

# Resources shared by Mental Health America of Wisconsin

Milwaukee Mental Health Task Force April 14<sup>th</sup> meeting

- [MHA-WI's Mental Health and COVID-19 - Information & Resources:](#)
    - **Resources for Immediate Response**
      - **[Disaster Distress Helpline](#):** Call 1-800-985-5990 or text TalkWithUs to 66746. The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.
      - **[Crisis Text Line](#):** Text HOPELINE to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.
      - **[The Trevor Project](#):** Call 1-866-488-7386 or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.
      - **[Dial 2-1-1](#):** If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help. Run by the United Way.
      - **[National Domestic Violence Hotline](#):** For any victims and survivors who need support, call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.
  - [PsychHub's Collaborative COVID-19 Mental Health Resource Hub](#)
  - [Parent Encouragement Program's \(PEP\) Parenting Support During the Coronavirus Free Webinar Series](#)
  - [American Foundation for Suicide Prevention's \(AFSP\) Mental Health & COVID-19 Resources](#)
  - [Suicide Prevention Resource Center's \(SPRC\) Resources to Support Mental Health and Coping with the Coronavirus](#)
  - [COVID19 Mutual Aid Support, Offers and Resources \(Wisconsin Network for Peace, Justice, & Sustainability\)](#)
    - **[Milwaukee, WI: Community Care and Mutual Aid Sign-Up](#):** At any time, if you need some support (whether or not you have coronavirus), please email [milwaukeeewicare@gmail.com](mailto:milwaukeeewicare@gmail.com) and describe the situation and need. We will happily (and quickly) organize support for your home. All requests for support will be kept confidential except to those providing support.
    - **[Ayuda Mutua MKE](#):** El propósito de esta página es ofrecer a las comunidades de habla hispana información y recursos actualizada sobre el coronavirus en Milwaukee. / The purpose of this page is to provide Spanish-speaking communities with up-to-date information and resources on the coronavirus in Milwaukee.
  - [Milwaukee County Coronavirus Community Resources Guide](#): resources for housing, food, social isolation, and more
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- MHA-WI's Mental Health and COVID-19 - Information & Resources: <https://www.mhawisconsin.org/whats-new.aspx>
  - **Resources for Immediate Response**
    - **Disaster Distress Helpline:** <https://www.samhsa.gov/find-help/disaster-distress-helpline> Call 1-800-985-5990 or text TalkWithUs to 66746. The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.
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    - **The Trevor Project:** <https://www.thetrevorproject.org/> Call 1-866-488-7386 or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.
    - **Dial 2-1-1:** <http://211.org/services/covid19> If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help. Run by the United Way.
    - **National Domestic Violence Hotline:** <https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/> For any victims and survivors who need support, call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.
- PsychHub's Collaborative COVID-19 Mental Health Resource Hub: <https://psychhub.com/covid-19/>
- Parent Encouragement Program's (PEP) Parenting Support During the Coronavirus Free Webinar Series: <https://pepparentonline.org/p/parenting-support-coronavirus>
- American Foundation for Suicide Prevention's (AFSP) Mental Health & COVID-19 Resources: <https://afsp.org/campaigns/covid-19/>
- Suicide Prevention Resource Center's (SPRC) Resources to Support Mental Health and Coping with the Coronavirus: <https://www.sprc.org/covid19>
- COVID19 Mutual Aid Support, Offers and Resources (Wisconsin Network for Peace, Justice, & Sustainability): <http://www.wnpj.org/COVID-19>
  - Milwaukee, WI: Community Care and Mutual Aid Sign-Up: <https://www.facebook.com/Milwaukee-Community-Care-and-Mutual-Aid-100810858225006/> At any time, if you need some support (whether or not you have coronavirus), please email [milwaukeewicare@gmail.com](mailto:milwaukeewicare@gmail.com) and describe the situation and need. We will happily (and quickly) organize support for your home. All requests for support will be kept confidential except to those providing support.
  - Ayuda Mutua MKE: <https://www.facebook.com/ayudamutuamke> El propósito de esta página es ofrecer a las comunidades de habla hispana información y recursos actualizada sobre el coronavirus en Milwaukee. / The purpose of this page is to provide Spanish-speaking communities with up-to-date information and resources on the coronavirus in Milwaukee.
- Milwaukee County Coronavirus Community Resources Guide: <https://county.milwaukee.gov/EN/COVID-19/Coronavirus-Community-Resources-Guide> resources for housing, food, social isolation, and more