



I'm in Crisis.

Numbers to Call

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CRISIS BY CONCERN

Mental Health:

National Suicide Prevention Lifeline : The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
1-800-273-8255 Available 24/7

North Central Health Care: Offers 24/7/365 confidential and anonymous crisis and emergency phone counseling and intervention to help you through your roughest moments – be it emotional, mental health, suicide prevention or substance abuse issues.
1-800-799-0122 or 715-845-4326

SAMHSA (Substance Abuse and Mental Health Services Administration)
Find treatment facilities and programs in the United States or U.S. Territories for mental and substance use disorders.
National Helpline: 1-800-662-4357. Available 24/7, 365 day a year.

Crisis Text Line: Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis.
Text “CTL” to 741741

HOPELINE: HOPELINE, by the Center for Suicide Awareness, is a text-in (versus voice call-in) free service for help and hope. HOPELINE is the Emotional Support Text Line in the State of Wisconsin and provides service throughout the entire state.
Text “hopeline” to 741741 24/7

Society for the Prevention of Teen Suicide: www.sprusa.org/teens

Aspirus Antigo Clinic: Aspirus General Clinic offers a full-range of primary care services for the entire family, from babies to seniors and every one in between. 715-623-2351

Human Trafficking:

Nation Human Trafficking Hotline: Our mission is to provide human trafficking victims and survivors with access to critical support and services to get help and stay safe, and to equip the anti-trafficking community with the tools to effectively combat all forms of human trafficking. We offer round-the-clock access to a safe space to report tips, seek services, and ask for help. We also provide information, statistics, and resources on a wide range of topics related to human trafficking. 24/7 Confidential. 1-888-373-7888. Text 233733 or Live chat at humantraffickinghotline.org

AVAIL: AVAIL provides services and emergency shelter for trafficking victims. 715-623-5177

Food:

Antigo Community Food Pantry: The Antigo Community Food Pantry is a group of compassionate volunteers providing food and resources that sustain health and human dignity. We strive to collaborate, advocate and increase public awareness to achieve food security for everyone in our community. Open Wednesdays 11a.m. to 1 p.m. and Fridays 1 p.m.- 3 p.m. 715-623-1103

White Lake Area Christian Food Pantry: 715-882-2781

Elcho Area Community Food Pantry: 715-610-5886

Runaway:

National Runaway Safeline: The mission of the National Runaway Safeline (NRS) is to help keep America's runaway, homeless and at-risk youth safe and off the streets. Call 1-800-RUNAWAY TEXT 66008 Click 180ORUNAWAY.org

Pregnancy:

Bethany: We demonstrate the love and compassion of Jesus Christ by protecting children, empowering youth, and strengthening families through quality social services 1-800-238-4269 Live chat 7 a.m. to midnight at impregnant.bethany.org

Hope Life Center: At Hope Life Center, we provide physical and emotional support in a confidential, judgment-free environment. Our services include pregnancy testing, options counseling, testing and treatment for most STI/STDs, abortion recovery support, pregnancy and early parenting education and adoption information. Call or Text 715-470-1007

Prenatal Care Coordination (PNCC)- Is a service available to help obtain medical and community resources needed for the healthiest possible birth. There is no charge to you for this service and a Public Health Nurse will answer your questions/concerns, and give you information about your changing body. Visits can be made in the home, at school, in the office. All visits are confidential. Please call the Langlade County Health Department at (715) 627-6250 to schedule an appointment or notify the dietitian at your WIC appointment that you are interested in this service.

Mental Health: (Cont.)

NAMI (National Alliance of Mental Illness): NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness .

