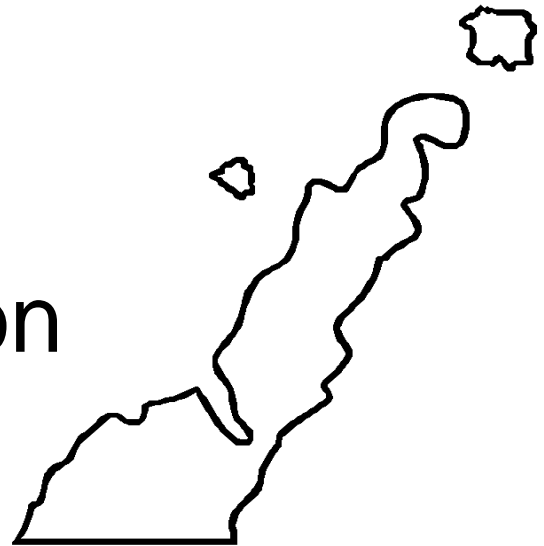


# Door County Mental Health & Crisis Prevention Resource Guide

*5<sup>th</sup> Edition*



*Hope*  
CHANGES EVERYTHING



Door County  
**MHFG**

Mental Health  
Focus Group

*Revised May 2018*

Additional copies can be obtained at Door County Public Health Department  
421 Nebraska Street, Sturgeon Bay, WI 54235 (920) 746-2234  
or online at: [www.co.door.wi.gov](http://www.co.door.wi.gov)

**A special thank you to the creators of the Senior Resource Guide who presented a user-friendly example from which to model.**

**If you would like to suggest additions or corrections, please send an e-mail to [PublicHealth1@co.door.wi.us](mailto:PublicHealth1@co.door.wi.us) or call Public Health at 920-746-2234.**

**Revised May 2018**

Disclaimer:

*This list was compiled as a collaborative effort by numerous individuals invested in the mental health of Door County citizens. It may not be all-inclusive or completely accurate. The County of Door accepts no liability for the consequences of any actions taken on the basis of the information listed in this resource guide. The user assumes the risk related to the use of any of this information.*

***\*Special thank you to Sturgeon Bay High School Art Club for creating the logo on the front cover 2018\****

### Important Emergency Numbers

Fire, Police, Sheriff's Department or Rescue/Ambulance	Dial 9-1-1
Crisis/Suicide Intervention Hotline 24/7	(920) 746-2588
Poison Control Center	(800) 222-1222

### Important Non-Emergency Numbers

Information & Referral Information	Dial 2-1-1
Door County Sheriff's Department	(920) 746-2400
Prevea Care after hours: in partnership with Door County Medical Center 24/7	1-877-746-0003
Sturgeon Bay Police Department	(920) 746-2450
Sturgeon Bay Fire Department	(920) 746-2916
Sister Bay/Liberty Grove Fire Department	(920) 854-4021
Sturgeon Bay Rescue/Ambulance	(920) 743-5461
Sister Bay/Liberty Grove Rescue/Ambulance	(920) 854-4333
Text "HOPELINE"	741741

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#### 10 TOOLS TO LIVE YOUR LIFE WELL

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- Connect with others
- Stay positive
- Get physically active
- Help others
- Get enough sleep
- Create joy and satisfaction
- Eat well
- Take care of your spirit
- Deal better with hard times
- Get professional help if you need it

~ Mental Health America

# Door County Mental Health & Crisis Prevention Resource Guide - 5<sup>th</sup> Edition

## Table of Contents

Emergency & Non-Emergency Phone Numbers .....	1
Organizations/Contacts .....	3-4
Area School Contacts.....	5

## Services

Children’s Mental Health.....	6-7
Crisis Debriefing .....	7
Crisis Intervention.....	7-8
Developmental Disability Services.....	8
Domestic Violence Advocacy.....	9
Grief Support.....	9-10
Hearing Impaired .....	10
Hispanic Resources .....	10
LGBT Mental Health .....	10-11
Marital/Family Therapy .....	11-12
Mental Health Counseling .....	12-14
Mental Health Social Support.....	15
Prevention – AODA.....	15
Prevention – Suicide .....	15-16
Sexual Assault Counseling .....	16-17
Substance Abuse Services.....	17-18
Veteran Services .....	19
Organization Websites .....	20
Referral/Support/Crisis Line .....	20
Prevent Suicide Door County – Nathan Wilson Coalition .....	21
Flow Chart: Access to Mental Health Services in Door County .....	22

## Door County Mental Health & Crisis Prevention Resource Guide - 5<sup>th</sup> Edition

<b>Agency</b>	<b>Contact</b>	<b>Page #'s</b>
Alcoholics Anonymous Hotline for Door and Kewaunee Counties	(855) 746-0901	17
Bay Counseling Clinic	(920) 743-4428	6, 8, 11, 13
Bellin Health	(920) 433-6073	6, 11, 12
Christenson, Toni	(920) 823-2203	14
Clinical and Counseling Psychology- Dennis White, Ph.D., Licensed Psychologist	(920) 746-1346	13
Counseling Associates of Door County	(920) 743-9554	6, 8, 12, 13, 17
Crisis/Suicide Intervention 24/7 Hotline (Human Services)	(920) 746-2588	7, 8, 12, 13, 17
Door County Critical Incident Stress Management Program	(920) 746-1346	7
Door County Alcohol & Other Drug Abuse Prevention Coalition	(920) 421-2177	15
Door County Department of Human Services	(920) 746-7155	7, 8, 12, 13, 17
Door County Medical Center Behavioral Health Services	(920) 746-0510	7, 11, 14, 18
Drug Identification Information	<a href="http://www.streetdrugs.org">www.streetdrugs.org</a>	20
Dynamic Family Solutions	(920) 323-7431	13, 14
HELP of Door County, Inc.	(920) 743-8785	9
Hispanic Resource Center of Door and Kewaunee Counties, Inc.	(920) 559-1878	10
JAK'S Place	(920) 818-0525	15
Life after the Loss of a Spouse: Hope through Healing Grief Workshop	(920) 743-4705	9
Mental Health America of Wisconsin	<a href="http://www.mhawisconsin.org">www.mhawisconsin.org</a>	20
NAMI Door County, Inc. (National Alliance on Mental Illness)	(920) 818-0525	15
Narcotics Anonymous Support Hotline- Wisconsin	(866)-285-7830	18
National Alliance on Mental Illness	1-800-236-2988	15
National Bullying Prevention Center	<a href="http://www.pacer.org/bullying">www.pacer.org/bullying</a>	20
National Suicide Prevention Hotline/Lifeline	1-800-273-8255	20
Office for the Deaf and Hard of Hearing	1-855-359-5252	10
Nutrition and Counseling Services, Jody Jessup-RD,MS, LPC, NCC	(920) 839-9900	14
PFLAG Door County (Parents & Friends of Lesbians & Gays)	(920) 421-8815	10
Prevent Suicide Door County Nathan Wilson Coalition	<a href="mailto:preventsuicidedc@gmail.com">preventsuicidedc@gmail.com</a>	15, 21

