alzheimer’s disease, Parkinson’s disease, heart disease, and arthritis.
- Older patients with symptoms of depression have roughly 50% higher healthcare costs than non-depressed seniors.

Medicaid for the Elderly, Blind or Disabled

Milwaukee Enrollment Services
 1220 W. Vliet St.
 Milwaukee, WI 53205
 (800) 362-3002 Member Services
 Website: www.dhs.wisconsin.gov/medicaid

Health care coverage for Wisconsin residents age 65 or older, are blind or a person with a disability. Must meet income requirements and provide proof of citizenship and identity. To determine if you may be eligible, call or go to www.access.wisconsin.gov.

Medicare

(800) MEDICARE (633-4227) (24 hours/day)
 Website: www.medicare.gov

Federal health insurance program for people age 65 and older; people under 65 with certain disabilities; and people with End-Stage Renal Disease. For general information, ordering Medicare booklets, and information about health plans, call 1-800-MEDICARE (1-800-633-4227).

For questions about Medicare Part D or Medicare drug plans for beneficiaries age 60 and older, call the Prescription Drug Helpline at (866) 456-8211.

SeniorLAW

230 W. Wells St., Room 800
 Milwaukee, WI 53203
 (414) 278-1222

Provides free legal assistance to Milwaukee County residents who are 60 and older. Most often, SeniorLAW handles these types of legal problems: Medical Assistance; Medicare; Long Term Care; Social Security; SSI; Food Stamps; Subsidized Housing; Homestead Credits; Elder (financial, physical, emotional, or neglect) Abuse; and consumer law problems. There are several SeniorLAW Outreach Centers throughout the city. Call for locations and times.

Social Security Administration

310 W. Wisconsin Ave.
 Milwaukee, WI 53203
 (800) 772-1213
www.socialsecurity.gov

Applications for retirement benefits, disability benefits, Medicare, survivors or family benefits.

Badger RX Gold

(866) 809-9382

Website: www.badgerxgold.com

A program designed to help keep prescription drugs accessible and affordable for Wisconsin residents. All Wisconsin residents are eligible. There is no age requirement and no screening for pre-existing health conditions. BadgerRx Gold is not a drug discount card. It is a program that offers lower costs on carefully selected medications monitored for your safety and well-being through a team of physicians and pharmacists. This program is ideal if you are a resident who does not have health insurance, has health insurance but do not have prescription drug benefit, or if you are in a plan that does not cover the medicines you need.

Coalition of Wisconsin Aging Groups (CWAG) Prescription Drug Helpline

(866) 456-8211

Website: cwagwisconsin.org

Helpline counselors are available to provide information and assistance to Wisconsin Medicare beneficiaries of all ages and their families regarding the various Medicare prescription drug programs, including costs, eligibility and benefit coverage. Helpline counselors can assess eligibility for low income assistance, Wisconsin Senior Care and other prescription drug options. In addition, the Helpline provides information and assistance with Medicare prescription drug complaints, grievances, appeals and enrollment problems.

Disability Rights Wisconsin Disability Drug Benefit Helpline

(800) 926-4862

Website: www.disabilityrightswi.org

Helps people under the age of 60 with a disability who are eligible for Medicare Part D. Assistance with choosing a Medicare Part D plan or deciding whether to enroll in a plan at all. Can also assist with access to drugs, changing plans, appeal processes and billing problems.

NACO Drug Discount Program

This discount card is valid for prescriptions not covered by insurance. Each prescription has a different discount, with an average savings of 20%. Any Milwaukee County resident is eligible to use these discount cards. The card may only be used at participating pharmacies which includes Walgreens, Froedert Pharmacy,

Covenant Pharmacies, Aurora Pharmacies, Serv-u Pharmacies, Target Pharmacies, Kmart Pharmacies, Wal-mart/Sam's Club Pharmacies and CVS Drugs. Cards can be obtained at many social service agencies and clinics throughout the city. Visit the website for locations:
www.county.milwaukee.gov/NACODrugDiscountProg16747.htm

FamilyWize Prescription Drug Discount CardWebsite: www.familywize.org

This discount card offers immediate discounts on prescription drugs that are not covered under your regular insurance. Simply present the card with your prescription at participating pharmacies. Save an average of 20% off the pharmacy's usual and customary retail price of prescription drugs, with the highest savings on generic drugs. Your cost for medication will be the discount price offered through this program, or the pharmacy's usual and customary retail price, whichever is lower. Visit the website to print out a card and find a list of participating pharmacies. If you do not have internet access, contact United Way of Greater Milwaukee at (414) 263-8100 to receive a card.

Partnership for Prescription Assistance

1-888-4PPA-NOW (1-888-477-2669)

Website: www.pparx.org

Offers a single point of access to more than 475 public and private programs, including nearly 200 offered by pharmaceutical companies. Helps qualifying patients without prescription drug coverage get the medicines they need. Their mission is to increase awareness of patient assistance programs and boost enrollment of those who are eligible.

SeniorCare

(414) 289-6874 (Aging Resource Center)

Website: www.dhs.wisconsin.gov/seniorCare

A prescription drug assistance program for Wisconsin residents who are 65 years of age or older who meet the eligibility criteria. The program is designed to help seniors with their prescription drug costs. The Department of Health Services (DHS) administers the SeniorCare program. Contact the Aging Resource Center for information on how and where to apply.

Mental Health America of Wisconsin would like to thank the Milwaukee Latino Health Coalition (MLHC) Mental Health Action Team for partnering on this section of the guide. **The agencies listed offer some or all of their services in Spanish.**

The mission of the MLHC is to increase the health and well-being of Latino communities by organizing power for social change. The MLHC was founded in 2007 with the intent of increasing collaboration between organizations and community members to improve Latino health, using a holistic approach. The MLHC currently has one Action Team focusing on Mental Health. For more information, please contact (414) 737-5153 or mlhcoalition@gmail.com. Or, you can visit the MLHC website at www.mlhc.org.

24-hour Crisis Lines:

Milwaukee County Behavioral Health Crisis Line (414) 257-7222

National Hopeline Network
(800) 784-2432 (Español Press 2)
Website: www.hopeline.com

UMOS Latina Resource Center
(414) 389-6510
Website: www.umos.org

National Suicide Prevention Lifeline
(888) 628-9454 (Español)
Website: www.suicidepreventionlifeline.org

Internet Resources:

Bienestarmilwaukee.com: Online listing of bilingual community resources in Milwaukee County

MiVoz.com: A bilingual event listing website for anyone interested in exploring Milwaukee-area events related to the Latino community and culture.

MLHC.org: The Milwaukee Latino Health Coalition website.

A New Dawn Clinic

1111 S. 6th St. (United Community Center)
Milwaukee, WI 53204
(414) 649-1945
www.unitedcc.org

A depression clinic available for Latino seniors age 60 and over. Offers depression screening, medication assistance and case management services. Services are free of charge.

Aging Resource Center

1220 W. Vliet St., Suite 300
Milwaukee, WI 53205
(414) 289-6874
Website: www.milwaukee.gov/county/aging

Provides a single point of access to information, services and programs that can help people 60 years of age or older remain active and independent. For a complete description, see pages 3, 15 and 38.

