

Crisis Care Resources

988 – Suicide and Crisis Lifeline

- Free / Confidential
- Call, text, or chat
- English and Spanish
- Available 24/7
- <https://988lifeline.org/about/>

Crisis Text Line

- Free / Confidential
- Text HOME to 741741
- <https://www.crisistextline.org/> for online chat
- Anxiety, bullying, depression, eating disorders, election anxiety, emotional abuse, gun violence, loneliness, suicide, self-harm

Veterans Crisis Line

- Call 988 and press 1
- Text 838255
- <https://www.veteranscrisisline.net/> chat on-line
- 24/7
- You don't have to be enrolled in VA benefits or health care to connect

The TREVOR Project

- GTBQ young people - speak with a trained counselor
- call 866-488-7386
- text START to 678678
- chat at TheTrevorProject.org

Wisconsin Department of Health – Crisis Services

- Anxiety/depression, divorce/relationship, grief/loss, substance abuse, suicidal thoughts, violent or abusive situations
- staffed by mental health professionals and trained volunteers
- 24/7
- This [website lists contacts BY COUNTY](#)

Department of Agriculture, Trade and Consumer Protection Farmer Wellness Program

- 1-888-901-2558
- Free Confidential
- 24/7
- DATCP [Farmer Wellness Website](#)

SAMHSA's National Helpline

- Free/confidential
- 24/7/365
- Treatment referral and information
- English & Spanish
- Online Treatment Locator - <https://findtreatment.gov/>
- 1-800-662-HELP (4357)
- Text 435748 – HELP4U text messaging service

SAMHSA Disaster Distress Helpline

- dedicated to providing year-round disaster crisis counseling
- 1-800-985-5990
 - English, Spanish, [ASL](#)

Other information:

Healing the Five Areas of Grief

- Short video <https://grief.com/the-five-stages-of-grief/>

NVFC (National Volunteer Fire Council)

- Directory of Behavioral Health Professionals <https://www.nvfc.org/directory/>
 - Telehealth options for Wisconsin

Partners across the state seek to provide hope and resources to **prevent suicide** in Wisconsin - <https://www.preventsuicidewi.org/home>