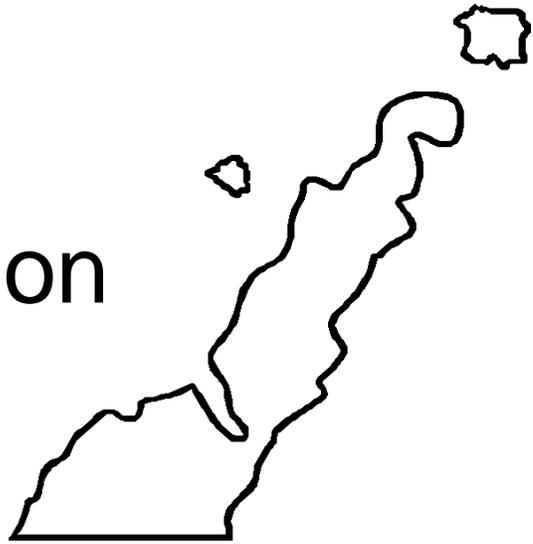


Door County Mental Health & Crisis Prevention Resource Guide

3rd Edition



Revised May 2016

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

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 or call Public Health at 920-746-2234.

Revised May 2016

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.

Door County Mental Health & Crisis Prevention Resource Guide -
3rd Edition

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
Nurse Direct 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

10 TOOLS TO LIVE YOUR LIFE WELL

- 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 - 3rd Edition

Table of Contents

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

Services

Children’s Mental Health.....	5-6
Crisis Debriefing	6
Crisis Intervention.....	6
Developmental Disability Services.....	6-7
Domestic Violence Advocacy.....	7-8
Grief Support.....	8
Hearing Impaired	8
Hispanic Resources	9
LGBT Mental Health	9
Marital/Family Therapy	9-10
Mental Health Counseling	10-12
Mental Health Social Support.....	12
Prevention – AODA.....	13
Prevention – Suicide	13
Sexual Assault Counseling	13-14
Substance Abuse Services.....	15-16
Veteran Services	16
Organization Websites	17
Referral/Support/Crisis Line.....	17
Prevent Suicide Door County – Nathan Wilson Coalition	18
Flow Chart: Access to Mental health Services in Door County.....	19

Door County Mental Health & Crisis Prevention Resource Guide - 3rd Edition

Agency	Contact	Page #s
Alcoholics Anonymous Support Hotline	(855) 746-0901	15
Bay Counseling Clinic	(920) 743-4428	5, 6, 9, 10
Christenson, Toni	(920) 823-2203	12
Clinical and Counseling Psychology- White, Dennis PhD.	(920) 746-1346	10
Counseling Associates of Door County	(920) 743-9554	5, 7, 9, 10, 15
Crisis/Suicide Intervention 24/7 Hotline (Human Services)	(920) 746-2588	6
DC Critical Incident Stress Management Program	(920) 746-1346	6
DC Department of Human Services	(920) 746-7155	5, 6, 7, 10, 11, 15
Drug Identification Information	www.streetdrugs.org	17
Dynamic Family Solutions	(920) 323-7431	10, 11
Family Services - Sexual Assault Center	(920) 746-8996	13
HELP of Door County	(920) 743-8818	7
Hispanic Resource Center of Door and Kewaunee Counties, Inc.	(920) 559-1878	9
JAK'S Place	(920) 818-0525	12
Mental Health America of Wisconsin	www.mhawisconsin.org	17
Ministry Door County Medical Center Behavioral Health Services	(920) 746-0510	5, 11, 15
Narcotics Anonymous Support Hotline	(866)-285-7830	16
National Alliance on Mental Illness of DC (NAMI)	(920) 743-6162	12
National Bullying Prevention Center Website	www.pacer.org/bullying	17
National Suicide Prevention Hotline/Lifeline	1-800-273-TALK	13, 17
Nutrition and Counseling Services, Jody Jessup-RD,MS, LPC, NCC	(920) 839-9900	12
Parents & Friends of Lesbians & Gays (PFLAG)	(920) 421-8815	9
Prevent Suicide Door County Nathan Wilson Coalition	(920) 495-2383	13
Prevent Suicide Wisconsin	www.preventsuicidewi.org	17
Substance Abuse and Mental Health Services Administration	www.SAMHSA.gov	17
Survivors of Suicide - Door County	(920) 559-9808	8
Veterans Service - Door County	(920) 746-2226	14, 16
Veterans Hotline - National	1-888-777-4443	14, 16