## Door County Mental Health & Crisis Prevention Resource Guide - 5<sup>th</sup> Edition

<b>Agency</b>	<b>Contact</b>	<b>Page #'s</b>
Prevent Suicide Wisconsin	<a href="http://www.preventsuicidewi.org">www.preventsuicidewi.org</a>	20
Sexual Assault Center- Family Services	(920) 746-8996	16
Starkey Hearing Foundation	1-800-328-8602	10
Substance Abuse and Mental Health Services Administration	<a href="http://www.SAMHSA.gov">www.SAMHSA.gov</a>	17, 18
Survivors of Suicide - Door County	(920) 559-9808	9
Veterans Service - Door County	(920) 746-2226	17, 19
Veterans Hotline - National	1-800-273-8255	17, 19
Wisconsin Lions Foundation Hearing Program	1-877-463-6953	10

### **Sturgeon Bay Schools**

1230 Michigan Street  
Sturgeon Bay, WI 54235  
[www.sturbay.k12.wi.us](http://www.sturbay.k12.wi.us)

Jennifer O'Handley: High School Counselor  
(920) 746-3867  
[johandley@sturbay.k12.wi.us](mailto:johandley@sturbay.k12.wi.us)

Heidi Bader: Middle and High School Counselor  
(920) 746-3875  
[hbader@sturbay.k12.wi.us](mailto:hbader@sturbay.k12.wi.us)

Gary Grahl: Grades 3-5 Counselor  
(920) 746-1827  
[ggrahl@sturbay.k12.wi.us](mailto:ggrahl@sturbay.k12.wi.us)

Karlie Martens: Grades K-2 Counselor  
(920) 746-5827  
[kmartens@sturbay.k12.wi.us](mailto:kmartens@sturbay.k12.wi.us)

### **Southern Door Schools**

2073 County Road DK  
Brussels, WI 54204  
[www.southerndoor.k12.wi.us](http://www.southerndoor.k12.wi.us)

Sara Paye: High School Counselor  
(920) 825-7333 ext. 4441  
[spaye@southerndoor.k12.wi.us](mailto:spaye@southerndoor.k12.wi.us)

Jody Delwiche: Grades 6-9 Counselor  
(920) 825-7321 ext. 2229 (MS) 4443 (HS)  
[jdelwiche@southerndoor.k12.wi.us](mailto:jdelwiche@southerndoor.k12.wi.us)

Amy Marler: Grades PK-5 Counselor  
(920) 825-7321 ext. 1114  
[amarler@southerndoor.k12.wi.us](mailto:amarler@southerndoor.k12.wi.us)

### **Zion Lutheran School**

3937 County Road V  
Egg Harbor, WI 54209  
(920) 743-2325

### **Sevastopol School District**

4550 Highway 57  
Sturgeon Bay, WI 54235  
[www.sevastopol.k12.wi.us](http://www.sevastopol.k12.wi.us)

Holly Retzlaff: Elementary Counselor  
(920) 743-6282 ext. 1146  
[hretzlaff@sevastopol.k12.wi.us](mailto:hretzlaff@sevastopol.k12.wi.us)

Melissa Malcore: Grades 6-12 Counselor  
(920) 743-6282 ext. 1108  
[mmalcore@sevastopol.k12.wi.us](mailto:mmalcore@sevastopol.k12.wi.us)

### **Gibraltar Area Schools**

3924 State Hwy 42  
Fish Creek, WI 54212  
[www.gibraltar.k12.wi.us](http://www.gibraltar.k12.wi.us)

Chelsea Roberts: Secondary School Counselor  
(920) 868-3284 ext. 264  
[chelsea.roberts@gibraltar.k12.wi.us](mailto:chelsea.roberts@gibraltar.k12.wi.us)

Brooke Peterson: Grades K-6 Counselor  
(920) 868-3284 ext. 288  
[bpeterson@gibraltar.k12.wi.us](mailto:bpeterson@gibraltar.k12.wi.us)

### **Washington Island School District**

888 Main Road  
Washington Island, WI 54246  
[www.island.k12.wi.us](http://www.island.k12.wi.us)

Barbara Krueger: Counselor  
(920) 847-2507  
[Barb.isaacson@island.k12.wi.us](mailto:Barb.isaacson@island.k12.wi.us)

### **St. John Bosco Catholic School**

730 W Maple Street  
Sturgeon Bay, WI 54235  
(920) 743-4144

### **St. Peters Lutheran School**

108 W Maple St  
Sturgeon Bay, WI 54235  
(920) 743-4432

## CHILDREN'S MENTAL HEALTH

### Bay Counseling Clinic, LLP

50 S Madison Avenue, Suite 3  
Sturgeon Bay, WI 54235  
(920) 743-4428

[www.baycounseling.net](http://www.baycounseling.net)  
[baycounseling@gmail.com](mailto:baycounseling@gmail.com)

WI State certified clinic committed to providing confidential, professional, and affordable counseling services.

Services Provided: Individual and Family Psychotherapy (Focus on Cognitive-Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues, adjustment disorders, self-harm, eating disorders, and couples therapy.

Payment: In network status with most insurance companies, including Medicaid and Medicare.

### Bellin Health

311 N 3<sup>rd</sup> Avenue  
Sturgeon Bay, WI 54235  
(920) 433-6073

<https://care.bellin.org/doctor/amy-higginbotham-sturgeon-bay-behavioral-health>

WI State certified clinic committed to providing confidential, professional, and affordable counseling services.

Services provided: Individual, family and marital psychotherapy (Focus on Cognitive Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues (oppositional and defiant children/teens), adjustment disorders, self-harm, personality disorders, post-traumatic stress disorder (PTSD), self-esteem and chronic mental health issues (Schizophrenia).

Licensed professional counselor with Bellin Psychiatric Center provide mental health

assessments; crisis management; individual, couples, and family therapy; and employee assistance program (EAP) services. Telehealth services with psychiatrists and psychiatric nurse practitioners. CCS (Comprehensive Community Services) Certified Therapist.

