

**We are all in this together. YOU ARE NOT ALONE.**

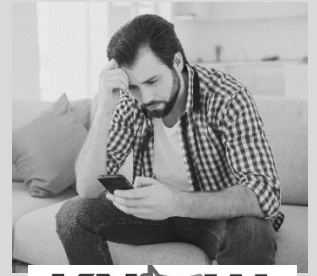
## **Manitowoc County Resource Guide.**

**Manitowoc County Mental Health/Substance Abuse CRISIS LINE: 920-683-4230**

### **PREVENT SUICIDE.**

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, HELP is available by phone or text.

**National Suicide Hotline:** 1-800-273-TALK (8255)      **Hope Text Line:** 741 741  
**Veterans Crisis Line:** 1-800-273-8255      **Text:** 838255  
**Disaster Distress Hotline:** 1-800-985-5990      **Text:** 66746



**Prevent Suicide of Manitowoc County:** 920-901-0779. *Visit:* [Preventsuicidemanitowoc.com](http://Preventsuicidemanitowoc.com)  
**Painting Pathways Clubhouse** (support/resources for those with mental illness): 920-652-9952

**KNOW  
THE SIGNS**

**Learn how to help prevent suicides in Manitowoc County. Visit [healthiestmc.org/zerosuicide](http://healthiestmc.org/zerosuicide)**

**[suicideispreventable.org](http://suicideispreventable.org)**

### **RECOVERY IS POSSIBLE!**

If substance abuse is causing negative effects, it may be time to seek help. You do not have to be alone in the journey.

#### **Manitowoc County Resources:**

**CORE Treatment Services** (virtual treatment/support services): 920-663-1035. *Email:* [info@coretreatmentservices.com](mailto:info@coretreatmentservices.com)

**Pathways to a Better Life** (treatment services): 920-894-1374

**Lighthouse Recovery Center** (24/7 Hotline): 920-374-3989



**Wisconsin Addiction Hotline:** 1-833-944-4673

**Quit Smoking/Vaping:** 1-800-QUIT-NOW. *App:* quitSTART app

#### **Find a Virtual Recovery Support Meeting to attend:**

**Narcotics Virtual Meeting.** 1-833-716-0080

**Alcoholics Anonymous Virtual Meetings:** <https://aa-intergroup.org/>

**Variety of virtual support groups:** <https://www.intherooms.com/home/>

**Need to be trained and receive Narcan? Call 920-242-9881. Need a lock box to secure your medications? Call 920-242-9881.**

### **STOP THE ABUSE.**

Violence does not discriminate. Anyone of any race, age, sexual orientation, religion or gender can be a victim – or perpetrator-of domestic violence. It can happen to anyone, but it does not have to continue.

**Manitowoc County Resource: InCourage** (24/7 Hotline): 920-684-5770

**National Domestic Violence Hotline:** 1-800-799-7233. *Chat:* hotline.org *Text:* Lovels to 22522

**Sexual Assault Hotline:** 1-800-656-4673. *Text:* Home to 741741



### **HOUSING Assistance.**

**Lakeshore CAP:** 920-682-3737

**The Haven** (Men's Shelter):

920-652-9110

**Hope House** (Women's/Family Shelter): 920-686-1436

For a full list call: 2-1-1

### **FOOD Assistance.**

**Salvation Army:** 920-684-7117

**Peter's Pantry:** 920-682-6989

**Two Rivers/Mishicot Ecumenical**

**Pantry:** 920-793-5364

**Crusaders of Justicia** (El Armario de los cruzados): 920-320-9283

For a full list call: 2-1-1

### **ALL SERVICES.**

**For all Services/Resources in Manitowoc County contact United Way 2-1-1.**

**Call:** 2-1-1. (24/7)

**Search:** [211now.org](http://211now.org) (24/7)

**Text:** (zip code) to 898211 (M-F/8-5)

**Healthiest  
Manitowoc  
County**  
*Everyone living longer, better.*

**[healthiestmc.org](http://healthiestmc.org)**

**f** [healthiestmc](https://www.facebook.com/healthiestmc)