

# Respect Life



You are not alone.

## MENTAL HEALTH

Help is available.



Mental health is essential to our well-being, our relationships, and our ability to live with hope.

### YOU MATTER. WE ARE HERE TO WALK WITH YOU.

#### Local Resources



##### Brown County Health & Human Services

Provides a wide range of behavioral health services, crisis support, therapy, and treatment for individuals of all ages.

920-436-8888

[bchumanservices.com](http://bchumanservices.com)



##### NAMI Brown County

Offers support, education, and advocacy for individuals and families affected by mental illness. Includes support groups and community resources.

920-498-8864

[namibrowncounty.org](http://namibrowncounty.org)



##### Catholic Charities of the Diocese of Green Bay

Compassionate wellness, counseling, and support services that strengthen mental and emotional well-being for individuals, couples, and families.

920-272-8234

[catholiccharitiesgb.org](http://catholiccharitiesgb.org)

#### Additional Resources



##### SUICIDE & CRISIS LIFELINE

Call or text 988 or chat online 24/7 for free, confidential support.

988  
[preventsuicidewi.org](http://preventsuicidewi.org)



##### SUBSTANCE USE HELP

Free, confidential, 24/7 help for drug and alcohol use or addiction.

844-289-0879  
[drughelpline.org](http://drughelpline.org)



##### HOPELINE

Emotional support by trained listeners 24/7. Text "HOPELINE" to 741741.

741741  
[hopeline](http://hopeline)



##### MENTAL HEALTH SUPPORT

24/7 Urgent crisis mental health services.

920-436-8888  
[bchumanservices.com](http://bchumanservices.com)



##### BELLIN HEALTH

Outpatient mental health services for children, teens, and adults.

920-433-4700  
[bellin.org](http://bellin.org)

#### WHEN TO REACH OUT

- ♥ Persistent sadness or anxiety
- ♥ Overwhelming stress
- ♥ Feeling hopeless
- ♥ Thoughts of hurting yourself

#### CARE FOR YOUR WELL-BEING

- ♥ Talk about how you feel
- ♥ Stay connected to others
- ♥ Pray and nurture your spirit
- ♥ Seek professional help when needed

#### YOU ARE NOT ALONE

- ♥ It's okay to ask for help
- ♥ Your feelings are valid
- ♥ Recovery and healing are possible
- ♥ Support is available

### CONTACT THE OFFICE OF MARRIAGE AND FAMILY LIFE



[dioc/respectlife](http://dioc/respectlife)



920-272-8313



Diocese of Green Bay

Please keep this resource or share it with someone in need.