Outpatient Services Provided: Psychiatric evaluations (Psychiatric services via telehealth), Medication management, Psychological evaluation and testing (Green Bay Bellin Psychiatric Center Location), Counseling

Payment: In network status with most insurance companies including Medicaid.

### Counseling Associates of Door County

620 N 12<sup>th</sup> Avenue  
Sturgeon Bay, WI 54235  
(920) 743-9554  
1-800-731-9999

[www.counselingofdoor.com](http://www.counselingofdoor.com)  
[cadc@dcwis.com](mailto:cadc@dcwis.com)

Certified Mental Health and AODA Outpatient Clinic offering: Individual and Family Therapy, Parent-Child Relationships, Group Therapy, Psychological Evals & Consultations, Industrial Employer Consultations, Program Development and Implementation, & Relaxation Training, Stress management, Anxiety, Depression, Anger management, Children & Adolescent Services, Marriage Counseling, and Co-Parent Counseling.

Payment: We will bill your insurance; most services are covered by your medical insurance. We accept cash, check, Visa and Master Card.



Door County Department of  
Human Services

421 Nebraska Street  
Sturgeon Bay, WI 54235  
(920) 746-7155  
[www.co.door.wi.gov](http://www.co.door.wi.gov)

**Crisis Intervention Hotline:  
(920) 746-2588**

Behavioral Health Division includes a WI State Certified Outpatient Clinic serving Door County citizens experiencing mental health and substance use issues; Children & Families Division includes a comprehensive family support services team providing a host of services to children, youth, and families.

Services provided: mental health therapy (individual and family) and/or treatment for individuals with substance use issues; psychiatric (medication management, psychiatric consultation) and psychological (testing) services; wrap-around, team based approaches; case management and support services; early intervention services; family support; information and referral.

Crisis services provided 24/7.

Door County Medical Center Behavioral  
Health Services

323 S. 18<sup>th</sup> Avenue  
Sturgeon Bay, WI 54235  
(920) 746-0510  
<http://dcmedical.org/Medical-Services/Behavioral-Health>

Services provided:  
Behavioral Health Psychotherapy Services: are geared towards those with moderate to severe mental health needs. Symptoms may be related to recent or prior traumatic events, and this mode of care typically requires longer-term services. Our licensed clinical social workers can work with most mental health concerns and diagnoses. Individuals need not be Door County Medical Center patients – anyone can be referred to this service.

Ages served: All individuals age 12 years and above

Psychiatric Services: designed for those with mental health needs that may benefit from medication. Individuals need not be Door County Medical Center patients – anyone can be referred to this service.

Ages served: All individuals age 12 years and above

Payment: Most insurance plans, including Medicaid and Medicare, cover these services, but we advise individuals to check with their carrier.



## CRISIS DEBRIEFING

Door County Critical Incident Stress  
Management Program

(920) 746-1346  
After hour's number: (920) 495-2036

A team of trained professionals assist scheduled groups with debriefing stressful or traumatic events. This is not an emergency crisis service.



## CRISIS INTERVENTION

Door County Department of Human  
Services

421 Nebraska Street  
Sturgeon Bay, WI 54235  
(920) 746-7155  
[www.co.door.wi.gov](http://www.co.door.wi.gov)

**Crisis Intervention Hotline:  
(920) 746-2588**

Behavioral Health Division includes a WI State Certified Outpatient Clinic serving Door County citizens experiencing mental health and substance use issues; Children & Families Division includes a comprehensive family support services team providing a host of services to children, youth, and families.

Services provided: mental health therapy (individual and family) and/or treatment for individuals with substance use issues; psychiatric (medication management, psychiatric consultation) and psychological (testing) services; wrap-around, team based approaches; case management and support services; early intervention services; family support; information and referral.

Crisis services provided 24/7.



**Bay Counseling Clinic, LLP**  
50 S Madison Avenue, Suite 3  
Sturgeon Bay, WI 54235  
(920) 743-4428  
[www.baycounseling.net](http://www.baycounseling.net)  
[baycounseling@gmail.com](mailto:baycounseling@gmail.com)

WI State certified clinic committed to providing confidential, professional, and affordable counseling services.

Services Provided: Individual and Family Psychotherapy (Focus on Cognitive-Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues, adjustment disorders, self-harm, eating disorders, and couples therapy.

Payment: In network status with most insurance companies, including Medicaid and Medicare.

**Counseling Associates of Door County**  
620 N 12<sup>th</sup> Avenue  
Sturgeon Bay, WI 54235  
(920) 743-9554  
1-800-731-9999  
[www.counselingofdoor.com](http://www.counselingofdoor.com)  
[cadc@dcwis.com](mailto:cadc@dcwis.com)

Certified Mental Health and AODA Outpatient Clinic offering: Individual and Family Therapy, Parent-Child Relationships, Group Therapy,

Psychological Evals & Consultations, Industrial Employer Consultations, Program Development and Implementation, & Relaxation Training, Stress management, Anxiety, Depression, Anger management, Children & Adolescent Services, Marriage Counseling, and Co-Parent Counseling.

Payment: We will bill your insurance; most services are covered by your medical insurance. We accept cash, check, Visa and Master Card

### Door County Department of Human Services

421 Nebraska Street  
Sturgeon Bay, WI 54235  
(920) 746-7155  
[www.co.door.wi.gov](http://www.co.door.wi.gov)

**Crisis Intervention Hotline:**  
**(920) 746-2588**

Children & Families Division includes a comprehensive family support services team providing a host of services to children, youth, and families. Services provided for children with disabilities: Case management and support services; early intervention services; Family support; Information and referral.

Adults with Developmental Disabilities may access information and services through the Aging and Disability Resource Center (916 N. 14th Ave., Sturgeon Bay, 920-746-2372). Services provided for adults through the ADRC: Information and Assistance, Disability Benefits Counseling, Family Care Options Counseling and Enrollment, Support for Caregivers.

Crisis services provided 24/7.

## DOMESTIC VIOLENCE ADVOCACY

HELP of Door County, Inc.

219 Green Bay Road  
Sturgeon Bay, WI 54235  
(920) 743-8785

**24 Hour Hotline: (920) 743-8818**

[www.helpofdoorcounty.org](http://www.helpofdoorcounty.org)  
[help@helpofdoorcounty.org](mailto:help@helpofdoorcounty.org)

Domestic Abuse Services:

- Domestic Abuse Hotline: Crisis, referral and information line.
- Adult services: Provides resources to address immediate safety, personal legal advocacy, individual support, crisis counseling and educational groups.
- Older Adult Services: Focuses on the elderly populations.
- Children and Youth Services: address the multiple emotional, behavioral and cognitive effects on children who witness domestic abuse. Weekly group and individual support with safety planning, teen services including dating violence prevention and awareness and healthy relationship education.
- Community Education: Creates awareness, educates community members, provides information and shares resources.