Al-Anon/Alateen Family Groups

Main Office
6737 W. Washington St., Suite 2125
West Allis, WI 53214
(414) 257-2415
Website: www.alanon-wi.org or www.area61afg.org

Families and friends of alcoholics sharing experience, strength and hope with each other at meetings. For a complete description, see pages 2 and 48. To find a Spanish-speaking meeting, call or visit the website.

Alcoholics Anonymous

Administrative Office
7429 W. Greenfield Ave.
West Allis, WI 53214
(414) 771-9119
Website: www.aamilwaukee.com

A 12-Step program designed to help an individual quit drinking alcohol. For a complete description, see pages 2 and 28. To find a Spanish-speaking meeting, call or visit the website.

Alianza Latina

1615 S. 22nd St., Suite 109
Milwaukee, WI 53204
(414) 643-0022
Website: www.alianzalatina.wi.org

Promotes the development of children and young adults with special needs via resources, education, training,

advocacy and referral for individuals, families, caregivers and the community.

Angel of Hope Clinic

209 W. Orchard St.
Milwaukee, WI 53204
(414) 385-5394

Serves men, women, and children who are poor, homeless, unemployed, working-poor and non-English speaking patients. A family nurse practitioner provides primary care services including screenings, nursing services, treatment of basic health needs, routine health exams, well-child exams and vaccinations.

Aurora Family Service

3200 W. Highland Blvd.
Milwaukee, WI 53208
(414) 345-4941
Website: www.aurorahealthcare.org

Outpatient mental health services for children and families. Staff is bilingual, bicultural, and competent to serve culturally diverse families. Bilingual intake is available in the afternoons. For a complete description, see page 28.

Boys & Girls Club

Allen-Field Elementary School
730 W. Lapham Blvd., Milwaukee, WI 53204
(414) 902-9230

Rogers School
2404 W. Rogers St, Milwaukee, WI 53204
(414) 383-2650
Website: www.boysgirlsclubs.org

Provides programs for young people in the areas of character and leadership; the arts; education and career; health and life skills; sports and fitness; and outdoor and environment.

Casa Romero Renewal Center

423 W. Bruce St.
Milwaukee, WI 53204
(414) 224-7564
Website: www.casaromero.org

A non-profit urban retreat center targeting the culturally diverse population of Milwaukee's central city, with special focus on the needs of first and second generation Latino families. Offers a series of inter-generational programs for families which include cultural traditions and celebrations.

Catholic Charities Counseling Services

Good Shepherd Parish
N88 W17658 Christman Rd.
Menomonee Falls, WI 53051
(262) 547-2463
Website: www.ccmke.org

Outpatient behavioral health clinic providing accessible, culturally competent, high quality mental health services for individuals, families, children and couples. Services are non-denominational and open to all people.

Catholic Charities Legal Services

731 W. Washington St.
Milwaukee, WI 53204
(414) 643-8570 x18

Provides Spanish-speaking legal counsel and assistance in the areas of citizenship, landlord and employer issues, and domestic violence.

Centro Legal

614 W. National, 2nd Floor
Milwaukee, WI 53204
Website: www.centrolegalwisconsin.org

Provides full legal services in the areas of family law and misdemeanor criminal defense for low-income, working individuals within the Milwaukee County Court system. Visit website for qualifying incomes and fee structure.

Children's Hospital of Wisconsin

Child & Adolescent Psychiatry and Behavioral Medicine Center
9000 W. Wisconsin Ave., Wauwatosa, WI 53226
(414) 266-2932

1020 N. 12th St., Milwaukee, WI 53233
(414) 277-8980

4855 S. Moorland Rd., New Berlin, WI 53151
(262) 432-7702
Website: www.chw.org

Outpatient mental health diagnostic and treatment services for children and families for a wide variety of behavioral and emotional issues. For a complete description, see pages 3, 9 and 29.

Christian Family Counseling

6800 N. 76th St., Milwaukee, WI 53224
 1214 S. 8th St., Milwaukee, WI 53204
 (414) 368-6070
 Website: www.wlcfcs.org

Offers individual, group, family and couples/marital counseling. For a complete description, see page 30. Spanish-speaking therapist by appointment at the locations listed.

Community Advocates

728 N. James Lovell St.
 Milwaukee, WI 53233
 (414) 449-4777
 Website: www.communityadvocates.net

Provides information, resources, assistance and advocacy in the areas of health care; housing and homelessness; utility services; case management; and Social Security benefits.

CORE-EI Centro

611 W. National Ave., Suite 409
 Milwaukee, WI 53204
 (414) 384-2673
 Website: www.core-elcentro.org

Offers individuals of all income levels access to natural healing therapies. Programs serve a variety of populations including women, men, children, survivors of trauma, those with chronic health issues and survivors of cancer. Also, Proyecto Salud trains Spanish-speaking community leaders as Health Promoters to provide ongoing support groups, advocacy and individualized coaching around health and well-being. Classes include Qigong, Nia, Yoga, Capoeira, Latin Dance, Zumba and Children's Ballet.

Council for the Spanish Speaking

614 W. National Ave.
 Milwaukee, WI 53207
 (414) 384-3700
 Website: www.spanishcenter-milw.org

Offers programs in education, housing and human services for families, children, youth and the aging; promotes cultural, racial and linguistic understanding; and community planning and development supportive of social and economic equity. Educational programs include the Guadalupe Head Start program, Centro Hispano High School, Adult Education, and Workforce

Solutions. Social Service programs provide assistance with immigration, legal translations, W-7 applications, and family support. Housing for the elderly helps to provide quality affordable housing to seniors and people with disabilities.

Crisis Resource Center (CRC)

2057 S. 14th St.
 Milwaukee, WI 53204
 (414) 643-8778
 Website: www.tlsservices.org

A place that individuals who may be experiencing a psychiatric crisis can voluntarily access crisis intervention. Open 24 hours, 7 days a week. A referral call from a doctor, nurse, social worker or intake worker must be made to the CRC. For a complete description, see pages 25 and 30.

Disability Rights Wisconsin (DRW)

6737 W. Washington St.
 Milwaukee, WI 53214
 (414) 773-4646
 Website: www.disabilityrightswi.org

Focus areas include abuse and neglect; deinstitutionalization; access to services in the community; employment and housing discrimination due to disability; services for Social Security beneficiaries who wish to return to work; special education; barriers to accessibility; and assistive technology. DRW is the designated Protection and Advocacy agency for the State of Wisconsin. For a complete description, see pages 4, 11, 16 and 22.

Hope House

209 W. Orchard St.
 Milwaukee, WI 53204
 (414) 645-2122
 Website: www.hopehousemke.org

An emergency and transitional living facility and community center. Provides services for homeless and low income individuals. Provides outreach to individuals needing healthcare, food distribution, financial assistance and educational opportunities.

IMPACT

6737 W. Washington St., Suite 2225
 Milwaukee, WI 53214
 (414) 256-4808
 2-1-1 or (414) 773-0211
 Website: www.impactinc.org

(IMPACT, cont.) Free and confidential service assists individuals and families who have questions about their own alcohol or drug use or the use of another person.

2-1-1 @ IMPACT is a 24-hour central point of access of information and referral for family, health, and social services including emergency food; health care; emergency shelter; and more. For a complete description, see pages 2, 7 and 15.

Journey House

1900 W. Washington St.
Milwaukee, WI 53204
(414) 389-5080
Website: www.journeyhouse.org

Provides programs and services in the areas of adult education, youth athletics, youth leadership and three Community Learning Centers (CLC).

