

Additional Resources

National Alliance on Mental Illness (NAMI)

800-950-NAMI (6264)

nami.org/help

Helpline Text: 62640

Helpline Email: helpline@nami.org

*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)

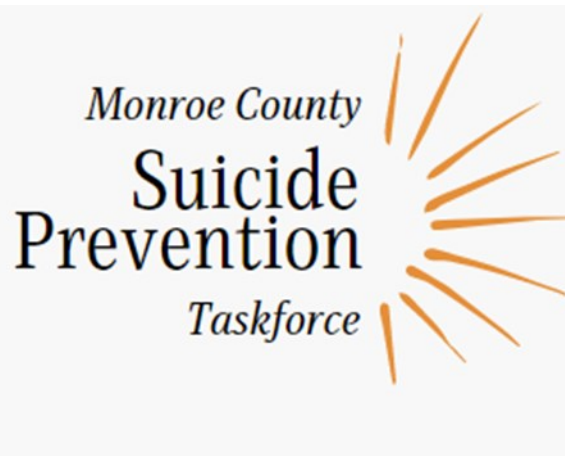
samhsa.gov

*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 SUICIDE & CRISIS LIFELINE

Get Connected. Get Help.

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

Monroe County



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

Regional Services

Monroe County Website:

co.monroe.wi.us

Monroe County Mental Health Resource Guide

Link: <http://bit.ly/3PTwYma>

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

If you or a loved one is at imminent risk, call 911 immediately.