Violence Intervention Services:

- (ATV) Alternatives to Violence is a state certified Batterer's treatment program for court-ordered and volunteer men.
- (WEAV) Women Ending Abuse and Violence is for court-ordered and volunteer women.

Visitation and Exchange:

- Visitation and Exchange provides increased opportunities for children to maintain safe and healthy relationships with their parents when their family life has been disrupted by a variety of

reasons. Services include supervised and/or monitored visitation, monitored exchanges, supportive parenting, and telephone monitored visits.

We serve all the population of Door County. Payment: there are no fees for services except for Violence Intervention Services (please call for prices).

## GRIEF SUPPORT

[Life after the Loss of a Spouse: Hope through Healing Grief Workshop](#)

Hear from grief experts, as well as fellow community members who also are experiencing this journey through the loss of a spouse. You may wish to share, or you may prefer to listen and reflect. Mandy Serazen MSW, AseraCare from Green Bay is the facilitator. Everyone is welcome. There is no cost. Light refreshments are served.

Meetings are held at Bay View Lutheran Church, 340 W Maple Street, Sturgeon Bay on the fourth Thursday of every month at 10:00 a.m. The Grief Support Group is not "church based." Registration is appreciated, but not required. For more information and registration please call LouAnn Brown, RN, at 920-743-4705.

[Survivors of Suicide \(S.O.S.\)](#)

S.O.S. (Survivors of Suicide) is a mutual support group for families and friends of suicide victims offering understanding, acceptance, sharing and encouragement of survivors in the regrowth of self-esteem and the development of a better understanding of that which they had no control over, and cannot change. S.O.S. is not a counseling service. It is a nonprofit, nonprofessional support group.

Meetings are held at the Door County Library, 107 S. 4<sup>th</sup> Ave., Sturgeon Bay on the third Monday of every other month. November through January meetings are on the third Monday of every month. Each meeting is held

from 7-8:00pm. For more information, please call Karen at 920-559-9808 or Jaimee at 920-559-8411 or email at [sosdoorcounty@yahoo.com](mailto:sosdoorcounty@yahoo.com)

## HEARING IMPAIRED

Office for the Deaf and Hard of Hearing  
1-855-359-5252  
[DHSODHH@dhs.wisconsin.gov](mailto:DHSODHH@dhs.wisconsin.gov)  
<https://www.dhs.wisconsin.gov/odhh/index.htm>

This program provides information and referral services on a variety of topics tailored to the unique needs of Deaf, Deaf-Blind, or Hard of Hearing residents.

Services Provided: free in-service trainings, presentations, and consultations. ODHH can also provide advice and assist in making services accessible to the Deaf, Deaf-Blind, and Hard of Hearing communities.

Populations Served: All residents in Wisconsin

Starkey Hearing Foundation  
1-800-328-8602  
[hearnow@starkeyfoundation.org](mailto:hearnow@starkeyfoundation.org)  
[www.starkeyhearingfoundation.org](http://www.starkeyhearingfoundation.org)

This is a national non-profit program committed to assisting deaf and hard-of-hearing persons with limited financial resources who permanently reside within the United States.  
[www.starkeyhearingfoundation.org](http://www.starkeyhearingfoundation.org)

Wisconsin Lions Foundation Hearing Program  
1-877-463-6953  
[wlf@wlf.info](mailto:wlf@wlf.info)  
<http://www.wlf.info/>

This program is dedicated to providing help to residents of Wisconsin that have impaired hearing, but cannot afford to purchase hearing aids.

## HISPANIC RESOURCES

Hispanic Resource Center of Door and Kewaunee Counties, Inc.  
1618 Texas Place  
Sturgeon Bay, WI 54235  
Imelda Delchambre  
Executive Director  
(920) 559-1878

## LGBTQ MENTAL HEALTH

PFLAG Door County  
(Parent, Families, Friends of Lesbian and Gays)  
PO Box 213  
Sturgeon Bay, WI 54235  
(920) 421-8815  
[www.pflagdoorcounty.org](http://www.pflagdoorcounty.org)  
[pflagsturgeonbay@gmail.com](mailto:pflagsturgeonbay@gmail.com)

Services Provided: Group discussion. 24-hour phone service to communicate with P.F.L.A.G. Member. Recommendation to other agency for help. Our members are not trained counselors just a family member or a gay person themselves. Monthly newsletter. Monthly meeting held 3<sup>rd</sup> Sunday of the month at 5:00 to 6:30 pm at the Hope Church, 12<sup>th</sup> and Michigan Street, Sturgeon Bay, WI.

PFLAG Northern Door meets the second Thursday of the month (September through May) at 6:00 p.m. at The Unitarian Universalist Fellowship located between Ephraim and Sister Bay, just south of the Shops of the Green Gables.

Introduction, discussion, support of those with questions, education to members and the community, and advocacy.

Serving Parents, Families, and the LGBTQ+ community. All age groups.

Payment: Membership dues \$20.00 per household, but not required to attend meetings. Donations accepted at the address above.

## MARITAL/FAMILY THERAPY

Bay Counseling Clinic, LLP  
50 S Madison Avenue, Suite 3  
Sturgeon Bay, WI 54235  
(920) 743-4428  
[www.baycounseling.net](http://www.baycounseling.net)  
[baycounseling@gmail.com](mailto:baycounseling@gmail.com)

WI State certified clinic committed to providing confidential, professional, and affordable counseling services.

Services Provided: Individual and Family Psychotherapy (Focus on Cognitive-Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues, adjustment disorders, self-harm, eating disorders, and couples therapy.

Payment: In network status with most insurance companies, including Medicaid and Medicare.

Bellin Health  
311 N 3<sup>rd</sup> Avenue  
Sturgeon Bay, WI 54235  
(920) 433-6073  
<https://care.bellin.org/doctor/amy-higginbotham-sturgeon-bay-behavioral-health>

WI State certified clinic committed to providing confidential, professional, and affordable counseling services.

Services provided: Individual, family and marital psychotherapy (Focus on Cognitive Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues (oppositional and defiant children/teens), adjustment disorders, self-harm, personality disorders, post-traumatic

stress disorder (PTSD), self-esteem and chronic mental health issues (Schizophrenia).