La Causa Crisis Nursery

522 W. Walker St.
Milwaukee, WI 53204
(414) 902-1620
Website: www.lacausa.org

Provides shelter for children ages newborn to 12 years in times of family emergency, crisis, or when a highly-stressed parent needs respite care, a "time out" to prevent the possibility of child abuse and/or neglect. Bilingual staff provides a safe, nurturing environment for the children until the family situation is stabilized. Crisis management; support; information; and referrals are provided to the parents. Open 24 hours-a-day.

Latino Community Center

807 S. 14th St.
Milwaukee, WI 53204
(414) 384-8140
Website: www.latinocommunitycenter.org

Programs and services for children and adolescents through age 18 include Community Learning Centers (CLC) at area schools; teen nights; summer programming; Violence Free Zone program; self-esteem for girls; and life skills training.

Legal Action

230 W. Wells St., #800
Milwaukee, WI 53203
(414) 278-7722
Website: www.legalaction.org

Staff and volunteer attorneys provide advice and legal representation in the following areas: Public Benefits/Health Law; Family Law; Housing; Education; Legal Intervention for Employment (LIFE); SeniorLAW; and the Migrant Project. Does not take personal injury, worker's compensation, criminal law or discrimination cases. For a complete description, see page 22.

Linea de Apoyo "Warmline"

(414) 257-5333

A non-crisis support line run by and for people with mental illness. Services available in Spanish on Saturday and Sunday evenings from 7:00 p.m -10:00 p.m.

Marquette Dental Clinic

1801 W. Wisconsin Ave.
Milwaukee, WI 53233
(414) 288-6790
Website: www.marquette.edu/dentistry

Offers no free services, but there are reduced rates. Provides a full range of dental services. Individuals who wish to be seen are required to have a screening appointment to determine if their needs are suitable for the clinic. Emergency care is provided on a first come, first served basis. 5-10 urgent cases are seen per day.

Milwaukee Achiever Adult Literacy and Workforce Development

5566 N. 69th St.
Milwaukee, WI 53218
(414) 463-7389
Website: www.milwaukeeachiever.org

Adult education programs including Adult Basic Education (ABE), General Educational Development (GED), English Language Learning (ELL), Citizenship Skills and Computer Literacy.

Milwaukee Area Technical College (MATC)

Downtown Campus
700 W. State St.
Milwaukee, WI 53233
(414) 297-MATC (6282)
Website: www.matc.edu

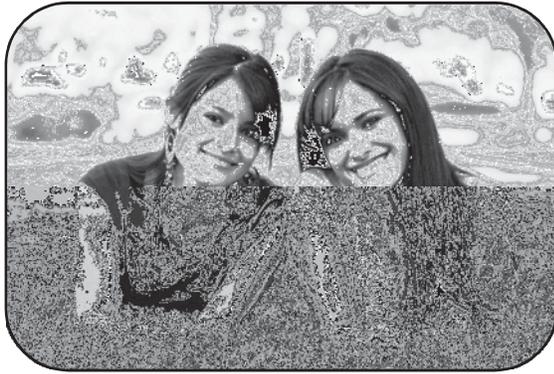
A two-year vocational-technical college offering day, evening, and weekend classes at campuses in downtown Milwaukee, Oak Creek, West Allis, and Mequon. Offers

accredited associate degrees, vocational licenses, job training certificates and adult enrichment courses. Also runs GED and HSED classes at local community-based organizations and offers high school diplomas through its Adult High School program.

National Alliance on Mental Illness (NAMI) Greater Milwaukee

3732 W. Wisconsin Ave.
Milwaukee, WI 53208
(414) 344-0447
Website: www.namigm.org

Provides Spanish speaking information and appropriate resources and referrals, as well as Spanish speaking support for families and loved ones affected by mental illness. For a complete description, see pages 5, 24 and 49.



Planned Parenthood of Wisconsin

627 W. Historic Mitchell St.
Milwaukee, WI 53204
(414) 645-8383
Website: www.ppwi.org

Health care services include annual health exams; all methods of birth control; cancer screening; pregnancy testing and counseling; and sexually transmitted infection testing.

Renew Counseling Services

1225 W. Mitchell St., #223
Milwaukee, WI 53204
(414) 383-4455

Mental health/AODA outpatient clinic provides services to children through adults. For a complete description, see page 35.

Sebastian Family Psychology Practice

1720 W. Florist Ave., Suite 125
Glendale, WI 53209
(414) 247-0801

Mental health and AODA clinic, focused on reaching out to a multicultural clientele to be served by a multicultural team. For a complete description, see page 35.

Sixteenth Street Community Health Center

1032 S. Cesar Chavez Dr., Milwaukee, WI 53204
Behavioral Health: (414) 672-3145
Adult/Pediatric Medicine: (414) 672-1353

2906 S. 20th St., Milwaukee, WI 53215
Adult & Pediatric Medicine: (414) 672-1353
Social Services: (414) 385-6357

Women, Infants & Children Nutrition Program
1337 S. Cesar E. Chavez Dr., Milwaukee, WI 53204
(414) 643-7554
Website: www.sschc.org

Provides health care, health education and social services. Primary care clinic including family health care, women's health, social services and specialty care.

Sojourner Family Peace Center

135 W. Wells St., 4th Floor
Milwaukee, WI 53203
(414) 276-1911
Website: www.familypeacecenter.org

Provides full range of services for all adult victims of abuse, children who have been abused or have witnessed domestic violence and perpetrators of violence. For a complete description, see pages 5 and 10.

St. Elizabeth Ann Seton Dental Clinic

1730 S. 13th St.
Milwaukee, WI 53204
(414) 383-3220
Website: www.columbia-stmarys.org/Ann_Seton_Dental

Provides dental care to people in poverty without access to care. Provides urgent dental care as well as restorative care, dental appliances and dental hygiene services. Proof of income and residency in one of the eligible zip codes is required.

The Bridge Health Clinics & Research Centers

600 W. Virginia St., Suite 203
Milwaukee, WI 53204
(414) 831-4500
Website: www.thebridgehealthclinics.com

Offers mental health and AODA services for those who are adversely affected by addiction; mental illness; disability; other psychological health factors; physical illness; and/or socio-economic factors. For a complete description see page 36.

The Healing Center

611 W. National Ave., 4th Floor
Milwaukee, WI 53204
(414) 671-HEAL (4325)
Website: www.thehealingcenter.org

Serves male and female survivors of sexual abuse at all stages of the healing journey. For a complete description, see page 10. Spanish-speaking advocate available by appointment.

UMOS

2701 S. Chase Avenue
Milwaukee, WI 53207
(414) 389-6000
Website: www.umos.org

An advocacy organization providing programs and services which improve the employment, educational, health and housing opportunities of under-served populations. Programs and services are divided into four main categories: workforce development; child development; education; and social services, which include housing, health promotions and domestic violence supportive services.

UMOS Latina Resource Center

802 W. Mitchell St.
Milwaukee, WI 53204
(414) 389-6510 (24-hour Spanish speaking crisis line)
Website: www.umos.org

Provides culturally and linguistically specific comprehensive advocacy services to Spanish speaking victims of domestic violence, sexual assault and dating violence.

