

Well Badger Resource Center

When you have questions about health and social services, figuring out where to go when you need help can be overwhelming. **We're here to make it easier.**

Well Badger Resource Center is your one-stop connection to community, social, health, and government programs — a place to find what you need, when you need it.

Call 1-800-642-7837; text 608-360-9328; email help@wellbadger.org; or visit wellbadger.org for an online chat, to search their directory, or to fill out a webform.

IMPACT 2-1-1

IMPACT 211 provides a central access point for people who need help to take the first step toward regaining stability. During times of personal crisis or community disaster, the free, confidential helpline, online resource directory, and 211 Wisconsin App make it easy for residents of Southeastern Wisconsin to get connected to information and assistance. Call 211, text your zip code to TXT-211 (898-211), or visit impactinc.org/impact-2-1-1 to online chat or search the database.

Food Programs

All referrals to food Pantries must go through Impact 2-1-1. Call 211 or (866) 211-3380 for a referral to a pantry in your area.

You will be asked for the

- Zip Code of your household;
- the number of household members in need of food;
- name and age of the person who will pick up food; and
- which (if any) food pantries you visited within the past 30 days.

Immunizations/Lead Testing

Your child's doctor knows your child's health best. It is recommended that your child's doctor be contacted first regarding [immunizations](#) and [lead screening](#) recommendations.

City of Milwaukee Health Department Programs

Community Health Access Program 414-286-6632

CHAP can help clients apply for.

- BadgerCare (Medicaid)
- Family Planning Waiver
- Express Enrollment for pregnant women and kids
- FoodShare
- Childcare
- Health Insurance Marketplace

Immunizations 414-286-8034

City of Milwaukee Health Dept.

Home Visiting Programs 414-286-8620

Home visiting programs for expecting moms and for dads. Offering support with prenatal care, improved birth outcomes, and child development education.

Safe Sleep Program 414-286-8620

Provides education and a safe place for infants to sleep for qualifying Milwaukee residents.

Domestic Violence

Milwaukee Women's Center 414-671-6140

Sojourner Family Peace Center 414-933-2722

or text 414-877-8100

Latina Resource Center Crisis Line 414-389-6510



Parenting and Family Services

4C for Children 414-562-2676

Connecting people and resources to cultivate accessible and high-quality early care and education for the benefit of children, families, and communities.

Milwaukee County Birth to 3 414-289-6799

An early intervention program for children with developmental delays and disabilities ages birth to 3 and their families.

Parenting Network 414-671-0566

Free confidential phone counseling about any parenting issue, parenting classes, home visiting programs, and referrals to community resources.

Hope Network 262-251-7333

Provides emotional and material support to single mothers and their children in the greater Milwaukee area. Become a member by calling or visiting hopenetworkinc.org.

UMOS Social Services 414-389-6000

Provides programs and services for employment, education, health, and housing.

Public Assistance Programs

Medicaid and Other Health Programs 800-291-2002

The State of Wisconsin offers a number of health benefits programs for eligible children, individuals, and families. For eligibility information, call Medicaid Enrollment Services.

Milwaukee Enrollment Services (MiES) 888-947-6583

<https://access.wisconsin.gov/access/>
Provides health, nutrition, and childcare assistance through FoodShare, health care, W2, prescription drug plans, family planning waivers, energy assistance and tax credits.

Wisconsin W2 855-757-4539

Wisconsin Works can help you get a job and help you find a career path to support your family.

Rent Assistance and Housing Programs

City of Milwaukee 414-286-5650

Milwaukee County 414-278-4894

Alcohol, Smoking, and Drug Use Services

Substance use during pregnancy, breastfeeding, and parenting can be dangerous, with a variety of harmful effects on both adults and children. The effects can be short or long term and may be physical, mental, social, emotional, and financial. You are not alone. Many others know what it's like and can help you quit, give you tips, and support you along the way.

[Al-Anon Family Groups Meeting information](#) 888-425-2666
414-257-2415
al-anon.org

[Alcoholics Anonymous Milwaukee](#) 414-771-9119
24-hour Hotline
www.aamilwaukee.com

[Aurora AODA Treatment](#) 414-773-4312

[Benedict Center](#) 414-347-1774
Provides services and advocacy for women in the criminal justice system. www.benedictcenter.org

[Community Advocates/
Milwaukee Women's Center](#) 414-449-4777

[First Breath Referral Form](#) 608-888-2768

[IMPACT AODA Services](#) 414-773-0211
www.impactinc.org

[Meta House](#) 414-962-1200
Residential treatment for women with AODA issues and their children.

[Wisconsin Addiction Recovery Hotline](#)
Call 211 or 833-944-4673

[Substance Abuse and Mental Health Hotline \(SAMSHA\)](#) 800-662-4357

[WI Quit Line](#) 800-784-8669
quitline.wisc.edu or text QUIT to 47848

Mental Health

[National Maternal Mental Health Hotline](#) 833-852-6262
Provides 24/7 help for women before, during, and after pregnancy.

[Mom's Mental Health Initiative](#) 1-833-943-5746
Serving SE Wisconsin and Dane County birthing people navigating perinatal mood and anxiety disorders.

[Post-Partum Support International](#)
call or text 800-944-4773

A 24 hour mental health helpline to support families during pregnancy, pregnancy loss, and the postpartum period.

[Craig Yabuki Mental Health Walk-In Clinic](#)
414-337-3400

Provides same day care for children and teenagers experiencing urgent mental health issues.

[Milwaukee County Crisis Line](#) 414-257-7222
Provides help to individuals who are experiencing a mental health crisis. The entry-point for Crisis Services is the Crisis Line, which is answered 24/7/365.

[Milwaukee County Mental Health Emergency Center](#)
414-966-3030

County-wide psychiatric Emergency Dept offering 24/7/365 crisis mental health assessment, stabilization, treatment, and transition care management for children, adolescents, and adults.

[988 Suicide and Crisis Hotline](#) Call 988
24/7 hotline for anyone in suicidal crisis or emotional distress.

[National Alliance on Mental Illness \(NAMI\) Helpline](#)
Call 1-800-950-6264 or text "Helpline" to 62640
One-on-one help and info for navigating mental illness. Available Monday to Friday, 9 am to 9 pm.

Milwaukee WIC Resource Guide



2026



This institution is an equal opportunity provider.

This material is available in alternative formats for individuals with disabilities upon request. Please contact 414-286-3475, ADACoordinator@milwaukee.gov or TTY: 711.