

## Mental Health Resources Inventory

### Midwest Region – Wisconsin

Select the level of services needed to view resources available in your market and nationally.

- **Crisis Support Services:** For immediate help.
  - [Midwest Region – Wisconsin resources](#)
- **Mental Health Services:** For intervention and therapy resources.
  - [Midwest Region – Wisconsin resources](#)
  - [National resources](#)
- **Self-Care Resources:** Manage daily stressors and improve overall mental well-being.
  - [Midwest Region – Wisconsin resources](#)
  - [National resources](#)

## Midwest Region – Wisconsin – Crisis

### [Aurora Health Care Employee Assistance Program \(EAP\)](#) \*For teammates and household members

- 800-236-3231
- [Intranet Path](#)
  - WI: Caregiver Connect > Search Places > Employee Assistance Program (EAP)
- The EAP is available 24/7/365 to address urgent behavioral health needs.

## Midwest Region – Wisconsin – Mental Health Services (Intervention and Therapy Resources)

### [Aurora Health Care Employee Assistance Program \(EAP\)](#) \*For teammates and household members

- 800-231-3231
- [Intranet Path](#)
  - WI: Caregiver Connect > Search Places > Employee Assistance Program (EAP)
- EAP offers teammates and their household members up to four (4) confidential and free sessions (in-person, by phone or video) per issue to address a range of work and personal difficulties. Sessions may include assessments, skill building, support, and referrals to behavioral health providers.
- Work-life Balance services provide free legal, financial, and mediation consultations, child/elder care referrals and resources, adoption support, and educational resource assistance.

### [Aurora Behavioral Health Services](#)

- 414-773-4312
- Our behavioral health experts provide assessment, testing, medication management, inpatient adult care and outpatient counseling for children, teens and adults, with an emphasis on making healthy changes.

### [AXCES Behavioral Health Coordination Services](#) \*For teammates and members who have the **Teammate Medical Plan**

- 800-454-6455
- [Intranet Path](#)
  - WI: Caregiver Connect > Search Places > AXCES
- AXCES Behavioral Health Coordination Services approves required inpatient and certain outpatient prior authorizations for behavioral health (mental health and substance abuse) services, as well as provides concierge, support, and care transition services for teammates and their covered dependents enrolled in the TM Medical Plans. AXCES can also help teammates and their dependents navigate the behavioral health benefits offered through the TM Medical Plans.

### Crisis Fund

- The purpose of this fund is to provide financial assistance to team members in emergency situations which cause a temporary financial crisis. A temporary financial crisis is a one-time emergency that makes it difficult for a team member to provide for basic needs for themselves or their family including the ability to report to work. For more information, please call Chaplain Connect at 855-483-6977.

#### [Mental Health America of Wisconsin](#) \*For Wisconsin residents

- Mental Health America of Wisconsin (MHA) is an affiliate of the nation's leading community-based non-profit dedicated to helping all Americans achieve wellness by living mentally healthier lives.

#### [Mission & Spiritual Care - Chaplain Connect](#) \*For all teammates and spouses/partners

- Contact the Site Chaplain or [Chaplain Connect](#) at 855-483-6977
- Access a chaplain 24/7 with Chaplain Connect. Chaplain visits are confidential and customized to support your own spiritual or religious perspectives for TMs and their household members. Other services include Virtual Worship Services from world faith traditions, Daily Reflections, Virtual Gatherings, Support Groups (Caring for Your Team, Team Gatherings and Still Points).

#### [National Alliance for Mental Health \(NAMI\) Wisconsin](#) \*For Wisconsin residents

- The mission of NAMI Wisconsin is to improve the quality of life of people affected by mental illness and to promote recovery.

#### [Together As One \(TAO\)](#) \*For teammates

- 708-520-WELL (9355)
- The Together As One Program is a peer support initiative that enables teammates from all departments across AAH to recognize and assist when a peer is impacted by stress within the workplace. TAO offers Peer Support Referrals, Brief Emotional Support Follow Ups, Support Groups, and Trainings and Presentations.