United Community Center

1111 S. 6th St.
Milwaukee, WI 53204
(414) 384-3100
Website: www.unitedcc.org

Bilingual and culturally competent programs for Hispanics and other minorities with AODA and mental health problems. Also offers a Senior Center; Adult Day Center; educational programs and services; and family fitness and health programs. For a complete description, see page 37.

Walker's Point Community Clinic

611 W. National Ave., Suite 400
Milwaukee, WI 53204
(414) 384-1400
Website: www.aurorahealthcare.org

Health clinic for the Spanish-speaking.

Walker's Point Youth & Family Center

732 S. 21st St.
Milwaukee, WI 53204
(414) 647-8200 (24 hours/day)
Website: www.walkerspoint.org

Crisis intervention and crisis prevention services for runaways, homeless, and other troubled young people and their families.

Voces de la Frontera

1027 S. 5th St.
Milwaukee, WI 53204
(414) 643-1620
Website: www.vdlf.org

Educates workers about their employment rights and organizes to protect and improve the quality of life for low-wage and immigrant workers. Promotes grass roots leadership and community and workplace organizing.



Recursos Bilingües para el Bienestar de la Comunidad de Milwaukee

En colaboración con Milwaukee Latino Health Coalition (www.mlhc.org)

Recursos en Caso de Crisis

9-1-1.....9-1-1
Línea del Condado de Crisis de Salud Mental/Suicidio
.....(414) 257-7222
Centro de Crisis Psiquiátrica.....(414) 257-7260
Red Nacional de Suicidio.....(888) 628-9454
Sojourner Family Peace Center (abuso)....(414) 276-1911
La Causa Crisis Nursery (guardería).....(414) 647-5990
Mobile Urgent Treatment Team
(evaluación de crisis de jóvenes).....(414) 257-7621
Walker's Point Youth and Family
(para jóvenes, crisis, refugio).....(414) 647-8200
Latina Resource Center..... (414) 389-6510

Información acerca de Recursos Comunitarios

Línea de Información sobre la comunidad
.....2-1-1 o (414) 773-0211
MiVoz.com.....calendario de eventos, recursos
bienestarmilwaukee.com....recursos para salud emocional

Servicios de Consejería

Aurora Family Services.....(414) 345-4941
Sixteenth St. Community Health Center... (414) 672-3145
Walker's Point Youth & Family.....(414) 647-8200

Abuso

Healing Center (especialidad: abuso sexual)
.....(414) 671-4325
Sobre el Abuso.....(414) 643-4799
Ordenes de Restricción - información.....(414) 278-5079
Sojourner Family Peace Center.....(414) 276-1911
UMOS-Latina Resource Center.....(414) 389-6510

Abuso de Jóvenes/Niños

Milwaukee Safety Svcs. (reportar abuso).(414) 220-7233
Sojourner Family Peace Center.....(414) 276-1911
Community Advocates (x 9).....(414) 449-4777

Apoyo para la Adicción de Alcohol y Drogas

Alcohólicos Anónimos.....(414) 771-9119
AL-ANON (para las familias).....(414) 257-2415
IMPACT-evaluación, referencias
.....2-1-1 o (414) 773-0211
United Community Center.....(414) 643-8530

Apoyo Legal / Abogacía

Centro Legal (familiares y delitos menores)
.....(414) 384-7900

Community Advocates (x 9).....(414) 449-4777
El Centro Hispano.....(414) 384-3700
Disability Rights WI (personas con discapacidades)
.....(414) 773-4646
Legal Action of Wisconsin.....(414) 278-7722
Marquette University-consejos legales gratuitos, cada
miércoles, 5-7 pm, 1615 S. 22nd St.
Voces de La Frontera (inmigración y trabajo)
.....(414) 643-1620

Adulto Mayor

El Centro Hispano.....(414) 384-3700
UCC Centro Geriátrico (x 2855).....(414) 384-3100

Servicios de Salud

Walker's Point Community Clinic.....(414) 384-1400
CORE/El Centro (tratamiento alternativo)
.....(414) 384-2673
Marquette University Dental Clinic.....(414) 288-6790
Planned Parenthood.....(414) 645-8383
Sixteenth St. Community Health Center... (414) 672-1353
Southside Health Center.....(414) 286-8620
St. Elizabeth Ann Seton Clínica Dental.... (414) 383-3220
Apoyo Internacional Postparto.....(800) 944-4773

Programas Comunitarios de Apoyo y Recreación

Alianza Latina (familias de niños con necesidades
especiales).....(414) 643-0022
Boys and Girls Club (en la escuela Allen Field)
.....(414) 902-9230
Boys and Girls Club (en la calle Roger).... (414) 383-2650
CORE/El Centro.....(414) 384-2673
Latino Community Center (jóvenes).....(414) 384-8140
United Community Center.....(414) 384-3100
United Community Center Boxing Club... (414) 384-3100

Educación-Clases de Inglés como segunda lengua y de GED

El Centro Hispano.....(414) 615-1350
Journey House.....(414) 389-5080
MATC.....(414) 297-8474
Milwaukee Achiever Literacy Services.... (414) 643-5108
UMOS (Chase Ave.).....(414) 389-6260
Hope House.....(414) 645-2122



For a more comprehensive listing of area support groups, visit MHA's website at www.mhawisconsin.org and search our online directory.

Always call ahead to confirm meeting information.

Al-Anon/Alateen Family Groups

Administrative Office
6737 W. Washington St., Suite 2124
West Allis, WI 53214
(414) 257-2415
Website: www.alanon-wi.org

Helps families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Meetings are held at multiple locations throughout the area. Call or check the website for dates and times.

Alcoholics Anonymous

Administrative Office
7429 W. Greenfield Ave.
West Allis, WI 53214
(414) 771-9119
Website: www.aamilwaukee.com

Offers help through a 12 Step program designed to help an individual quit drinking alcohol. No professional counseling or professional help is available. Program consists of AA meetings with one alcoholic talking directly to another alcoholic. Meetings offered at many locations throughout the area. Call or check the website for dates and times.

Alzheimer's Association

620 S. 76th St., Suite 160
Milwaukee, WI 53214
(414) 479-8800
(800) 272-3900 (24/7 Helpline)
Website: www.alz.org/sewi

Support groups, led by trained facilitators, provide families and care partners the opportunity to explore feelings and share solutions to the challenges posed by dementia. Early Stage support groups are offered for individuals who have been diagnosed with early stage Alzheimer's or another form of dementia. Also offers

education programs for family caregivers, professionals, and the general community that pertain to Alzheimer's disease and other forms of dementia.

CHADD (Children & Adults with Attention Deficit/Hyperactivity Disorder)

Meets at: Sixteenth Street Community Health Center
2906 S. 20th St.
Milwaukee, WI 53215
(414) 385-6237 (CHADD volunteer)
Website:
www.chadd.net/template.cfm?affid=343&p=about

Support group meets the 3rd Thursday of every month from 4:00 p.m. to 5:30 p.m. This group is coordinated by a volunteer. Please call ahead to confirm meeting information.

Depression Bipolar Support Alliance Milwaukee Southside (DBSA-MS)

Meets at: IndependenceFirst
540 S. 1st St.
Milwaukee, WI 53204
(414) 964-2586

Peer-run support groups provides mutual support, hope, self-empowerment, and promotes wellness in the lives of people living with a mood disorder and their loved ones. Confidentiality is respected. Children and adolescents (age 7 and older) meet separately from adult group. Other educational programs and social programs are often offered in addition to the groups. Meets the 2nd and 4th Monday of the month from 6:30 p.m. to 8:30 p.m.