Licensed professional counselor with Bellin Psychiatric Center provide mental health assessments; crisis management; individual, couples, and family therapy; and employee assistance program (EAP) services. Telehealth services with psychiatrists and psychiatric nurse practitioners. CCS (Comprehensive Community Services) Certified Therapist.

Outpatient Services Provided: Psychiatric evaluations (Psychiatric services via telehealth), Medication management, Psychological evaluation and testing (Green Bay Bellin Psychiatric Center Location), Counseling

Payment: In network status with most insurance companies including Medicaid.

Door County Medical Center Behavioral Health Services  
323 S. 18<sup>th</sup> Avenue  
Sturgeon Bay, WI 54235  
(920) 746-0510  
<http://dcmedical.org/Medical-Services/Behavioral-Health>

Services provided:  
Behavioral Health Psychotherapy Services: are geared towards those with moderate to severe mental health needs. Symptoms may be related to recent or prior traumatic events, and this mode of care typically requires longer-term services. Our licensed clinical social workers can work with most mental health concerns and diagnoses. Individuals need not be Door County Medical Center patients – anyone can be referred to this service.

Ages served: All individuals age 12 years and above

Psychiatric Services: designed for those with mental health needs that may benefit from medication. Individuals need not be Door County Medical Center patients – anyone can be referred to this service.

Ages served: All individuals age 12 years and above

Payment: Most insurance plans, including Medicaid and Medicare, cover these services, but we advise individuals to check with their carrier.

## MENTAL HEALTH COUNSELING

### Bellin Health

311 N 3<sup>rd</sup> Avenue

Sturgeon Bay, WI 54235

(920) 433-6073

<https://care.bellin.org/doctor/amy-higginbotham-sturgeon-bay-behavioral-health>

WI State certified clinic committed to providing confidential, professional, and affordable counseling services.

Services provided: Individual, family and marital psychotherapy (Focus on Cognitive Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues (oppositional and defiant children/teens), adjustment disorders, self-harm, personality disorders, post-traumatic stress disorder (PTSD), self-esteem and chronic mental health issues (Schizophrenia).

Licensed professional counselor with Bellin Psychiatric Center provide mental health assessments; crisis management; individual, couples, and family therapy; and employee assistance program (EAP) services. Telehealth services with psychiatrists and psychiatric nurse practitioners. CCS (Comprehensive Community Services) Certified Therapist.

Outpatient Services Provided: Psychiatric evaluations (Psychiatric services via telehealth), Medication management, Psychological evaluation and testing (Green Bay Bellin Psychiatric Center Location), Counseling

Payment: In network status with most insurance companies including Medicaid.

### Counseling Associates of Door County

620 N 12<sup>th</sup> Avenue

Sturgeon Bay, WI 54235

(920) 743-9554

1-800-731-9999

[www.counselingofdoor.com](http://www.counselingofdoor.com)

[cadc@dcwis.com](mailto:cadc@dcwis.com)

Certified Mental Health and AODA Outpatient Clinic offering: Individual and Family Therapy, Parent-Child Relationships, Group Therapy, Psychological Evals & Consultations, Industrial Employer Consultations, Program Development and Implementation, & Relaxation Training, Stress management, Anxiety, Depression, Anger management, Children & Adolescent Services, Marriage Counseling, and Co-Parent Counseling.

Payment: We will bill your insurance; most services are covered by your medical insurance. We accept cash, check, Visa and Master Card.

### Door County Department of Human Services

421 Nebraska Street

Sturgeon Bay, WI 54235

(920) 746-7155

[www.co.door.wi.gov](http://www.co.door.wi.gov)

#### **Crisis Intervention Hotline:**

**(920) 746-2588**

Behavioral Health Division includes a WI State Certified Outpatient Clinic serving Door County citizens experiencing mental health and substance use issues; Children & Families Division includes a comprehensive family support services team providing a host of services to children, youth, and families.

Services provided: mental health therapy (individual and family) and/or treatment for individuals with substance use issues; psychiatric (medication management, psychiatric consultation) and psychological (testing) services; wrap-around, team based approaches; case management and support services; early intervention services; family support; information and referral.

Crisis services provided 24/7.

### Dynamic Family Solutions

101 N. 4<sup>th</sup> Avenue  
Sturgeon Bay, WI 54235  
(920) 323-7431

<http://www.dynamicfamilysolutions.com/>

### Bay Counseling Clinic, LLP

50 S Madison Avenue, Suite 3  
Sturgeon Bay, WI 54235  
(920) 743-4428

[www.baycounseling.net](http://www.baycounseling.net)

[baycounseling@gmail.com](mailto:baycounseling@gmail.com)

WI State certified clinic committed to providing confidential, professional, and affordable counseling services.

Services Provided: Individual and Family Psychotherapy (Focus on Cognitive-Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues, adjustment disorders, self-harm, eating disorders, and couples therapy.

Payment: In network status with most insurance companies, including Medicaid and Medicare; sliding fee available.

### Clinical and Consulting Psychology

Dennis White, Ph.D., Licensed Psychologist  
207 S 4<sup>th</sup> Avenue  
Sturgeon Bay, WI 54235  
(920) 746-1346

[dennis@denniskwhite.com](mailto:dennis@denniskwhite.com)

[www.denniskwhite.com](http://www.denniskwhite.com)

Clinical and consulting psychology. Clinical services include individual, marriage and family therapy, psychological evaluations, child custody evaluations, competency and metal status evaluations. Specialized treatment of phobias, panic attacks, anxiety disorders, depression, attention deficit disorders, oppositional disorders, dysfunctional family of origin issues. Biofeedback training for headaches, hypertension, pain management, stress management. Consulting services for supervisory management training, performance

review systems, strategic planning, psychological training for business, family business counseling and consulting, and employee assistance programs.

Payment: Dr. White's clinical services are covered by most health insurance programs including Medicare and Medicaid. Fees for consulting services are available upon request.

### Counseling Associates of Door County

620 N 12<sup>th</sup> Avenue  
Sturgeon Bay, WI 54235  
(920) 743-9554  
1-800-731-9999

[www.counselingofdoor.com](http://www.counselingofdoor.com)

[cadc@dcwis.com](mailto:cadc@dcwis.com)

Certified Mental Health and AODA Outpatient Clinic offering: Individual and Family Therapy, Parent-Child Relationships, Group Therapy, Psychological Evals & Consultations, Industrial Employer Consultations, Program Development and Implementation, & Relaxation Training, Stress management, Anxiety, Depression, Anger management, Children & Adolescent Services, Marriage Counseling, and Co-Parent Counseling.