#### [Well-being Navigation Line](#) \*For teammates and their household members

- 855-908-7909
- The Well-being Navigation team provides free and fee-based resources to support the following areas: physical, emotional, social, mental health, professional, financial, spiritual, and substance use.

## **Midwest Region – Wisconsin – Self-Care Resources**

#### [Center for Financial Wellness](#)

- 414-482-8801 or 888-799-2227
- The Center for Financial Wellness (*also called Consumer Credit Counseling Services*) offers free financial wellness support to all Teammates and Patients. Our certified credit counselors will provide advice and direction to individuals and families that are struggling with unbalanced budgets, excessive debt, housing challenges, and poor credit.

#### [Fitness Center Benefits](#) \*For all teammates and spouses/partners

- Teammates and spouse/partners enrolled in the Advocate Aurora Health medical plan, can take advantage of the Health Club Subsidy Program. Attend a participating health club ten or more times per month and receive a \$15 subsidy on your paycheck. To enroll complete the Health Club Subsidy form on the Healthy Living Portal.

#### [Fitness Classes](#)

- From fitness classes and support groups to health screenings and community events, we offer a variety of classes and events to help you live well.

### [Healthy Living Info](#) \*For teammates and spouses/partners

- Free Healthy Living Portal virtual courses for all teammates and is also available for spouses/partners enrolled in the Advocate Health Teammate Medical Plan. Courses include Managing Stress, Path to Financial Well-being, Fitness, Nutrition, Weight Management, Sleep Health, Self-Care Toolkit. Users need to be registered with Healthy Living and use their username and password to access resources on the portal.

### [Integrative Medicine | Aurora Health Care](#)

- 414-219-5900
- Email: [integrativemedicine@aah.org](mailto:integrativemedicine@aah.org)
- Free online Whole Health Integrative self-care resources to reduce stress and promote mind-body health. Includes on-demand videos, handouts, classes, events, Viva Engage social networking, services, and registration for mindful email and supplement platform. Topics span Acupressure, Aromatherapy, Breathwork, Healthy Eating, Recipes Reiki and more.

### [United Way of Wisconsin](#) \*For Wisconsin residents

- 608-246-8272
- The United Way of Wisconsin is dedicated to supporting and enriching a strong statewide United Way network that maximizes the capacity of local United Ways to address human needs, improve lives and create lasting positive change across Wisconsin.

### [Wisconsin Department of Health Services](#) \*For Wisconsin residents

- 608-266-1865 or 800-947-3529
- The Department of Health Services has ten divisions and offices that work to protect and promote the health and safety of the people of Wisconsin. Together with our partners, we work to ensure everyone has access to the information, services, and support needed to live their best life.

### [Wisconsin Department of Health Services: Resilient Wisconsin](#) \*For Wisconsin residents

- The mission of Resilient Wisconsin is to give everyone in our state the opportunity to live their best lives.  
Assists in locating specific resource to assist in navigating any difficult situation.

### [Wisconsin Peer Alliance for Nurses \(WisPAN\)](#) \*For Wisconsin nurses

- WisPAN is Wisconsin's peer support organization for nurses with substance use disorder run by nurses in recovery from substance use disorders.

### [Wisconsin Professional Assistance Procedure \(PAP\)](#) \*For Wisconsin residents

- 608-267-3817
- The Professional Assistance Procedure (PAP) is a non-disciplinary program for credentialed professionals experiencing substance misuse who are committed to their own recovery.

## National

### National - Mental Health Services (Intervention and Therapy Resources)

#### For Atrium Health Greater Charlotte, Floyd, Navicent and Wake Forest Baptist and Midwest Wisconsin and Illinois Teammates

##### [Alcoholics Anonymous \(AA\)](#)

- AA is a fellowship of people who share their experience, strength and hope with each other that they may solve their common difficulty and help others to recover from alcoholism.