Dryhootch

1030 E. Brady St.
Milwaukee, WI 53202
(414) 763-2785
Website: www.dryhootch.org

Provides individual and peer-to-peer counseling and support groups for veterans suffering from PTSD, alcoholism and drug addictions; offers an inviting, non-threatening atmosphere where veterans, their families, and friends can meet to socialize and reconnect with other veterans; and provides advice or resources on a variety of issues including mental health concerns, benefits and legal issues.

Eating Disorder Support Group

Rogers Memorial Hospital
11101 W. Lincoln Ave.
West Allis, WI 53227
(800) 767-4411
Website: www.rogershospital.org

A support group for adolescents and young adults who are concerned with body image and their relationship with food. Facilitated by clinicians who are part of the eating disorders treatment team at Rogers Memorial Hospital.

Gamblers Anonymous & Gam-Anon

Multiple locations
(888) GA-HELPS (424-3577)
Website: www.gamblersanonymous.org

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. The only requirement for membership is a desire to stop gambling. Gamblers Anonymous is not allied with any sect, denomination, politics, organization or institution. The self-help organization of Gam-Anon is a life-saving instrument for the spouse, family or close friends of compulsive gamblers. Call or visit the website for locations, days and times.

Grand Avenue Club

210 E. Michigan St.
Milwaukee, WI 53202
(414) 276-6474
Website: www.grandavenueclub.org

A vital community offering respect, hope and opportunity to people who experience mental illness. Grand Avenue Club helps its members secure work, find suitable housing, go to school, have a place to celebrate holidays and experience a sense of community by connecting with others. Membership promotes and embraces diversity.

Horizon Grief Resource Center

8949 N. Deerbrook Trail
Brown Deer, WI 53223
(414) 586-8383
Website: www.hhch.net/griefcenter

Serves as a safe haven for individuals and families who have suffered a significant loss – including the death of a loved one, a beloved pet, a job or another

life-changing circumstance, and provides a variety of support groups. Call or visit the website for a current support group schedule.

Kyle's Korner

7106 W. North Ave.
Wauwatosa, WI 53213
(414) 777-1585
Website: www.kyleskorner.com

Provides a warm, welcoming and safe place where grieving children and families retreat, meet, heal and prosper with the guidance of specially trained bereavement volunteer facilitators. All services are free of charge. Families are welcome to participate in support groups as long as they feel they are getting benefit from their attendance. Groups are ongoing and are led by specially trained community volunteer facilitators. Clinical program oversight is provided by the Program Director, who is a Licensed Clinical Social Worker.

MargaretAnn's Place

912 N. Hawley Rd.
Milwaukee, WI 53213
(414) 732-2663
Website: www.margaretannsplace.org

On-going peer support/education groups for children, teens (age 3-18) and their family members. The groups are open to children and teens who have experienced the death of a mom, dad, brother, sister, primary caregiver or other person close to them. Concurrent groups are held for the parents and caregivers. Registration required. Groups are led by staff and trained volunteer facilitators.

National Alliance on Mental Illness (NAMI) Greater Milwaukee

Groups are held at multiple locations
(414) 344-0447
Website: www.namigm.org

Offers support groups and educational programs for family members and loved ones of someone living with a mental illness as well as groups for people with a mental illness. Groups meet at a variety of locations. Call or visit the website for locations and times.

Our Space

1527 W. National Ave.
Milwaukee, WI 53204
(414) 383-8921
Website: www.ourspaceinc.org

Based on a membership and peer support concept for persons with a mental illness that enhances connectivity, self-determination, and reintegration. Programs offered include occupational therapy, pre-vocational, educational, recreational, and psycho-socialization services.

Parenting Network

7516 W. Burleigh St.
Milwaukee, WI 53210
(414) 671-0566
Website: www.theparentingnetwork.org

Offers a wide variety of weekly parenting programs including support groups; Love and Logic Parenting; Positive Parenting; Nurturing Program; Cooperative Co-parenting (for divorced parents) and Anger Management. Child care provided for some classes.

Survivors Helping Survivors

Sponsored by: Mental Health America of Wisconsin
(414) 276-3122 (MHA)
Website: www.mhawisconsin.org/survivors.aspx

South Side:
2nd Tuesday of the month, 7:00 p.m.- 9:00 p.m.
Meets at: Aurora St. Luke's Medical Center
2901 W. Kinnickinnic River Pkwy.
Health Science Building, #1
Room 4 (lower level)
Milwaukee, WI 53207

North Side:
1st Thursday of the month, 7:00 p.m.- 9:00 p.m.
Meets at: Tri-City National Bank (lower level)
4925 W. Bradley Rd.
Milwaukee, WI 53223

North Shore:
3rd Wednesday of each month, 6:00 p.m. - 8:00 p.m.
Meets at: North Shore Library
6800 N. Port Washington Rd.
Glendale, WI 53217

Support groups open to family members and friends who have lost a loved one to suicide. Groups meet once a month and are facilitated by a trained Peer Facilitator and a mental health professional. People of all ages,

occupations and religious affiliations are welcome. There is no fee. There is help from others who have experienced this tragedy; you are not alone.

For additional survivors groups sponsored by other organizations, please visit the online Support Group Directory at www.mhawisconsin.org.

Survivors of Sexual Assault/Abuse Support Groups

The Healing Center
611 W. National Ave.
Milwaukee, WI 53204
(414) 671-HEAL (4325)
Website: www.thehealingcenter.org

Offers on-going groups that require weekly attendance as well as an open support group for women (ages 18+) survivors of any type of sexual trauma. The open group is a resource for survivors new to support groups or who are unable to make a weekly commitment to attend one of our other support groups. On-going, closed groups include survivors struggling with AODA issues; Spanish-speaking; creative expression; and a men's group. The Healing Center also offers Topic Nights which focus on various components of the healing process and are intended for survivors and their loved ones.

KNOW THE SIGNS Generalized Anxiety Disorder (GAD)

GAD is characterized by six months or more of chronic, exaggerated worry and tension that is unfounded or much more severe than the normal anxiety most people experience. People with this disorder:

- Usually expect the worst
- Worry excessively about money, health, family or work, even when there are no signs of trouble
- Are unable to relax and often suffer from insomnia
- Experience physical symptoms, such as fatigue, trembling, muscle tension, headaches, irritability or hot flashes

Big Brothers Big Sisters

788 N. Jefferson St.
 Milwaukee, WI 53202
 (414) 258-4778
 Website: www.bbbsmilwaukee.org

Helping children discover their potential through professionally supported, one-to-one mentoring relationships. Community-based and site-based mentoring programs characterized by careful assessment and matching of volunteers with children and teens based on shared interests and preferences.

Boys & Girls Club of Greater Milwaukee

Administrative Office
 1558 N. 6th St.
 Milwaukee, WI 53212
 (414) 267-8100
 Website: www.boysgirlsclubs.org

Provides youth age 6-18 with safe places to learn and grow by offering on-going relationships with caring adult professionals, life-enhancing programs and character development experiences. The club offers programs in: Character Leadership and Development; Education and Career Development; Health and Life Skills; Arts and Cultural Education; Sports, Fitness, and Recreation; Environment and Outdoor Education. Locations throughout Milwaukee. Multiple locations throughout the area.