Payment: We will bill your insurance; most services are covered by your medical insurance. We accept cash, check, Visa and Master Card.

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### Dynamic Family Solutions

101 N. 4<sup>th</sup> Avenue  
Sturgeon Bay, WI 54235  
(920) 323-7431  
<http://www.dynamicfamilysolutions.com/>

### Door County Medical Center Behavioral Health Services

323 S. 18<sup>th</sup> Avenue  
Sturgeon Bay, WI 54235  
(920) 746-0510  
<http://dcmedical.org/Medical-Services/Behavioral-Health>

Services provided:  
Behavioral Health Psychotherapy Services: are geared towards those with moderate to severe mental health needs. Symptoms may be related to recent or prior traumatic events, and this mode of care typically requires longer-term services. Our licensed clinical social workers can work with most mental health concerns and diagnoses. Individuals need not be Door County Medical Center patients – anyone can be referred to this service.

Ages served: All individuals age 12 years and above

Psychiatric Services: designed for those with mental health needs that may benefit from medication. Individuals need not be Door County Medical Center patients – anyone can be referred to this service.

Ages served: All individuals age 12 years and above

Payment: Most insurance plans, including Medicaid and Medicare, cover these services, but we advise individuals to check with their carrier.

### Nutrition and Counseling Services, Jody Jessup RD, MS, LPC, NCC

242 Michigan Street  
Sturgeon Bay, WI 54235  
(920) 839-9900  
<http://bemyfoodcoach.com/>  
[jodyjessup@gmail.com](mailto:jodyjessup@gmail.com)

Services provided:  
Solution Focused therapist specializing in life transitions, self-esteem, eating disorders, body image issues, non-diet approach to weight loss, relationships, nutrition coaching/consulting, grief, anxiety, and depression. Jody is also a Registered Dietitian. She can provide services face to face, through skype and on the phone.

Ages served: Young teens through the remaining life span

Payment: Each session is \$115.00. She is out of network with all insurance providers.

### Toni Christenson

5918 Highway 57  
Sturgeon Bay, WI 54235  
(920) 823-2203

General mental health counseling for adults (age 15+): Depression and Anxiety therapy, Grief work, Couples/Marital Counseling, Mind and Body work.

Payment: Self-pay with possibility of reimbursement through claim submittal by the individual. Sliding fee scale available.



## MENTAL HEALTH SOCIAL SUPPORT

JAK'S Place a program of Lakeshore CAP, Inc.

1623 Rhode Island Street  
Sturgeon Bay, WI 54235  
Phone: (920) 818-0525  
Fax: (920) 818-0435  
[www.jaks-place.com](http://www.jaks-place.com)

Jak's Place is a mental health resource center providing structured and social programming to those affected by mental illnesses and their family members in need of support and information.

NAMI Door County, Inc.

P.O. Box 273  
Sturgeon Bay, WI 54235  
(920) 818-0525

Support groups, social support, group meal, lending library, information and referral, art group, activities, yoga, Tai Chi, Mental Health Resource Center.

Serving all ages; all persons affected by mental illness.

Payment: No cost, donations are welcome.

National Alliance on Mental Illness  
Wisconsin

4233 West Beltline Highway  
Madison, WI 53711  
(608) 268-6000  
(800) 236-2988  
[nami@namiwisconsin.org](mailto:nami@namiwisconsin.org)  
[www.namiwisconsin.org](http://www.namiwisconsin.org)

The mission of NAMI Wisconsin is to improve the quality of life on people affected by mental illnesses and to promote recovery. NAMI of Wisconsin will accomplish its mission through the following:

- Establishing local Affiliates in keeping with NAMI National's principles and guidelines.
- Supporting Affiliates by providing follow-up advice and counsel; educational and training programs and materials; access to financial resources as appropriate; and by offering conferences, seminars, and presentations.
- Advocating at all levels of government and throughout the public sector.
- Promoting public education and understanding of mental illnesses.

## PREVENTION - AODA

Door County Alcohol & Other Drug Abuse Prevention Coalition

P.O. Box 194  
Sturgeon Bay, WI 54235  
(920) 421-2177

[dcaodcoalition@gmail.com](mailto:dcaodcoalition@gmail.com)  
<https://www.facebook.com/Door-County-AODC-165846035840/>

A coalition of community members and county leaders whose mission is "to prevent and reduce substance abuse and related problems among youth by providing leadership, education, and support to communities and institutions throughout Door County".

## PREVENTION - SUICIDE

Prevent Suicide Door County Nathan Wilson Coalition

P.O. Box 491  
Sturgeon Bay, WI 54235  
[preventsuicidedc@gmail.com](mailto:preventsuicidedc@gmail.com)

Our Mission is to reduce the number of suicides in Door County through prevention education, public awareness and overcoming stigma.

SUICIDE: A preventable outcome to a treatable disease.

We provide free QPR (Question, Persuade, and Refer) training for your group, business, or church. QPR is a training to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

## Text “**HOPELINE**” to **741741**

Text “HOPELINE” to 741741. For Spanish, text “APOYO” to 839863. Though not therapy, we offer no-judgment support, hope, empathy, reassurance, understanding, resources. A free service by Center for Suicide Awareness.

The Center for Suicide Awareness is addressing the issue of suicide in teens and young adults through a program that is SMS text message-based service.

### *Contact Us*

*Center for Suicide Awareness  
(in the Nicolet Center)  
109 E. 8th St., Suite 31  
Kaukauna, WI 54130  
(920) 475-4748*

## SEXUAL ASSAULT COUNSELING

### Sexual Assault Center

Family Services of Northeast Wisconsin  
57 N 12<sup>th</sup> Avenue, Suite 110  
Sturgeon Bay, WI 54235  
Door County Sexual Assault Line:  
(920) 746-8996

[www.familyservicesnew.org](http://www.familyservicesnew.org)

The Sexual Assault Center of Family Services provides services 24 hours a day, 365 days a year for victims of sexual assault or abuse, and

their families and friends. Services are confidential and free of charge. The Sexual Assault Center provides sensitive services to all victims regardless of their age, gender, race, sexual orientation, or disability. Services are available throughout Brown, Door, Oconto, and Marinette Counties.

Victims and their families can come to the sexual assault center to confidentially discuss the options they have available to them. Some of those services would be providing accompaniment to the hospital for immediate medical care and follow up in the way of a SANE (Sexual Assault Nurse Exam). Other options may include reporting to law enforcement and finding follow up therapy services for the victim.

The center also provides prevention education for youth from the ages of 4 to 17 as well as parents and professionals.