Area School Contacts

Sturgeon Bay Schools

1230 Michigan Street
Sturgeon Bay, WI 54235
www.sturbay.k12.wi.us

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

Gary Grahl: High School Counselor
(920) 746-1827
ggrahl@sturbay.k12.wi.us

Heidi Bader: Middle School Counselor
(920) 746-3875
hbader@sturbay.k12.wi.us

Robert Myers: School Psychologist
(920) 746-5811
rmyers@sturbay.k12.wi.us

Belinda Richard: Grades 3-5 Counselor
(920) 746-5919
brichard@sturbay.k12.wi.us

Patsy Vollrath: Grades K-2 Counselor
(920) 746-5827
pvollrath@sturbay.k12.wi.us

Southern Door Schools

2073 County Trunk DK
Brussels, WI 54204
www.southerndoor.k12.wi.us

Sara Paye: Grades 10-12 Counselor
(920) 825-7333 ext. 4441
spaye@southerndoor.k12.wi.us

Jody Delwiche: Grades 5-9 Counselor
(920) 825-7321 ext. 2229
jdelwiche@southerndoor.k12.wi.us

Amy Marler: Grades PK-4 Counselor
(920) 825-7321 ext. 1114
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

Holly Retzlaff: Grades 4K-5 Counselor
(920) 743-6282 ext. 1146
hrezlaff@sevastopol.k12.wi.us

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

Gibraltar Area Schools

3924 State Hwy 42
Fish Creek, WI 54212
www.gibraltar.k12.wi.us

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

Brooke Peterson: Elementary School Counselor
(920) 868-3284 ext. 288
bpeterson@gibraltar.k12.wi.us

Washington Island School District

888 Main Road
Washington Island, WI 54246
www.island.k12.wi.us

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

St. John Bosco Catholic School

15 N Elgin Ave
Sturgeon Bay, WI 54235

Kathy Hartl
(920) 743-4144
hartlk@johnboscoschool.org

St. Peters Lutheran School

108 W Maple St
Sturgeon Bay, WI 54235

Paul Lutze
(920) 743-4432 ext. 148
plutze@stpeterssb.ne

CHILDREN'S MENTAL HEALTH

Bay Counseling Clinic, LLP

50 S Madison Ave, Ste. 3
Sturgeon Bay, WI 54235
(920) 743-4428
www.baycounseling.net
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 12th Ave
Sturgeon Bay, WI 54235
(920) 743-9554
1-800-731-9999
www.counselingofdoor.net
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, Biofeedback & 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 St
Sturgeon Bay, WI 54235
(920) 746-7155
www.co.door.wi.gov

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

Behavioral Health Division includes a WI State Certified Outpatient Clinic serving mental health and substance abuse needs of Door County citizens; Children & Families Division includes a comprehensive Family Support Services team providing a host of services to address the emotional and mental health care needs of children, youth, and families.

Services Provided: Mental health and/or Substance Abuse Treatment: including individual and family therapy with licensed therapists; 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.

Ministry Door County Medical Center Behavioral Health Services

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

ministryhealth.org/DCMH/Services/BehavioralHealthServices.nws

Services Provided:

Behavioral Health Integration (BHI) Services: an integrated team approach to primary health care that addresses all aspects of an individual's need 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 Ministry North Shore Medical Clinic Primary Care Provider.

Psychiatric Services: a “whole person” approach to better determine an individual’s behavioral health needs that may include medication management and/or a referral for BHI services. In addition, communication with your PCP and other members of the team will ensure coordination of care from all aspects of your person care plan.

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 St

Sturgeon Bay, WI 54235

(920) 746-7155

www.co.door.wi.gov

Crisis Intervention Hotline:

(920) 746-2588

WI State Certified Crisis Program serving the emergency mental health needs of individuals in Door County, 24 hours a day, 7 days a week.

Services Provided: 24/7 crisis phone service; mobile crisis service; walk in service; short-term voluntary or involuntary hospital care; crisis linkage, follow-up, and coordination services; crisis stabilization services which provide short-term, intensive, community-based services to avoid the need for inpatient hospitalization.

Payment: Private insurance, Medicaid and Medicare. Services are also offered on a sliding fee scale for those without health insurance which is based on family size and income. Individuals seen regardless of ability to pay.

