



**Where to Get Help
Mental Health Services of
Fond du Lac County**

NEED HELP NOW?

- Fond du Lac County Crisis Intervention: 920.929.3535
- Suicide Prevention Helpline: 1.800.273.TALK(8255)
- Text "HOPELINE" to 741741
- Spanish Helpline: text Esperanza to APOYA (839-863)
- www.preventsuicide.org
- For life threatening issues call 911

HAVE INSURANCE?

- Call the number on the back of your insurance card to help determine what providers are covered.

DON'T HAVE INSURANCE?

- Fond du Lac County Department of Community Programs:
459 E 1st Street , Fond du Lac 920.929.3500

WHERE TO GO FOR HELP? TREATMENT OPTIONS INCLUDE:

IN COUNTY TREATMENT PROVIDERS

- Affiliated Counseling 17 E Forest Ave 920.922.7740
- Agnesian/SSM Behavioral Health 430 E Division
920.926,4200
- Aurora Behavioral Health 210 Wisconsin American Dr. #120
920.907.4800
- Catholic Charities 191 S Main St. 920.923.2550
- Delta Center 196 3rd St. 920.921.3343
- Doll & Associates 40 Camelot Dr. 920.907.8201
- Fond du Lac Dept of Community Programs 459 E 1st St.
920.929,3500
- Healing Hope Counseling N6717 Streblov Dr 920.517.8264
- Kathleen Morgan, LLC. 481 E Division St. Ste. 400
414.712.6959
- Morning Star Counseling Services 225 S Hickory St.
920.922.9552
- Rawhide W3950 Hwy 23. 877.300.9101
- Results Counseling 47 Bryn Mawr Circle 920.517.3585

OUT OF COUNTY TREATMENT PROVIDERS

- Affinity Behavioral Health Services 2700 W 9th Ave #102
Oshkosh 920.223.8570
- Catalpa Health 540 N Koeller St Oshkosh 920.750.7000, 444
N Westhill Blvd Appleton 920.750.7000
- Integrity Counseling 404 N Main St Oshkosh Ste 612, 1047 N
Lynndale Dr Ste 2B 920.385.1420 (both locations)
- Oshkosh Counseling & Wellness Center 501 Merritt Ave
Oshkosh 920.231.2858

INPATIENT

- Affinity Behavioral Health Services 2700 W 9th Ave #102
Oshkosh 920.223.8570
- Rogers Behavioral Health 800.767.4411
- St. Elizabeth Hospital 1506 S Oneida St Appleton
920.730.4950



**THINGS YOU CAN DO FOR YOUR MENTAL
HEALTH**

- Value yourself-treat yourself with kindness and respect
- Eat nutritious meals
- Drink plenty of water
- Exercise
- Get enough sleep
- Avoid cigarettes, vaping, juuling
- Surround yourself with good people
- Get involved-volunteer, extracurricular activities
- Set realistic goals
- Avoid drugs and alcohol
- Seek help when needed

WHAT CAN YOU DO AS PARENTS OR GUARDIANS ?

- Assess-Help the child identify the exact issue that's causing them stress
- Belief-Help the child identify the exact issue that's causing them stress
- Change-Help the child change their perspective and approach the issue differently.

TYPES OF COPING SKILLS

- Support: Talking with a supportive person can be an effective way to manage stress.
- Relaxation: Any number of relaxing activities can help people cope, such as sitting in nature or listening to music.
- Problem-solving: Identify the problem that is causing stress and then developing and putting into action some potential solutions for effectively managing it.
- Humor: Making light of a stressful situation may help maintain perspective and prevent the situation from becoming overwhelming.
- Physical activity: Exercise can serve as a natural and healthy form of stress relief.

This handout is provided by the School District of North Fond du Lac.