### Crisis Intervention and Supportive Counseling:

Crisis intervention and supportive counseling are available both by telephone and in person. Referrals are made to therapists as needed.

Follow-up Assistance: An advocate will continue to provide information and emotional support as long as the assistance is requested.

Medical Advocacy: An advocate will be available to you at the hospital the Advocate will listen, offer support and accompany you as you move through the medical process. The advocate will provide information for you to make informed choices.

Legal Advocacy: An advocate will support you at the police station if you choose to file a police report. The Sexual Assault Center's legal advocate will provide support and assist you throughout the court process.

Services to Vulnerable Populations: A diverse staff is available at the Sexual Assault Center of Family Services to provide services to Hispanic and Southeast Asian victims, as well as victims of Sex Trafficking.

Free, confidential advocacy and support services to sexual assault victims and their families, 24 hours a day. Also focuses on community awareness, education and prevention.

## Veterans Service Office

421 Nebraska Street  
Sturgeon Bay, WI 54235  
(920) 746-2226  
(888) 743-1844 Ext. 2226

### **National Veterans Crisis Line:**

**1-800-273-8255**

**Text to 838255**

[smcfarlane@co.door.wi.us](mailto:smcfarlane@co.door.wi.us)

[bwartella@co.door.wi.us](mailto:bwartella@co.door.wi.us)

[www.co.door.wi.gov](http://www.co.door.wi.gov)

Although a Door County department, this office provides services and access to benefits primarily administered by the U.S. Department of Veterans Affairs (USDVA) (VA) and the Wisconsin Department of Veterans Affairs (WDVA). Services offered include: Readjustment Counseling, Posttraumatic Stress Disorder Counseling, AODA Counseling and Referral, Job Counseling and Referral, Bereavement Counseling, Sexual Trauma/ Harassment Counseling. Some services available locally, some through Green Bay Vet Center. Populations Served: US Veterans. Also parents, spouses, and children of Armed Forces personnel who died in service to their country are eligible for Bereavement Counseling.

## SUBSTANCE ABUSE SERVICES

### Alcoholics Anonymous Hotline for Door and Kewaunee Counties

855-746-0901

<http://www.doorcountyyaa.org/>

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. There are numerous free, local meetings.

### Counseling Associates of Door County

620 N 12<sup>th</sup> Avenue

Sturgeon Bay, WI 54235

(920) 743-9554

1-800-731-9999

[www.counselingofdoor.com](http://www.counselingofdoor.com)

[cadc@dcwis.com](mailto:cadc@dcwis.com)

Certified Mental Health and AODA Outpatient Clinic offering: Individual and Family Therapy, Parent-Child Relationships, Group Therapy, Psychological Evals & Consultations, Industrial Employer Consultations, Program Development and Implementation, & Relaxation Training, Stress management, Anxiety, Depression, Anger management, Children & Adolescent Services, Marriage Counseling, and Co-Parent Counseling.

Payment: We will bill your insurance; most services are covered by your medical insurance. We accept cash, check, Visa and Master Card

## Door County Department of Human Services

421 Nebraska Street  
Sturgeon Bay, WI 54235  
(920) 746-7155

**Crisis Intervention Hotline:**  
**(920) 746-2588**

[www.co.door.wi.gov](http://www.co.door.wi.gov)

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Crisis services provided 24/7.

## Door County Medical Center Behavioral Health Services

323 S. 18<sup>th</sup> Avenue  
Sturgeon Bay, WI 54235  
(920) 746-0510

<http://dcmedical.org/Medical-Services/Behavioral-Health>

Services provided:

**Behavioral Health Integration (BHI)**

**Services:** an integrated team approach to primary health care that addresses all aspects of an individual's needs under the Primary Care Provider's plan of care. BHI services offer support for individuals with depression, anxiety, risky alcohol or other drug use, and tobacco cessation, with the goal of helping individuals change behaviors that interfere with a healthy lifestyle.

Ages served: Ages 12 years and above who are established with a Door County Medical Center Primary Care Provider.

Payment: Most insurance plans, including Medicaid and Medicare, cover these services, but we advise individuals to check with their carrier.

## Narcotics Anonymous Support Hotline

Northeast Wisconsin Area of Narcotics Anonymous (NEWNA)

P.O. Box 10035  
Green Bay, WI 54301  
(866) 285-7830

[newasc@newna.org](mailto:newasc@newna.org)

<http://www.newna.org>

## 115 Club

115 N. 5<sup>th</sup> Avenue  
Sturgeon Bay, WI 54235

The 115 Club is a safe space for people to go who are wanting to do something about their substance use.

Meetings:

NA (Narcotics Anonymous) Meetings- Monday through Saturday at 10:00 a.m.

AA (Alcoholics Anonymous) Meetings- Monday through Saturday at 12:00 p.m. and 7:00 p.m.

Open to all- Sunday at 9:30 a.m.

## Al-Anon

~Bayview Lutheran Church

340 W Maple St  
Sturgeon Bay, WI 54235

Saturday 9:00 AM

~Private Home

N 8770 Spring Rd  
Fish Creek, WI 54212

Tuesday 6:30 PM

## Wisconsin Addiction Recovery Helpline

24 hours a day, seven days a week. Call 211 or 833-944-4673

The Wisconsin Addiction Recovery Helpline is available to connect people with resources to overcome a dependence on opioids or other substances.

## VETERANS SERVICES

### Veterans Service Office

421 Nebraska Street  
Sturgeon Bay, WI 54235  
(920) 746-2226  
(888) 743-1844 Ext. 2226

#### **National Veterans Crisis Line:**

**1-800-273-8255**

**Text to 838255**

[smcfarlane@co.door.wi.us](mailto:smcfarlane@co.door.wi.us)

[bwartella@co.door.wi.us](mailto:bwartella@co.door.wi.us)

[www.co.door.wi.gov](http://www.co.door.wi.gov)

Although a Door County department, this office provides services and access to benefits primarily administered by the U.S. Department of Veterans Affairs (USDVA) (VA) and the Wisconsin Department of Veterans Affairs (WDVA). Services offered include: Readjustment Counseling, Posttraumatic Stress Disorder Counseling, AODA Counseling and Referral, Job Counseling and Referral, Bereavement Counseling, Sexual Trauma/ Harassment Counseling. Some services available locally, some through Green Bay Vet Center. Populations Served: US Veterans. Also parents, spouses, and children of Armed Forces personnel who died in service to their country are eligible for Bereavement Counseling.

