

2021 Summer Mental Health Resources

*Many clinics are offering virtual sessions during COVID-19.

Crisis Resources

Emergency

- Call 911
- Go to nearest emergency room

Milwaukee County

- Milwaukee Mobile Crisis
414-257-7222

MSOE Campus

- MSOE Public Safety
414-277-7159

National Resources

- National Suicide Prevention Lifeline
1-800-273-TALK (8255)
 - Also offers online chat:
- National Crisis Text Line
Text "HOME" to 741-741
- National Domestic Violence Hotline
1-800-799-SAFE (7233)
 - Also offers online chat:

Out-of-State Resources

- **Contact your health insurance:** Call the phone number on the back of your health insurance card and ask for referrals in your area. Many insurance companies also offer their own telehealth options.

Quality Paid Resources

Psychiatric Consultants & Therapists, S.C.

229 E Wisconsin Ave, Suite 600, Milwaukee, WI 53202

Multiple therapists available, see website for details

<http://www.pcandt.com/index.php/our-staff/>

Phone: 414-224-3737 ext. 222 for new clients

*No ADHD treatment with medication only (required to also see a therapist)

*Many therapists offer sliding fee scales

*Say you are an MSOE student when contacting for a new appointment

Cornerstone Counseling Services

*Gina Yauck, LCSW is main contact. Other therapists and med providers available)

5555 N. Port Washington Rd., Suite 200, Glendale, WI 53217

<http://www.cornerstonecounseling.com/locations-staff/staff.htm>

Phone: 414-750-0850 (can also text)

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Free Resources

Alternatives in Psychological Consultation

10045 W. Lisbon Ave
Wauwatosa, WI 53222

6737 W. Washington, Suite 1300
Milwaukee, WI 53214

414-358-7144
414-3587158 (Fax)

Bread of Healing Clinic - Cross Lutheran Church

Free clinic for the uninsured

1821 N. 16th Street
Milwaukee, WI 53205

414-977-0001

Saturday Clinic for the Uninsured

Tues. and Thurs. telephonic visits; Sat. in person psych & therapy.

Ascension Columbia/St. Mary's Hospital
1121 E. North Avenue
Milwaukee, WI 53211

Forward Choices, LLC

6040 W. Lisbon Ave, Ste 103
Milwaukee, WI 53210

“It Doesn’t Get Easier. You Just Get Stronger” - Unknown