Bureau of Milwaukee Child Welfare (BMCW)

1555 N. River Center Dr.
 Milwaukee, WI 53212
 (414) 220-7000
 (414) 220-SAFE (7233) (24 hours/day)
 Website: dcf.wisconsin.gov/bmcw

Works with families to ensure the safety and well-being of children. With its many community partners, BMCW provides services to families in crisis that help keep children safely in the home. When necessary, BMCW looks to foster and adoptive families to provide appropriate temporary and permanent homes for children who cannot live with their parents. Takes referrals on cases of alleged child abuse/neglect from the public.

Camp HOPE

301 Florence Dr.
 Stevens Point, WI 54481
 (715) 341-0076
 Website: www.camphopeforkids.org

Camp HOPE is a weekend away for children and teenagers, ages 5-18, to be with others their own age who have experienced the death of a parent, brother, sister, grandparent, other relative or close friend. A separate adult family member camp is also offered (ages 19 and above). The camps are held three times per year.

Career Youth Development (CYD)

2603 N. Martin Luther King Jr. Dr.
 Milwaukee, WI 53212
 (414) 263-8352

Programs include youth employment; emergency food/clothing pantry; adult education/G.E.D.; computer training, Tiny Tot Youth Program; mentoring and tutoring; a certified group home; First Time Home Buyers Program; Survivor of Homicide Support Group; gang and violence reduction; youth recreation and field trips; and mental health and AODA treatment services.

Children's Service Society of Wisconsin (CSSW) Parklawn Family Resource Center

4340 N. 46th St.
 Milwaukee, WI 53216
 (414) 444-5760
 Website: www.cssw.org

Parent education and support services, as well as three other CSSW prevention-oriented programs, that work together to support families: Pregnancy Counseling and Resources program, Empowering Families-Milwaukee and the Volunteer Respite program. The goal of these programs is to prevent child abuse and neglect and to build strong families with healthy children in nurturing environments. Also provides some on-site child and family counseling services. Provides a nurturing environment in which parents can connect with resources, access information, participate in parenting programs and enjoy family activities.

Daniel M. Soref Family Resource Center

9000 W. Wisconsin Ave.
 Milwaukee, WI 53226
 (414) 266-3169
 Website: www.chw.org

Offers parent-to-parent support, information, referrals and help connecting to community resources. Staff is trained to help children, young adults and families find answers to questions about local resources, support groups, funding options and more. Programs and services include the Family Accommodation Program; patient representatives; the Southeast Regional Center for Children and Youth with Special Health Care Needs; and a lending library.

Easter Seals Southeast Wisconsin

1016 Milwaukee Ave.
 South Milwaukee, WI 53172
 (414) 571-5566
 Website: www.eastersealswise.com

Provides services to ensure that all people with disabilities or special needs and their families have equal opportunities to live, learn, work and play in their communities. Service lines include Early Childhood Intervention Services; Autism Services; Adult Day Services; Respite; Camp; Guardianship; and Job Placement and Training Services. Also operates Camp Yellow Ribbon for children of military families.

Family Caregiver Support Network

600 W. Virginia St., Suite 300
 Milwaukee, WI 53204
 (414) 220-8600
 Website: www.caregiversupportnetwork.org

A resource center that helps family caregivers who provide care to a family member who is 60 years of age or older, or to an individual (including those below 60 years of age) with Alzheimer's disease or a related disorder. Also assists grandparents or relative caregivers 55 years of age and older who are caring for children under age 19, or who are caring for a relative with a disability who is 19 to 59 years of age

Family Intervention Support and Services (Perez Pena, Ltd.)

126 S. 2nd St.
 Milwaukee, WI 53204
 (414) 273-5322

Voluntary program for families with children who are presenting problems such as truancy, fighting, drugs/alcohol, or running away. Services include meetings with the parents and adolescents to assess the problems and make recommendations for services, programs, and resources. A referral is offered to help families become connected to services.

Hmong American Friendship Association

3824 W. Vliet St.
 Milwaukee, WI 53208
 (414) 344-6575
 Website: www.hmongamer.org

Dedicated to improving the quality of life for Southeast Asian families and the larger community by bridging culture and language barriers and promoting self-sufficiency and the preservation of cultural heritage. Programs and services include employment services; a food pantry; home buyer counseling; interpretation and translation; youth and elderly services.

HOPE Network

N88 W17658 Christman Rd., Room 201
 Menomonee Falls, WI 53051
 (262) 251-7333
 Website: www.hopenetworkinc.org

A volunteer-based support system providing emotional and material support to single mothers and their children in the greater Milwaukee area. Programs are designed to help mothers gain a sense of community, enhance their parenting skills, and develop self-reliance. Free services include monthly speaker/support group with free childcare; quarterly newspaper; South Side and Northwest Trading Post; clothing banks; and referral to community resources. Additional programs include Crib Program and Crib Needed Form; applications for educational daycare or tuition grants for those returning to college or technical school; and family events and outings.

La Causa Crisis Nursery

522 W. Walker St.
 Milwaukee, WI 53204
 (414) 647-5990
 Website: www.lacausa.org

Provides shelter for children ages newborn to 12 years in times of family emergency or crisis or when a highly-stressed parent needs respite care, or a "time out" to prevent the possibility of child abuse and/or neglect.

Bilingual staff provides a safe, nurturing and homelike environment for the children until the family situation is stabilized. Crisis management; support; information; and referrals are provided to the parents. Open 24-hours-a-day.

Lao Family Community

2331 W. Vieau Pl.
Milwaukee, WI 53204
(414) 385-3380
Website: laofamilymilw.org

Programs include job training and placement; translation and interpretation; youth programming; and education.

**Life Navigators
(Formerly ARC of Greater Milwaukee)**

7203 W. Center St.
Milwaukee, WI 53210
(414) 774-6255
Website: www.lifenavigators.org

Provides programs and services for children and adults with developmental and related disabilities, their families and the community through information, education, advocacy and life planning services. Services include information and assistance; special needs trust; corporate guardianship; advocacy; and care management unit services.

**Mental Health America of Wisconsin
(MHA)**

600 W. Virginia St., Suite 502
Milwaukee, WI 53204
(414) 276-3122
Website: www.mhawisconsin.org

The Strong Families Healthy Homes Program serves parents, as well as children, whose lives have been touched by mental illness. Parents are referred to the program by their therapist, doctor or case worker. The program empowers parents with a mental illness to meet their children's needs, improve the overall health of the family, and strengthen family relationships. The Intensive In-Home Program provides family advocacy, education, support groups, and family outings. Day Programming provides support, social and community connections and education to willing parents whose mental health affects the stability and functioning of their family.

Milwaukee LGBT Community Center

252 E. Highland Ave.
Milwaukee, WI 53202
(414) 271-2656
Website: www.mkelgbt.org

Delivers educational, health promotion, and community-building services that meet the needs of LGBT youth, adults and their allies.

