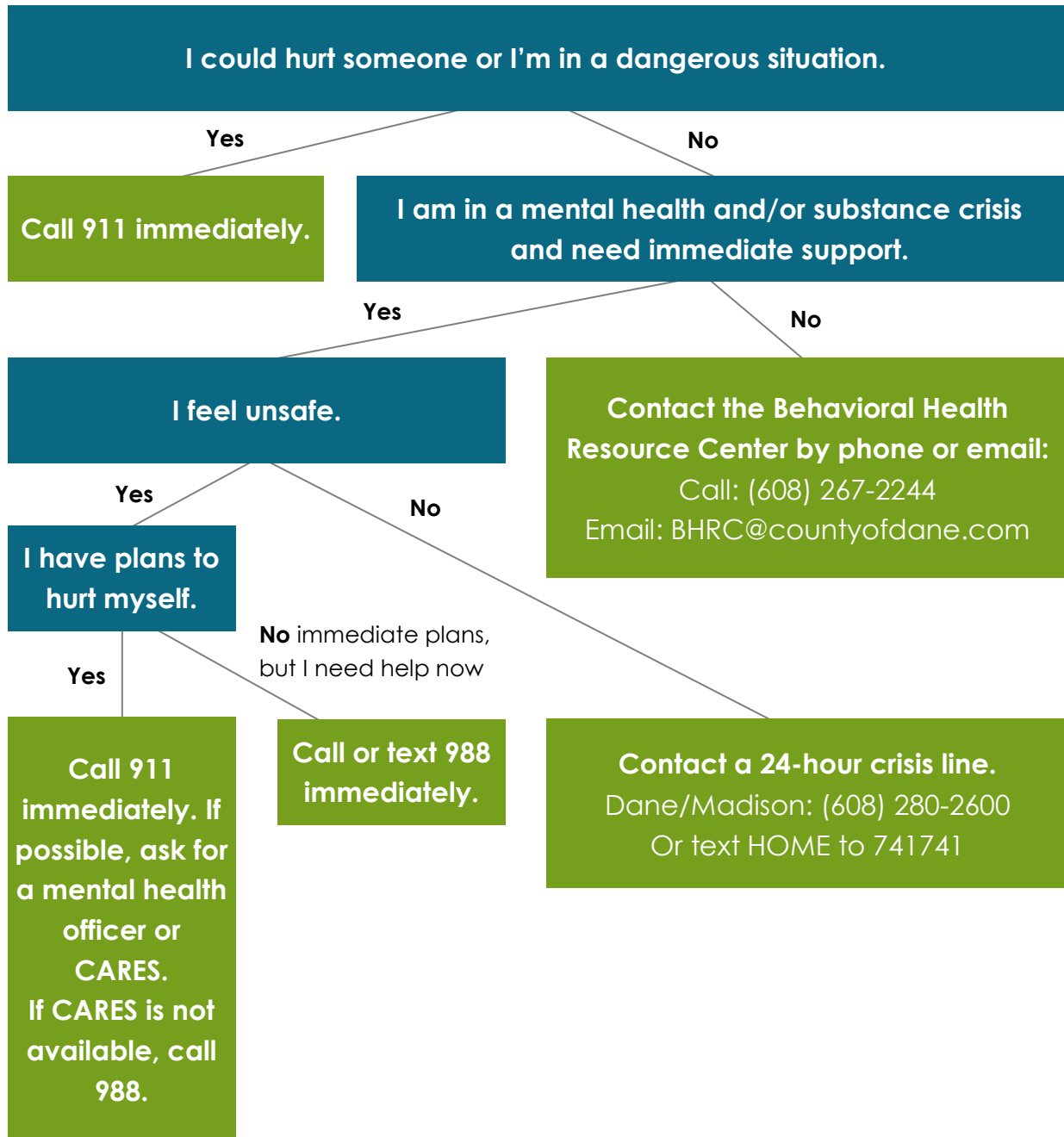


Finding urgent mental health support is just a phone call away.

If you need help with your mental health or have a safety crisis, this flowchart can help you figure out who to call. If you're ever unsure, call or text 988 to get immediate help.



MENTAL HEALTH SUPPORT SERVICES

Dane County, WI

Behavioral Health Resource Center

Provide referral and resource connection, as well as general mental health services information

Call: (608) 267-2244

Email: BHRC@countyofdane.com

Dane County Crisis Line

Phone line for support during emotional distress and/or psychiatric crisis

Call: (608) 280-2600

Suicide & Crisis Lifeline 988

Support for people experiencing suicidal, mental health, and/or substance use crisis

Call: 9-8-8

Text: 9-8-8

Solstice House Peer-Run Warmline

Phone line to support during crisis and need emotional support by talking with individuals who identify as having lived experience

Call: (608) 244-5077

Rape Crisis Center HelpLine

Phone line to provide support, information, and respect after sexual assault/abuse

Call (English): (608) 251-7273

Call (Spanish): (608) 258-2567



DAIS HelpLine and Text Line

Phone line and text line to provide information and support if one feels unsafe in a relationship

Call: (608) 251-4445

Text: (608) 420-4638

AA Hotline

Phone line to support people struggling with alcohol use and provide information on Alcoholics Anonymous

Call: (608) 222-8989

NA Helpline

Phone line to support people struggling with substance use and provide information on Narcotics Anonymous

Call: (800) 240-0276