##### [Disaster Distress Helpline \(from SAMHSA\)](#)

- 800-985-5990 – provides 24-hour disaster crisis counseling
- This is a multilingual crisis support service for those experiencing emotional distress related to natural or human-caused disasters.

##### [The Emotional PPE Project](#) \*For Healthcare Workers

- Connects healthcare workers seeking emotional healthcare with licensed mental health professionals who can help at no cost, and insurance is not required.

##### [FindTreatment.gov](#)

- FindTreatment.gov is a confidential, anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.

##### [HealthWell Foundation](#) \*For Emergency and Medical Workers

- Assistance with the cost of prescription drugs, counseling services, cognitive behavioral therapy, and transportation needed to treat or manage behavioral health concerns.

##### [Love First](#)

- Intervention and recovery strategies and resources for families.

##### [Mental Health America: Screening Website](#)

- Provides multiple screeners to help those experiencing symptoms of a mental health condition.

##### [Narcotics Anonymous \(NA\)](#)

- 818-773-9999
- A non-profit fellowship or society of people for whom drugs had become a major problem.

##### [National Domestic Violence Hotline](#)

- 800-799-7233
- For survivors of abuse, some as concerned friends or family members, some as abusive partners seeking to change themselves.

##### [National Helpline \(from SAMHSA\)](#)

- 800-662-HELP (4357)
- A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

##### [National Institute on Mental Health \(NIMH\)](#)

- 866-615-6464
- Directory of mental health resources, research, news, events, funding, and ways to help.

### [Home | NAMI: National Alliance on Mental Illness](#)

- The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

### [National Sexual Assault Hotline, RAINN](#)

- 800-656-HOPE (4673)
- RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization.

### [Suicide Prevention Services America](#)

- 630-482-9699
- Provide information, resources, education, and support for people who are suicidal and for people who care about someone who is suicidal.

## **National – Self-Care Resources**

### **For Atrium Health Greater Charlotte, Floyd, Navicent and Wake Forest Baptist and Midwest Wisconsin and Illinois Teammates**

#### [Resources for Addiction Rehabilitation & Recovery | American Addiction Centers](#)

- The leading provider for addiction treatment nationwide, which specializes in evidence-based treatment and mental healthcare services.

#### [American Medical Association \(AMA\) STEPS Forward Program](#) **\*For Physicians/APPs**

- AMA STEPS Forward® offers a collection of engaging and interactive educational toolkits that are practical, actionable “how-to” guides to transform and improve your practice.

#### [American Nurse Association \(ANA\): Healthy Nurse, Healthy Nation](#) **\*For Nurses**

- The Healthy Nurse, Healthy Nation™, is a program of the American Nurses Association Enterprise designed to improve the health of the Nation's 4.3M nurses - one nurse at a time.

#### [American Psychiatric Association](#) **\*For Physicians/APPs**

- Online books, journals and information on psychiatry.

#### [Centers for Disease Control](#)

- Offers information on various health topics, stats and outbreaks.

#### [Cognition and Well-Being Skill Development Workshop](#) **\* For Physicians/APPs**

- An online learning portal of the accreditation council for graduate medical education.

#### [Healing Warrior Hearts](#) **\*For Veterans and families**

- Healing Warrior Hearts provides programs for Veterans and their families, dedicated to healing the emotional, moral and spiritual wounds of war.

#### [Nar-Anon Family Groups](#)

- A 12-step program for family and friends of addicts.

[National Institute on Alcohol Abuse and Alcoholism \(NIAAA\)](#)

- NIAAA supports and conducts research on the impact of alcohol use on human health and well-being.

[National Institute on Drug Abuse \(NIDA\)](#)

- NIDA is the lead federal agency supporting scientific research on drug use and addiction.

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

- Use this site to find treatment facilities and programs in the United States or U.S. Territories for mental and substance use disorders. Practitioner training is also available.

[US Department of Veterans Affairs](#) **\*For Veterans**

- A variety of mental health resources, information, treatment options, and more — all accessible to Veterans, Veterans' supporters, and the general public.