

Parachute House



What is the Parachute House?

The Parachute House Peer-Run Respite is a short-term residential facility for individuals experiencing emotional distress or a low-level mental health crisis.





Who can access services at the Parachute House?

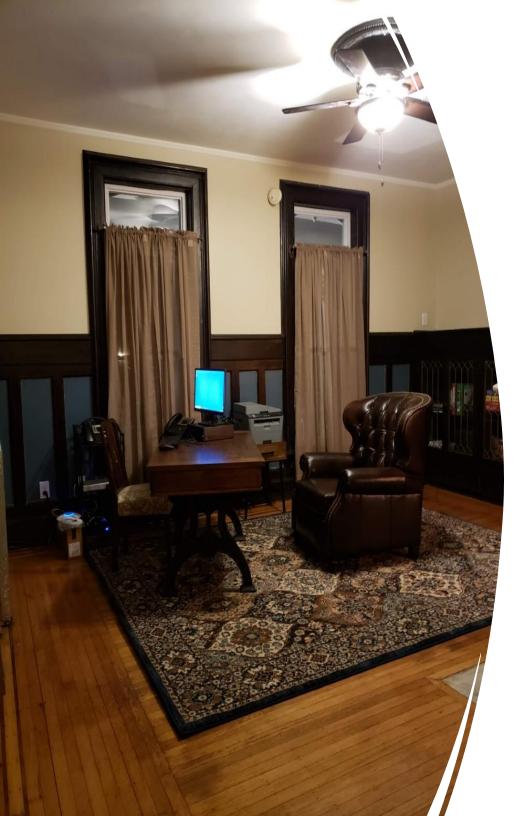
- Milwaukee County adult residents (18 and over)
- Individuals experiencing emotional distress, or a lowlevel crisis related to mental health and/or substance abuse challenges
- Individuals experiencing an increase in symptoms, stressors, or exacerbation, and require supportive services to aid in their recovery, avert crises, and avoid hospitalizations
- Individuals who can legally live next to an elementary school and/or nursing home
- Individuals who are not a harm to themselves or others



What to Expect

- A short-term (seven days) residential resource
- A welcoming and accepting, home-like environment
- Open 24 hours a day, seven days a week, 365 days a year
- Come and go as you choose to continue with work or other scheduled activities
- Non-clinical support
- A safe and relaxing place to pause and reset
- One-on-one supportive conversations with Certified Peer Support Specialists
- Wellness activities
- Hope





Some Activities That Might Occur During a Stay

- Processing and discussion groups
- One-on-one supportive conversation
- Wellness and goal planning
- Arts and crafts
- Yoga and other exercises
- Mindfulness and meditation
- Alternative/holistic healing approaches
- Community resources and linkage to help support their recovery journey
- Or just enjoy peace and privacy





How to Receive Services

- Services can be accessed through voluntary, self-referral
- Contact the Parachute House at 414-877-5918
- Participate in a guest pre-stay conversation
- Guests welcomed between 8:00am and 7:00pm, seven days a week