## Websites

Drug Identification Information .....	<a href="http://www.streetdrugs.org/">http://www.streetdrugs.org/</a>
Mental Health America of Wisconsin .....	<a href="http://www.mhawisconsin.org/">http://www.mhawisconsin.org/</a>
National Suicide Prevention Hotline/Lifeline .....	<a href="http://www.suicidepreventionlifeline.org">http://www.suicidepreventionlifeline.org</a>
National Bullying Prevention Center .....	<a href="http://www.pacer.org/bullying">http://www.pacer.org/bullying</a>
Prevent Suicide Wisconsin.....	<a href="http://www.preventsuicidewi.org/">http://www.preventsuicidewi.org/</a>
Substance Abuse and Mental Health Services Administration.....	<a href="http://www.SAMHSA.gov">http://www.SAMHSA.gov</a>

### Community Information & Referral

#### WHEN TO CALL

When you need *information and referral* regarding community resources such as:

- Utility Assistance
- Housing/Shelter
- Transportation
- Food
- Legal Services
- Health and/or Dental Care
- Financial Support
- Employment
- Education
- Environmental Quality
- Consumer Protection
- Public Assistance
- Mental Health/AODA

Contact Information:

**Dial 2-1-1  
From ANY phone**

### Domestic Violence Issues & Support

#### WHEN TO CALL

If you are a victim of Domestic Abuse, HELP of Door County, Inc. provides the following services:

- Immediate Safety
- Legal Advocacy
- Individual Support
- Educational Groups
- Safety Planning
- Support for Children & Teens
- Supervised Visitation
- Monitored Exchange
- Advocacy and Stability

Contact Information:

**HELP  
of Door County, Inc.  
(920) 743-8818 (local)  
(800) 914-3571 (toll-free)  
(24 hours a day)**

### Mental Health & Suicide Crisis Lines

#### WHEN TO CALL

If you are experiencing any of the following and need further support than you currently have:

- Suicidal Feelings, Thoughts, or Actions
- Feelings or Thoughts that You May Harm Someone Else

Contact Information:  
**24-hour Crisis Line  
(920) 746-2588**

**Text  
“HOPELINE” to  
741741**

Text “HOPELINE” to 741741.  
For Spanish, text “APOYO”  
to 839863.

Though not therapy, we offer no-judgment support, hope, empathy, reassurance, understanding, resources. A free service by Center for Suicide Awareness.

## Prevent Suicide Door County Nathan Wilson Coalition

More than 60% of us will lose someone we know to suicide during our lifetime. More than 20% of us will lose a family member. Although most depressed people are not suicidal, most suicidal people are depressed.

### Who attempts suicide?

- **Young people** – Second leading cause of death in WI for young people ages 15-24. Wisconsin had the 14<sup>th</sup> highest in the nation for ages 10-14.
- **Middle Age** – 47% of all suicides in WI will occur between the ages of 45-64.
- **Older people** – Every 90 minutes in the U.S. an elderly person will die by suicide. Older adults make up 12% of the population, yet account for 17% of suicides.
- **Veterans** – More than 6500 veteran suicides are logged every year, more than the total number of soldiers killed in Afghanistan and Iraq combined since those wars began.

Suicide occurs in every social class, every culture and at all ages. The presence of suicide warning signs in someone should never be dismissed with, “Oh, he’s not the type.”

### Suicide Prevention in Wisconsin

- SUICIDE IS A PUBLIC HEALTH PROBLEM
- SUICIDE IS OFTEN PREVENTABLE with education, treatment and support.
- 90% of the people that die by suicide have a TREATABLE MENTAL ILLNESS OR SUBSTANCE ABUSE PROBLEM. Of those 90% approximately 60% have a depressive disorder.
- We must address SUICIDE PREVENTION ACROSS THE LIFESPAN. If a grandparent dies by suicide, it increases the risk for other family members 5 – 6 times.
- SUICIDE IS COMPLEX.
- SUICIDE IS A COMMUNITY PROBLEM and everyone can have a role in the solution.
- SURVIVORS of Family or Friends who have died by suicide and SURVIVORS OF ATTEMPTS of suicide should be included in prevention efforts.
- LETHAL MEANS RESTRICTION – gun locks need to be used; 48% of the suicide deaths in 2010 were from firearms.

### What Can We Do?

If someone you know makes you feel that they might attempt suicide, you should try to do the following things: Learn the warning signs; know where to find resources to help. Talk openly to the person. Ask specific questions. Offer the person hope and an alternative solution.

Do not be afraid to talk about suicide or to use the word. This will not put the idea in their heads or influence them to do it.

Try to get them to talk about what it is in their life that makes them feel the way they do. The more talking on their part, the better.

Try to convince them they need to speak to a trusted person, teacher, coach, counselor, etc. Tell them you want them to get more help than just you alone can give. Go with them if necessary.

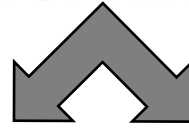
Confidentiality. If your friend asks you not to tell anyone, should you keep the secret? There is no rule of confidentiality when it comes to potential suicide. It does no good to keep the secret and lose the person. If you believe your friend is at risk, you must act. Offer to go with them to a counselor.

Suicide threats are a serious sign of trouble and need to be taken seriously so that people will not feel the need to resort to more drastic means of expressing their unhappiness.

Responding to a potential suicide in this way can help prevent many suicide attempts or even prevent someone from completing a suicide.

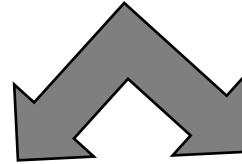
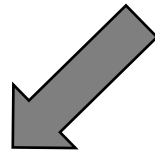
# Access to Mental Health Services in Door County

**Is the person at immediate risk of suicide?**



Yes

No



## **Business Hours**

If you have a Mental Health Provider, call them.

If you do not have a Mental Health Provider, contact your Primary Care Doctor or consult appropriate resources listed in this resource guide.

Walk-in crisis services available Monday-Friday 8:00-4:30 at Door County Department of Human Services.

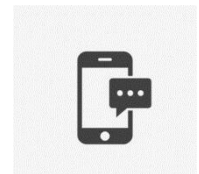
Door County Government Center 421 Nebraska Street, Sturgeon Bay

If you do not have a Primary Care Doctor, contact: Prevea Care: in partnership with Door County Medical Center  
877-746-0003  
(Toll free) (Available 24/7)

## **24/7**

Call Door County Crisis/Suicide Intervention 24/7 Hotline  
(920) 746-2588

National Suicide Prevention Hotline  
800-273-8255



Text "HOPELINE" to 741741. Text message based free service by Center for Suicide Awareness.  
For Spanish, text "APOYO" to 839863.