

# Crisis Resources

## National Suicide Prevention Lifeline

Call or Text 988

## Center for Suicide Awareness

Text "HOPELINE" to 741741

*Are you a young person of color feeling  
stressed, down or overwhelmed?*

Text "STEVE" to 741741

## The COPE Line

262-377-2673

## Youth Crisis Stabilization

24-Hour Hotline: 414-610-4109

## Milwaukee County Crisis Line

General: 414-257-7222

Youth: 414-257-7621

Scan the QR Code for a  
virtual list of resources



## Mental Health Resources

### WEBSITES

nami.org  
suicidepreventionlifeline.org  
Ok2Talk.org  
teenlineonline.org

### APPS

Calm                      Headspace  
10% Happier              Talkspace  
Happify                    Insight Timer

### RESOURCES

Owen's Place: 414-977-4249  
Pathfinders: 414-271-1560  
Walker's Point Youth & Family  
Center: 414-647-8200  
Milwaukee LGBT Center:  
414-410-9487  
The Trevor Project: 212-695-8650  
NAMI Office (MKE): 414-344-0447

**YOU ARE NOT ALONE.**