**New Concept Self-Development
Center**

4828 W. Fond du Lac Ave.
Milwaukee, WI 53216
(414) 444-1952
Website: www.ncsdc-inc.org

A non-profit comprehensive human services agency that provides educational enrichment; mental health and AODA services; and child development programs. Services include referral services and crisis counseling; Fathers Family Resource Center; group services for teens; contemporary parenting skills training for teens, adults and grandparents; comprehensive case management and in-home parenting assistance; and adolescent and adult anger management classes.

Parenting Network

7516 W. Burleigh St.
Milwaukee, WI 53210
(414) 671-0566
Website: www.theparentingnetwork.org

Provides confidential phone counseling, information, resources, and referrals for anyone in a parenting role concerning any issue that impacts the well-being of a child. 2-1-1 @ IMPACT responds on weekends and after 6:00 p.m. on weekdays. Also offers a variety of weekly parenting programs and a program for expectant parents and parents of newborns and infants.

Pathfinders

4200 N. Holton St., Suite 400, Milwaukee, WI 53212
(414) 964-2565

Youth Shelter
1614 E. Kane Pl. , Milwaukee, WI 53202
(414) 271-1560 (24 hours/day)
Website: www.pathfindersmke.org

Provides short-term counseling for youth and young adults 25 years old and younger and their families.

Offers groups for parents whose children have been sexually abused; a treatment program for at-risk youth with sexual behavior problems; and individual, family and group therapies for children and teens who have been sexually assaulted. Specialty areas include trauma, sexual abuse and homelessness. Sliding fee based on household income and number of people supported and the service they are seeking.

The Youth Shelter is an emergency and temporary shelter for runaway, throwaway and homeless youth ages 11 through 17. Provides shelter, counseling, and daily living skills. Non-residential psychotherapeutic services are also available to youth and their families at no cost.

Penfield Children's Center

833 N. 26th St.
Milwaukee, WI 53233
(414) 344-7676
Website: www.penfieldchildren.org

Helps infants and young children with and without disabilities to reach their full potential through education, therapy services and family programs. Services include early intervention services for children with developmental delays and disabilities; a special care nursery provides medical attention and special education for fragile children; a child care program; a behavior clinic for children under age six who have significant emotional and behavioral problems; parent and family programs providing practical assistance in raising a child with special needs; and outpatient therapy for children up to age 18.

Rosalie Manor Community & Family Services

4803 W. Burleigh St.
Milwaukee, WI 53210
(414) 449-2868
Website: www.rosaliemanor.org

Today's DADS brings fathers into the parenting process to assist fathers in the areas of parenting education, job skills, employment, financial literacy and child support. Families United to Prevent Teen Pregnancy works with youth ages 12-18 and utilizes a nationally recognized curriculum helping youth to develop healthy life skills. Supporting Teen Families provides intensive, family-centered services to pregnant and parenting teens and their families.

Silver Spring Neighborhood Center

5460 N. 64th St.
Milwaukee, WI 53218
(414) 463-7950
Website: www.ssnc-milw.org

Offers a wide variety of services including adult education classes - basic skills and GED prep; classes for English as Second Language; an early childhood education center; youth and teen programs; and a community nursing center.

Social Development Commission (SDC)

4041 N. Richards St. (Administrative Office)
Milwaukee, WI 53212
(414) 906-2700
Website: www.cr-sdc.org

Operates programs to improve the lives of low-income residents. Offers employability and soft skills training; transitional jobs; W-2 training opportunities; and the Ways to Work family loan program. Offers free tax help; a financial literacy program; weatherization and rehab program; and a neighborhood improvement project. Also offers youth and family development; community service options and youth restorative justice; life and career development; healthy relationships and marriage enhancement program; and senior companions for the homebound. Provides education and training including Basic Skills for GED/HSED preparation; GED/HSED testing; financial literacy; and work skills enhancement. Head Start provides comprehensive early childhood education to low-income children ages 3-5.

Special Olympics

10224 N. Port Washington Rd.
Mequon, WI 53092
(262) 241-7786
Website: www.specialolympicswisconsin.org

A statewide organization providing persons with cognitive disabilities year-round sports training and competition. Individuals who are at least eight years old and have a cognitive disability are eligible for participation.

**For additional resources,
visit MHA's website at
www.mhawisconsin.org**

St. Charles Youth & Family Services

151 S. 84th St.
 Milwaukee, WI 53214
 (414) 476-3710
 Website: www.stcharlesinc.org

Youth and family programs include one-on-one mentoring services for at-risk children age 6-17; Wraparound Care Coordination for children ordered to participate by the juvenile justice system; and an Education Center in partnership with Milwaukee Public Schools to provide a more structured environment for youth with special education needs.

St. Stephen's Family Life Center

1441 W. Oakwood Rd.
 Oak Creek, WI 53154
 (414) 762-0552
 Website: www.saintstephenmil.org

Services include a family-visiting program; emergency diapers/formula/baby food/clothing for children from 0-6 years; emergency food for children 17 and younger; a variety of workshops; playgroups; tutoring; and support groups. Serves Cudahy, Franklin, Greenfield, Greendale, Hales Corners, Oak Creek, Saint Francis, South Milwaukee and Milwaukee zip codes 53221 and 53207.

St. Vincent de Paul Family Resource Center

2610 N. Martin Luther King Jr. Dr.
 Milwaukee, WI 53212
 (414) 374-0109
 Website: www.svdpmilw.org

Works to strengthen families through classes on positive parenting, life skills, prevention of substance abuse and teen pregnancy, job training and anger management. Support groups meet weekly and offer participants resources, hope and structure to their lives.

United Community Center

1111 S. 6th St.
 Milwaukee, WI 53204
 (414) 643-8530
 Website: www.unitedcc.org

Offers a variety of educational programs and services including schools, an after school program and adult education; family fitness and health programs including team sports, aerobics, weightlifting and more; and a Senior Center that gives elderly people a place to gather with friends and provides recreation, social activities

and nutritious meals. Also provides mental health and AODA services. All services are available in Spanish.

Walker's Point Youth & Family Center

Runaway and Teen Crisis Program
 732 S. 21st St.
 Milwaukee, WI 53204
 (414) 647-8200 (24 hours/day)
 Website: www.walkerspoint.org

Crisis intervention and crisis prevention services for runaways, homeless, and other troubled young people and their families.

Wisconsin FACETS

600 W. Virginia St., Suite 501
 Milwaukee, WI 53204
 (414) 374-4645
 Website: www.wifacets.org

Wisconsin FACETS (Family Assistance Center for Education, Training and Support) provides information resource referral, workshops/training, and individual support for parents of children with disabilities, students with disabilities, and others who support them related to education issues.

Wisconsin Family Ties

16 N. Carroll St., Suite 230
 Madison, WI 53703
 (608) 267-6888 or (800) 422-7145
 Website: www.wifamilyties.org

A statewide not-for-profit organization run by families for families that include children and adolescents who have emotional, behavioral, mental, and substance abuse disorders. Helps parents develop skills necessary to advocate for their families and children.

YMCA of Metropolitan Milwaukee

Association Office
 161 W. Wisconsin Ave., Suite 4000
 Milwaukee, WI 53203
 (414) 224-9622
 Website: www.ymcamke.org

Builds strong kids, strong families and strong communities and helps people grow in mind, body, and spirit. Offers a variety of programs and services at locations throughout the Milwaukee area. Programs include recreation and sports; camps; child care; health and wellness programs; and youth and family programs.

