

Mental Health Resources

If you are struggling with difficult emotions during this time, you are not alone.
Here are some resources that may help

During Immediate Risk of Suicide

- Call 911
- Go to the emergency room
- Call Door County Crisis/Suicide Intervention Hotline: (920) 746-2588

Phone contact for those needing emotional support

- Call Door County DHHS, (920) 746-7155 to request supportive contact from a therapist or case manager
- MESH (Mental and Emotional Support Helpline), staffed by volunteers through Door County Emergency Services Coalition; 920-421-9111 for Northern Door or 920-746-6927 for Central and Southern Door.
- A **KIND VOICE**, staffed by volunteers, 7 days a week, 8am to 9pm, 800-876-2399

Information/Referrals

- Text "Hopeline" to 741741
- National Suicide Prevention Hotline 800-273-8255
- Trevor Project for LGBTQ+, 866-488-7386 or text "START" to 678678
- National Veterans Support Line 800-273-8255 or text 838255
- Domestic Violence Advocacy Services 24 Hour Hotline, HELP of Door County, 920-743-8818 or 800-914-3571
- Mighty Teens Empowerment Door County, <https://www.stridecreativeduc.com/>
- Prevention Resources: "Door County Mental Wellness" and "Prevent Suicide Door County" – Find us on Facebook.
- Mental Health America, <https://mhanational.org/>
- National Alliance on Mental Health, <https://www.nami.org/Home>

COVID-19: Are you at a Higher Risk? Coping tips for people facing greater risk

Adversity affects us all in different ways. That's because our ability to manage and recover from stress is often impacted by the things that make us unique, like our background, medical histories, and the conditions in which we live, work, and grow. When the characteristics that make you unique also make you more vulnerable to health risks—like becoming severely ill from COVID-19—it can be hard to maintain your physical, emotional, and mental health. It's natural for older adults, people with underlying health conditions, communities of color and other underserved populations, caregivers, and others facing greater risk to respond more strongly to stress during this pandemic. Learning how to gain the skills and support you need to care for yourself and the people around you can help.

Try these seven strategies

- Know your status: [Are you at greater risk for COVID-19?](#)
- Protect your physical health: [Learn how to avoid illness](#)
- Know the signs of toxic stress: They include fatigue, illness, fear, withdrawal, guilt, and other intense physical and emotional reactions.
- Step away from the news: It's important to stay informed. But make sure to spend time in spaces where COVID-19 isn't the only focus.
- Do things you enjoy: Take the time for self-care activities, like staying connected with friends, exercising, reading, or playing a video game with your kids.
- Talk it out: Try talking about your experiences and feelings with a trusted advisor, a loved one who'll understand, or a mental health professional. It can help.

- Ask for and accept help: It's important to reach out if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family or the people you serve.

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Mental Wellness in the Face of COVID-19

Resources to help you stay healthy, manage stress, and adapt to change

Helplines, Hotlines and Virtual Meetings

Centers for Disease Control and Prevention