DEVELOPMENTAL DISABILITIES SERVICES

Bay Counseling Clinic, LLP

50 S Madison Ave, Ste. 3

Sturgeon Bay, WI 54235

(920) 743-4428

www.baycounseling.net

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 12th Ave
Sturgeon Bay, WI 54235
(920) 743-9554
1-800-731-9999
www.counselingofdoor.net
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, Biofeedback & 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 St
Sturgeon Bay, WI 54235
(920) 746-7155
www.co.door.wi.gov

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

Children and Families Division includes a comprehensive Family Support Services team providing a host of services to address the needs of children with special needs and their families. Services are available in the areas of developmental disabilities, physical/medical needs, and emotional/mental health. Adults with Developmental Disabilities may access information and services through the Aging and Disability Resource Center (832 N. 14th Ave., Sturgeon Bay, 920-746-2372).

Services Provided for Children: Case management and support services; Early intervention services; Family support; Information and referral.

Services provided for Adults through the ADRC: Information and Assistance, Family Care Options Counseling, Support for Caregivers.

Crisis services provided 24/7.

DOMESTIC VIOLENCE ADVOCACY

HELP of Door County, Inc.

219 Green Bay Road
Sturgeon Bay, WI 54235
www.helpofdoorcounty.org
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.

Family Access Solutions:

- Family Access Solutions 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 along with some services now being offered in Brown County of Door

Payment: there are no fees for services except for Violence Intervention Services (please call or prices).

GRIEF SUPPORT

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. 4th 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

HEARING IMPAIRED

Office for the Deaf and Hard of Hearing

Northeastern Region:

Nancy Harbison

17 Park Place Suite 175

Appleton, WI 54914

(920) 659-7317

nancy.harbison@wisconsin.gov

Textnet/tty/relay: 1-888-241-9430

www.dhs.wisconsin.gov/odhh

Daniel Millikin, Director

1 W. Wilson Street, Room 558

Madison, WI 53707

daniel.millikin@wisconsin.gov

Videophone: (608) 284-8224

dhs.wisconsin.gov/odhh

Starkey Hearing Foundation

1-800-328-8602

hearnow@starkeyfoundation.org

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

Wisconsin Lions Foundation

Hearing Program

1-877-463-6953

wlf@wlf.info

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

<http://www.wlf.info/>

HISPANIC RESOURCES

Hispanic Resource Center of Door and
Kewaunee Counties, Inc.

1618 Texas Pl
Sturgeon Bay, WI 54235
Imelda Delchambre
Executive Director
(920) 559-1878

LGBT MENTAL HEALTH

[P.F.L.A.G. Door County](#)

(Parent, Families, Friends of Lesbian and Gays)
PO Box 213
Sturgeon Bay, WI 54235
(920) 421-8815
www.pflagdoorcounty.org
pflag@doorcounty.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 3rd Sunday of the month at 5:00 to 6:30 pm at the Hope church, 12th and Michigan Street, Sturgeon Bay, WI.

Introduction, period of discussion of open topics, training by professional, support of those with questions.

Serving Parents, Families, and Friends of Gay and Lesbians. All age groups. Gays, Lesbians, Bi, Transgender, and Questioning.

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 Ave, Ste. 3
Sturgeon Bay, WI 54235
(920) 743-4428
www.baycounseling.net
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 12th Ave
Sturgeon Bay, WI 54235
(920) 743-9554
1-800-731-9999
www.counselingofdoor.net
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, Biofeedback & 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 St
Sturgeon Bay, WI 54235
(920) 746-7155
www.co.door.wi.gov

Crisis Intervention Hotline:
(920) 746-2588

WI State Certified Outpatient Clinic serving mental health and substance abuse needs of Door County citizens- services include individual, couples, family, and group therapy with licensed therapists. Counseling services offered Monday-Friday in Sturgeon Bay and one-day per month on Washington Island.

Payment: Private insurance, Medicaid and Medicare. Services are also offered on a sliding fee scale for those without health insurance which is based on family size and income. Individuals seen regardless of ability to pay.

Dynamic Family Solutions

101 N. 4th Avenue
Sturgeon Bay, WI 54235
(920) 323-7431
Dynamicfamilysolutions.com

MENTAL HEALTH COUNSELING

Bay Counseling Clinic, LLP

50 S Madison Ave, Ste. 3
Sturgeon Bay, WI 54235
(920) 743-4428
www.baycounseling.net
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 4th Ave
Sturgeon Bay, WI 54235
(920) 746-1346
DKWHITE@itol.com
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 12th Ave
Sturgeon Bay, WI 54235
(920) 743-9554
1-800-731-9999
www.counselingofdoor.net
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, Biofeedback & 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 St
Sturgeon Bay, WI 54235
(920) 746-7155

Crisis Intervention Hotline:
(920) 746-2588

www.co.door.wi.gov

WI State Certified Outpatient Clinic serving mental health and substance abuse needs of Door County citizens.

