## **Additional Resources**

## **National Alliance on Mental Illness (NAMI)**

800-950-NAMI (6264)

nami.org/help

Helpline Text: 62640

\*Provides support, information and an extensive resource guide to help identify

options to meet your needs

#### **Trevor Lifeline**

866-488-7386

Text START to 678678 thetrevorproject.org

\*Crisis intervention and suicide prevention services for LGBTQ+ youth (25 & under)

## **LGBT National Help Center**

\*National Help Line

1-888-843-4564

lgbthotline.org

# **Substance Abuse and Mental Health Services Administration (SAMHSA)**

National Help Line

800-662-HELP (4357)

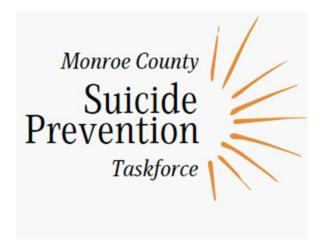
samhsa.gov

\*Treatment referral and mental health information services

# **Lighthouse Warmline**

\*If someone you know is experiencing emotional distress or is in a low-level crisis, you can contact the La Crosse Lighthouse warmline

608-519-1489



#### Mission Statement:

To raise awareness about suicide and provide resources, education and post-vention services to the citizens of Monroe County.

Our vision: Prevent and reduce the amount of deaths caused by suicide within our great county.





# Suicide Prevention and Awareness Resource Guide

Where Can I Turn for Help?

There is hope.



988 LIFELINE

#### **National Suicide Prevention Lifeline**

Call or Text 9-8-8

Online Live Chat: 988lifeline.org

\*Support for anyone experiencing a suicidal, mental health and/or substance abuse crisis for themselves or their loved ones

#### **Veterans Crisis Line**

\*Support for all Vets, Service Members, National Guard & Reserve and their family members and friends

Call 9-8-8, press 1

Veteran's Text Line: 838255 veteranscrisisline.net

#### **Northwest Connections**

\*24 hour Mental Health and AODA Crisis Line for Monroe County residents

1-888-552-6642

## **Great Rivers 2-1-1**

\*Source for Information, Referrals and Resources

Dial 2-1-1 or 800-362-8255 Greatrivers211.org

Text your zip code to: 898211

# **LOCAL SUPPORT GROUPS**

There are many support groups for those suffering with mental health concerns.

Call, chat or text with Great Rivers 2-1-1

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# **YOU MATTER**

Text. Call. Chat.

988 LIFELINE

#### **WARNING SIGNS**

**Talking about dying.** Mention of dying, shooting, jumping or any other types of self-harm

**Recent loss.** Includes recent deaths, loss of relationship or divorce or job loss

**Loss of interests.** Lowered interest in hobbies, friends, religious faith, sex or activities previously enjoyed

**Change in personality.** Consistently apathetic, withdrawn, sad or irritable

**Change in behavior.** Unable to complete daily activities, can't focus on work, school, etc.

**Change in sleep patterns.** Oversleeps or wakes up early, insomnia and nightmares also possible

**Change in eating habits.** Loses or gains weight due to loss of appetite or overeating

**Low self-esteem.** Loss of self-worth. Feeling guilty, worthless and useless

No hope for the future. Thinking things won't get any better, or things will never change

# Monroe County Website: co.monroe.wi.us

Monroe County Mental Health Resource Guide

Link: <a href="http://bit.ly/3PTwYma">http://bit.ly/3PTwYma</a>

Scan QR Code:



Monroe County
Department of Human Services
608-269-8600

**Monroe County Health Department** 608-269-8666

**Monroe County Veterans Services** 608-269-8618

La Crosse County
Department of Human Services
608-785-5875

Jackson County
Department of Human Services
715-284-4301

Vernon County
Department of Human Services
608-637-5210

Juneau County
Department of Human Services
608-847-2400

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