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Camp **HOPE**TM



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414.774.6255
www.lifenavigators.org

disabilityrights | WISCONSIN

www.disabilityrightswi.org

Disability Rights Wisconsin ensures the rights of all citizens with disabilities through individual advocacy and system change.

Milwaukee

6737 West Washington Street, Suite 3230, Milwaukee, WI 53214
414.773.4646; Toll Free: 800.708.3034*

Madison

131 West Wilson Street, Suite 700, Madison, WI 53703
608.267.0214; Toll Free: 800.928.8778*

Rice Lake

217 West Knapp Street, Rice Lake, WI 54868
715.736.1232; Toll Free: 877.338.3724*

TTY (all offices): 888.758.6049

Statewide helpline on specific issues:

Disability Drug Benefit Helpline (Medicare Part D): 800.926.4862

Disability Voting Rights Helpline: 800.928.8778

*For people with disabilities and their families.



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alzheimer's association®

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Alzheimer's Association
Southeastern Wisconsin Chapter
620 South 76th Street, Suite 160
Milwaukee, WI 53214
414.479.8800
www.alz.org/sewi



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1126 South 70th Street, Suite S507
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414.475.2788

www.psgcip.com



Our mission is to provide and broaden opportunities that enhance the quality of life for children and adults with disabilities and their families, with emphasis on support for underserved families in the community.

600 W. Virginia Street, Suite 501
Milwaukee, WI 53204
(877) 374-0511

www.wifacets.org



Motivated by the compassion of Christ, we help people improve the quality of their lives.

647 W. Virginia Street, Suite 200
Milwaukee, WI 53204
414.281.4400. Toll Free: 800.488.5181

www.LSSWis.org



Aurora Family Service offers comprehensive social services for children, families, and older adults. Our services include outpatient counseling, financial counseling, parent education, and case management. All services are strength and family-based, and tailored to individual client needs. For more information, please call us at 414-342-4560.

3200 West Highland Blvd.
Milwaukee, WI 53208
414.342.4560
www.aurorahealthcare.org



To view Mental Health America of Wisconsin's 2012-2013 Mental Health, Wellness and Addiction Services Directory online, visit:

www.mhawisconsin.org



Independence *First*

The Resource For People With Disabilities

Independence *First* is a Milwaukee based non-profit organization that serves people with disabilities of all kinds, in all age groups, by helping them live independently in the community and achieve their goals.

540 South 1st Street
Milwaukee, WI 53204-1516
414.291.7520 (V/TYY)
414.291.7525 (Fax)

www.independencefirst.org



Children's Service
Society of Wisconsin™

A member of Children's Hospital and Health System.

Our therapists will help you and your child face the challenges of life.

620 South 76th Street
Milwaukee, WI 53214
Phone: 414.453.1400
Fax: 414.453.2538
www.cssw.org



Inspiring Hope ~ Supporting Recovery

Transitional Living Services (TLS) is guided by our mission to promote recovery by providing a continuum of services that promote mental health and wellness, including psychiatry, crisis stabilization, counseling and psychotherapy, housing options, peer support, education and advocacy.

1040 South 70th Street
Milwaukee, WI 53214
414.476.9676
TTY/TDD: 414.476.9617

www.tlservices.org



NAMI Greater Milwaukee

The Community's Voice on Mental Illness

NAMI Greater Milwaukee is a community-based, self-help, support, education and advocacy organization dedicated to improving the lives of those with mental illness, their families and those touched by mental illness.

3732 West Wisconsin Avenue, Suite 106
Milwaukee, WI 53208
414.344.0447

www.namigrm.org



Easter Seals Southeast Wisconsin provides exceptional service to ensure that all people with disabilities or special needs and their families have equal opportunities to live, learn, work and play in their communities.

1016 Milwaukee Avenue
South Milwaukee, WI 53172
414.571.5566. Toll Free: 800.470.5463
TTY: 414.571.9212
www.eastersealswise.com



Mental Health America of Wisconsin (MHA) is a non-profit organization dedicated to helping all individuals live mentally healthy lives.

For information about MHA programs and services, visit our website at www.mhawisconsin.org.

600 West Virginia Street, Suite 502
Milwaukee, WI 53205
414.276.3122

www.mhawisconsin.org

Email: info@mhawisconsin.org



Aurora Behavioral Health Services®

***When you or someone you care about has a behavioral health concern.....
we can help.***

Aurora Psychiatric Hospital
1220 Dewey Avenue
Wauwatosa, WI 53213
414.454.6777

Aurora St. Luke's South Shore
5900 South Lake Drive
Cudahy, WI 53110
414.489.4173

www.aurora.org/abhs

Becker, Hickey & Poster, S.C. Family Law, Elder Law and Estate Planning

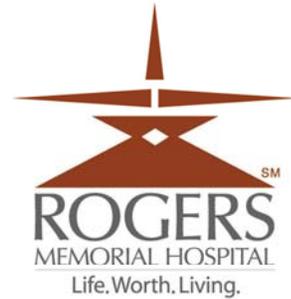
At Becker, Hickey & Poster, S.C., our attorneys are committed to providing the highest caliber of legal expertise to our clients. We have been serving the Milwaukee area since 1991 in Family Law, Elder Law (listed as Best Lawyers of America), and Estate Planning.

We specialize in trusts, special needs and disability work, public benefits including Titled 19 or medical assistance for individuals who need long-term care such as group home, nursing home or assisted living. Our firm also provides representation for all parties in guardianship and conservatorship actions.

401 East Kilbourn Avenue
Suite 403
Milwaukee, WI
414.273.1414

www.beckerhickey.com

NOTES



Established in 1907, Rogers Memorial Hospital is a leader in personalized treatment for anxiety disorders, eating disorders, mood disorders and substance-use disorders for children, teens and adults. As a national provider of specialty psychiatry, our treatment approach encourages self-empowerment and family involvement. Our team of more than 850 professionals, led by board-certified psychiatrists, is dedicated to working with each patient to develop individualized treatment plans to achieve lasting recovery.

Locations

Oconomowoc
34700 Valley Road
Oconomowoc, WI 53066

Milwaukee
11101 West Lincoln Avenue
Milwaukee, WI 53227

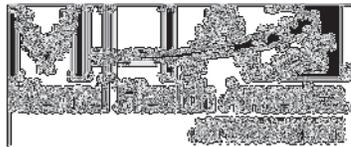
Brown Deer
4600 West Schroeder Drive, Suite 2
Brown Deer, WI 53223

Madison
406 Science Drive, Suite 110
Madison, WI 53711

Kenosha
9916 75th Street
Kenosha, WI 53142

rogershospital.org

800-767-4411



600 W. Virginia Street, Suite 502 | Milwaukee, WI 53204 | Phone: (414) 276-3122 | Email: info@mhawisconsin.org
Office of Public Policy | 133 S. Butler Street, Room 330 | Madison, WI 53703 | Phone: (608) 250-4368 | Email: shelgross@tds.net



www.mhawisconsin.org

MHA is a United Way of Greater Milwaukee agency



THE CHARLES E. KUBLY FOUNDATION

The Charles E. Kubly Foundation seeks to better the lives of those affected by depression by increasing public awareness of the disease and its devastating effects, eliminating the stigma associated with it, supporting suicide prevention programs and promoting improved access to quality mental health resources within communities.

www.charlesekublyfoundation.org

(414) 962-0918



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