





Mental Health Resource Navigation Guide

This guide is designed to help those who may need support better understand the mental health resources available in your community and when to access each.

 <p>ONEIDA COUNTY HEALTH DEPARTMENT</p>	<p>AT RISK UNSAFE</p> <p>The Oneida County Crisis Center offers 24/7 support, de-escalation and risk assessments for individuals experiencing emotional distress or psychiatric crisis.</p>	<p>Call Oneida County Crisis Number: 888-299-1188</p>
<p>988</p> <p>SUICIDE & CRISIS LIFELINE</p>	<p>SAFE AT RISK UNSAFE</p> <p>The 988 Suicide & Crisis Lifeline provides 24/7 free and confidential support when a person, or someone they know, is experiencing a crisis or emotional distress.</p>	<p>Call or Text 988 or chat at 988lifeline.org</p>
 <p>Center for Suicide Awareness Hopeline™</p>	<p>SAFE AT RISK</p> <p>The Hopeline provides 24/7 free and confidential emotional support via text for people experiencing emotional distress.</p>	<p>Text HOPELINE TO 741741</p>
 <p>211 Wisconsin</p>	<p>SAFE AT RISK</p> <p>211 offers 24/7 assistance with human, social, mental and basic needs and for help during disaster situations.</p>	<p>Call or Text 211 or visit 211wisconsin.org</p>
 <p>COUNSELOR/THERAPIST</p>	<p>SAFE AT RISK UNSAFE</p> <p>Counselors and therapists focus on long-term issues and the ongoing wellbeing of the people they support. A school counselor may be available to address immediate concerns and most providers offer an emergency on-call number outside business hours.</p>	<p>Follow the directives for reaching out according to your counselor/therapist's office</p>
<p>911</p>	<p>DANGER</p> <p>911 provides first responder dispatch for medical emergencies, fire, reporting a crime, disaster response and life threatening situations.</p>	<p>Dial 911</p>