Services provided: Mental health and/or Substance Abuse Treatment- including individual, family, and group therapy with licensed therapists; Case management services for children and adults; Psychiatric (medication management, psychiatric consultation) and Psychological (testing). Counseling services offered Monday-Friday in Sturgeon Bay and one day per month on Washington Island.

Crisis services provided 24/7.

Payment: Private insurance, Medicaid and Medicare. Services are also offered on a sliding fee scale for those without health insurance which is based on family size and income. Individuals seen regardless of ability to pay.

Dynamic Family Solutions

101 N. 4th Avenue
Sturgeon Bay, WI 54235
(920) 323-7431
Dynamicfamilysolutions.com

Ministry Door County Medical Center Behavioral Health Services

323 S. 18th Avenue
Sturgeon Bay, WI 54235
(920) 746-0510
ministryhealth.org/DCMH/Services/BehavioralHealthServices.nws

Services provided:

Behavioral Health Integration (BHI) Services: an integrated team approach to primary health care that addresses all aspects of an individual's need 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 Ministry North Shore Medical Clinic Primary Care Provider.

Psychiatric Services: a "whole person" approach to better determine an individual's behavioral health needs that may include medication management and/or a referral for BHI services. In addition, communication with your PCP and other members of the team will ensure coordination of care from all aspects of your person care plan.

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
BeMyFoodCoach.com
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 Hwy 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 / NAMI Door County, Inc.

820 Egg Harbor Rd
Sturgeon Bay, WI 54235
(920) 818-0525
jaksplace@att.net
www.jaks-place.com

NAMI Door County, Inc.
P.O. Box 273

Sturgeon Bay, WI 54235
(920) 743-6162

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

4233 West Beltline Highway
Madison, WI 53711
(608) 268-6000
(800) 236-2988
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) 495-9900
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
(920) 495-2383
preventsuicidedc@gmail.com

National Suicide Prevention Hotline:
(800) 273-TALK
www.preventsuicidewi.org

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, church, etc. to help everyone identify suicidal thoughts and know what to do to help.

Text “HOPELINE” to 741741

Text “HOPELINE” to 741741. 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 12th Avenue, Ste. 110
Sturgeon Bay, WI 54235
Door County Sexual Assault Line:
(920) 746-8996
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, Southeast Asian, Native American, African American and developmentally disabled communities. In addition, the Sexual Assault Center provides sensitive services to other populations including elderly, lesbian, gay, bisexual, and transgender victims.

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

National Veterans Foundation Lifeline for Vets:

1-888-777-4443

smcfarlane@co.door.wi.us

bwartella@co.door.wi.us

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

www.doorcountyyaa.org

webmaster@doorcounty.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 12th Ave

Sturgeon Bay, WI 54235

(920) 743-9554

1-800-731-9999

www.counselingofdoor.net

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, Biofeedback & 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 St

Sturgeon Bay, WI 54235

(920) 746-7155

Crisis Intervention Hotline:

(920) 746-2588

www.co.door.wi.gov

WI State Certified Outpatient Clinic serving mental health and substance abuse needs of Door County citizens.

Services Provided: Mental health and/or Substance Abuse Treatment- including individual, family, and group therapy with licensed therapists; OW assessments; Case management services for children and adults; Psychiatric (medication management) and Psychological (testing) services. Counseling services offered Monday-Friday in Sturgeon Bay and one-day per month on Washington Island.

Crisis services provided 24/7.

Payment: Private insurance, Medicaid and Medicare. Services are also offered on a sliding fee scale for those without health insurance which is based on family size and income. Individuals seen regardless of ability to pay.

Ministry Door County Medical Center Behavioral Health Services

323 S. 18th Avenue

Sturgeon Bay, WI 54235

(920) 746-0510

ministryhealth.org/DCMH/Services/BehavioralHealthServices.nws

Services provided:

Behavioral Health Integration (BHI) Services: an integrated team approach to primary health care that addresses all aspects of an individual's need 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 Ministry North Shore Medical Clinic Primary Care Provider.

Psychiatric Services: a “whole person” approach to better determine an individual’s behavioral health needs that may include medication management and/or a referral for BHI services. In addition, communication with your PCP and other members of the team will ensure coordination of care from all aspects of your person care plan.

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.

[Narcotics Anonymous Support Hotline](#)

North East WI Area of Narcotics Anonymous (NEWNA)
P.O. Box 10035
Green Bay, WI 54301
(866) 285-7830
wrso@wisconsinna.org
www.wisconsinna.org

VETERAN’S 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

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Websites

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

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. 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 14th 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

