

Quick Resource Guide

CRISIS LINES

National Suicide Prevention Lifeline

1 (800) 273-8255

Journey Mental Health Center Crisis Line

608-280-2600 (local)

SUPPORT LINES

Briarpatch Youth Services Helpline

608-251-1126

Solstice Warmline/Peer Support

608-422-2383

RESOURCE LISTINGS

NAMI Dane County (Local Resources)

<http://www.namidanecounty.org/resource-guide/>

NAMI Dane County (Local Support Groups)

<http://www.namidanecounty.org/support-groups/>

United Way 2-1-1, Simply dial 211

(608-246-4357 outside Dane Co or cell phone)