## Where to Go?

A Mental Health Services Roadmap for Sheboygan County Community

Are you in a mental

health crisis

(thinking about

hurting yourself or

someone else)?

NO

Are you a

student?

have health 4

YES

insurance?

NO

YES

Making the first step to seek help can be overwhelming. Use this decision map to figure out your options.

Follow the map to find resources that are available to you and provide the help you need

Call 24 Hour Crisis Response: (920)459-3151

OR Go to a Local ER:

**HSHS St. Nicholas** 

Aurora Health Care

OR Call 9-8-8 or 9-1-1 or Text 741-741

or an immediate family member a military member or 

Rogers
Behavioral
Health:
(800)767-4411

Are you

veteran?

YES

NO

Sheboygan
County Veterans
Service Office:
(920)459-3053

<u>Cleveland</u>
<u>VA Clinic:</u>
(920)693-5600

Tragedy
Assistance
Program for

Survivors (TAPS)

Veterans Crisis
Line:
1-800-273-8255
and Press 1

1-800-959-TAPS 1-800-959-8277

Services:

Contact your chool Counselor

Student

School Counselor and/or School Social Worker United Way of

Sheboygan
County's PATH
(Provide Access
to Healing)

College Resources:

<u>UWGB Sheboygan</u> <u>Wellness Center:</u> (800)458-8183 (920)924-0614

UW System
SilverCloud
Online
Resource

Do you work for an employer who offers an Employee Assistance Program (EAP)?

Do you

NO

YES

Your EAP may provide a counseling benefit for a limited number of services or referrals to other providers. Ask your company's HR department for more information.

A list of participating

found at <u>medicaid.gov</u>

and at medicare.gov

providers can be

Contact

Mental Health America Lakeshore
info@mhalakeshore.org

920-458-3951

**Additional Resources** 

Aurora Behavioral Health: (920) 453-3900 Prevea Behavioral Health: (920) 458-5557

Lakeshore Community Health Care: (920) 783-6633

Well Badger Resource Center: 1-800-642-7837

<u>Vista Care/Open Door:</u> (920) 457-0826

<u>Health & Human Services</u>: (920) 459-3207

If you connect with a religious community,

You may find it helpful to speak to a religious leader who can be a support to the professional services you receive. Please ensure they have a counseling credential.

Contact your **Primary Care Provider** for referrals to mental health specialists or to prescribe care.

**YES** 

Do you have

health insurance

through a

government

program?

NO

Company for a list of providers in your network, which can result in lower costs. You may have to call more than one provider to see who is taking new patients for wait times.

\*\*Level of care,
insurance
eligibility, and
payment
arrangements
varies by facility.
Listing on this
document does
not guarantee
availability or
admission.\*\*

