

# FIND MENTAL HEALTH AND SUBSTANCE USE CARE RESOURCES FOR ADULTS, CHILDREN & FAMILIES IN MILWAUKEE COUNTY

If you don't have health insurance, can't pay for co-pays, or are having a hard time getting an appointment, **HELP IS AVAILABLE**. Keep in mind some locations have wait times, so be ready to explore available services based on your needs. In a crisis, call the number below.

*Thank you for your courage in seeking help.*



**Experiencing a mental health or substance use crisis?**

**Call 414-257-7222 or 988 (24/7)**



**CALL**

Dial 211 and connect with a Community Resource Specialist who can help you find the right care for your needs.

Available 24/7



**TEXT**

Text your zip code to **898-211**, and an IMPACT 211 navigator will assist you find services based on your needs.

Monday–Friday  
9:00 am - 9:00 pm.



**NAVIGATE**

Visit **HMKEwell.com** and use the navigation chat tool to access resource listings on IMPACT 211.

Available 24/7



**CHAT**

Chat online with an IMPACT 211 expert to discover care options that meet your needs at **HMKEwell.com**.

Available 24/7

*This resource is developed and managed by the Mental Health Navigation Initiative – a public/private work team of individuals working to improve the understanding of and navigation to mental health and substance use services in Milwaukee County. This information is current as of November 2023.*

Find more resources on **HMKEwell.com** or scan this QR code:



¿Ayuda en español? Llama al 211. | Pab Hmoob? Hu rau 211. | မြန်မာလို ကူညီမလား? ၂၁၁ ကိုခေါ်ပါ။

## WALK-IN & EMERGENCY SERVICES

The resources below are for walk-in, crisis, and emergency services, and are available to whether you have health insurance or not. It's important to understand that a crisis is defined by the person going through it, and you won't be turned away, no matter your situation.

### WALK-IN FOR ADULTS

Dial 211 and share what type of walk-in care you are looking for.

There are various options that include:

- Access Clinics - For Mental Health Needs
- Access Points - For Substance Use Needs
- Crisis Resource Centers - Stabilization For Mental Health & Substance Use Crisis

### WALK-IN FOR CHILDREN


Dial 414-337-3400 to connect with the Children's Wisconsin Craig Yabuki Mental Health Walk-In Clinic.

### EMERGENCY SERVICES FOR ADULTS, ADOLESCENTS & CHILDREN

If you, a family member, or a friend is experiencing a mental health emergency, go to the Mental Health Emergency Center (MHEC). A mental health emergency refers to a situation in which you or your friend/family member poses an immediate risk to themselves or others. Examples of mental health emergencies may include:

- Thoughts of suicide, self-harm or harming others
- Violent, erratic or aggressive behavior
- Significant worsening of mental health symptoms

 1525 N. 12th Street, Milwaukee, WI, 53205

 414-966-3030

 Open 24/7 – 7 days per week

 [mentalhealthmke.org](https://www.mentalhealthmke.org)

*\*Like any health emergency, sometimes distance matters and it may be best to call 911 or go to the nearest emergency department.*

**Need connections to services other than mental health or substance use care? Dial 211.**