



I'm struggling! Where can I get help?



HOPELINE

Hope and help is just a text away



Text HOPELINE to 741741

Free anonymous emotional support



KENOSHA HUMAN
DEVELOPMENT SERVICES
A NONPROFIT ORGANIZATION

CRISIS

Call to talk with someone who can assist individuals and their families who are having problems that are too big to handle alone. If we can't help, we know someone who can. 262-657-7188 or 1-800-236-7188



COUNSELING

A counselor can help provide direction and possible solutions to problems along with improving communication and coping skills. The session is a collaboration between you and the counselor. Counseling is not one size fits all. If one doesn't work, try another one.



*Mental Health &
Substance Abuse*
Resource Center of Kenosha County

Whether you are looking for a specific program or if you aren't sure where to start the resource center can help you find the services that are a right fit for you. Give them a call at 262-764-8555



SELF CARE

- Take a walk or journal
- Plant a garden, flowers or herbs
- Call a friend or family member
- Try a new recipe or hobby
- Join a support group



ALTERNATIVE THERAPY

- Hypnotherapy
- Equine-assisted therapy
- Aroma therapy
- Acupuncture
- Meditation, mindfulness, or a mental health app on your phone



For more information on behavioral health resources, visit us at
<https://www.kenoshacounty.org/946/Community-Resources>