

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

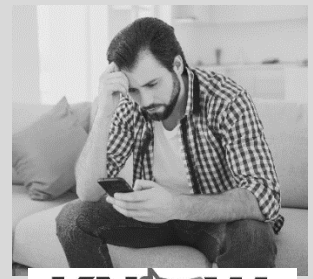
PREVENT SUICIDE.

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



**KNOW
THE SIGNS**

Prevent Suicide of Manitowoc County: 920-901-0779. *Visit:* Preventsuicidemanitowoc.com

Painting Pathways Clubhouse (support/resources for those with mental illness): 920-652-9952

Learn how to help prevent suicides in Manitowoc County. Visit healthiestmc.org/zerosuicide

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

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 (24/7)

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

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

healthiestmc.org

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