NAMI Northwoods

715-432-0180, P.O. Box 262, Wausau WI

1-800-950-6264(NAMI) M-F 10AM- 6PM

Text "NAMI" to 741741

Wetzel- Rasmussen Counseling Services: It is our mission at Wetzel-Rasmussen Counseling Services to meet the mental health needs of individuals, couples, families, groups and communities of Elcho and the surrounding areas by helping to facilitate change and improve the quality of their lives. 715-275-3934

HALOS- Helping another grieve Loved One's Suicide. Meetings will be held monthly on the 4th Thursday @ NTC - Antigo - Room WT119 6:30-9:00pm
Tara - 715-610-3406

Substance Abuse:

Impact 2-1-1: IMPACT 2-1-1 is a central access point for people in need. During times of personal crisis or community disaster, the free, confidential helpline and online resource directory make it easy for residents to get connected to information and assistance. Call 2-1-1. Available 24/7

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Support Groups

- Al-Anon: www.alanon-wi.org (To help families of alcoholics living with alcoholism and/or addiction).
- Alcoholics Anonymous: Call for local support group information. 715-367-7920. www.northwoodsaa.org
- Cocaine Anonymous: (online meetings) www.ca-online.org
- Heroin Anonymous: www.ncwana.org
- Narcotics Anonymous: 866-590-2651 www.wisconsinna.org

Trans/LGBT:

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The Trevor Project: The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. 1-866-488-7386 Available 24/7

LGBT National Hotline: Provides vital peer-support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity. Utilizing a diverse group of LGBT volunteers, we operate three national hotlines, the LGBT National Hotline, the LGBT National Youth Talkline, and the SAGE LGBT Elder Hotline as well as private, volunteer one-to-one online chat, that helps both youth and adults with coming-out issues, safer-sex information, school bullying, family concerns, relationship problems and a lot more. We also maintain the largest collection of resources for the LGBT community in the United States, with 15,000 local resources for cities and towns across the country.

1-88-843-4564, M-F 1pm -9pm PT, S 9am-2pm PT

Trans lifeline: Is dedicated to the well being of transgender people. We run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have .
1-877-565-8860

AVAIL: Welcomes LGBTQ for advocacy, shelter services 715-623-5767

Sexual Assault/Domestic Abuse:

AVAIL INC:(Advocates for Victims of Domestic & Sexual Abuse in Langlade County): AVAIL is here to provide assistance and support to victims and survivors of all ages and life situations. No one deserves to be abused! 715-623-5767 Text line 715-219-4609

National Domestic Violence Hotline:

1-800-799-7233 (TTY)

1-800-942-6908 (Spanish)

RAINN: RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE online.rainn.org y rainn.org/es) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice. 1-800-656-4673 Live chat at www.rainn.org

Housing:

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Antigo Housing Authority- Mission at the Antigo Housing Authority is to provide safe, well-maintained, decent and affordable housing in a fair, respectful, progressive and professional manner.
715-623-5768 www.antigohousingauthority.com

AVAIL Advocates for Victims of Domestic & Sexual Abuse in Langlade County): Emergency shelter for victims of Domestic Violence/ Sexual Abuse. AVAIL is here to provide assistance and support to victims and survivors of all ages and life situations. No one deserves to be abused! 715-627-5767 Text line 715-219-4609

1st Call: The Langlade County Salvation Army Service Extension Unit provides emergency assistance to persons and families facing acute and unforeseen financial crisis. The primary task is to provide short-term support for persons and families who have nowhere else to turn for help. We are the helpers of last resort in times of deep and immediate need. 715-627-1818

Veterans:

Veterans Crisis Line: The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.
1-800-273-8255 press 1

Be There Peer Support: The BeThere Peer Assistance Line is the only dedicated Department of Defense (DoD) peer support call and outreach center available to all Service members across the Department (including the National Guard and Reserves) and their families. The program is staffed by peer coaches who are Veteran Service members and spouses of prior Service members, and is available 24/7 through chat, email, phone and text. Communications between peer counselors and Service members are confidential.
1-844-357-7337 or Text 480-360-6188

Disabled American Veterans: With almost 1,300 chapters and more than 1 million members across the country, DAV empowers our nation's heroes and their families by helping to provide the resources they need and ensuring our nation keeps the promises made to them.
715-216-5616, 3rd Wednesday of each month at 6pm, at 645 7th Ave, Antigo, WI

Langlade County Veterans Service Office- 715-627-6545 or 715-627-6543