



**Where to Get Help
Substance Misuse Services of
Fond du Lac County**



NEED HELP NOW?

- ☐ Fond du Lac County Crisis Intervention: 920.929.3535
- ☐ Narcotics Anonymous (NA) Helpline: 1.866.635.2254
- ☐ Alcoholic Anonymous (AA) Helpline: 920.922.7512
- ☐ 211 Addiction Helpline: dial 211
- ☐ Solstice House Warm Line 608.244.5077 (24/7 support line)
- ☐ 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
- ☐ Fond du Lac Psychotherapy 1020 S Main St. 920.923.5307
- ☐ 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

NEED TO DETOX?

Detox, is often needed before starting treatment. Effects of withdrawal vary from person to person.

- Alcohol & benzodiazepine withdrawal can be life-threatening. You can seek help from a local emergency room, primary care provider or behavioral health unit. Opioid withdrawal is not life-threatening.

The following is a brief list of signs and symptoms of withdrawal:

- Restlessness, irritability, fatigue, poor appetite, insomnia, poor concentration & memory, headaches, dizziness, difficulty breathing, racing heart, nausea, vomiting, diarrhea, stomach aches, twitches, tremors, muscle aches, sweating
- Although withdrawal from opioids may feel life threatening (similar to flu like symptoms), there is no detox services other than engaging in inpatient treatment.

SIGNS OF DRUG AND ALCOHOL USE

- Physical signs- constricted pupils, sweating, flushed skin, dry mouth, itching/scratching, slurred speech, slowed reflexes, depressed breathing, euphoria followed by drowsiness, decreased appetite
- Using alcohol or drugs despite being caught or getting in trouble
- Giving up hobbies, sports or activities
- Feeling tired, unhappy, angry or uninterested in life
- Borrowing money
- Secretiveness
- Using mouthwash to hide the smell of alcohol
- Using eye drops to alleviate bloodshot eyes or dilated pupils
- Declining grades in school
- Experiencing health problems
- Getting into trouble with law enforcement

FACTS ABOUT ALCOHOL AND DRUG USE

- 1 in 10 teens in high school drink and drive
- Drivers between 16 and 20 with a blood alcohol concentration of .08 or higher are 17 times more likely to die in a car crash than sober teenage drivers
- Over 6.2 million people age 12 and older report abusing prescription drugs
- In 2015, more than 770 teens aged 15 to 19 died of drug overdose
- Prescription drugs, synthetic drugs, vaping products are not any safer than other drugs

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