



Mental Health Resources

Last revised February 7, 2023

If this is a life threatening emergency, please contact 911.

Anytime you are not at school, if you need emergency mental health support:

- **Tell a trusted adult near you**
- **Call 911**
- **Call 920-743-5566 (your local hospital emergency department)**
- **Call 988 (the Suicide and Crisis Lifeline)**
- **Text "HOPE" to 741741.**

Below you will find a list of resources gathered by the Gibraltar AMHE team. This is not an exhaustive list but an indication of some of the resources available in our community. Please use these resources at your own discretion to meet the needs of your student and family. These links are being provided as a convenience and for informational purposes only; they do not constitute an endorsement. It is expressly agreed and understood by the agencies listed below that this shall not constitute an endorsement by the Gibraltar Area School District of any entity, organization, company, or individual, nor the products, actions, behavior, or conduct of any entity, organization, company, or individual, and any negligent or intentional misrepresentation.

School Staff		
Gibraltar Elementary School Lauren Ward - Elementary Principal Brooke Petrie - School Counselor	Gibraltar Secondary School Jim DeBroux - Secondary Principal Brooke Petrie - School Counselor Grade 6 Chelsea Roberts - School Counselor Grades 7-12	District Brett Stousland - Superintendent Officer Heather Bemmann - School Resource Officer Becky Holzem, BSN, RN - School Nurse

Topic	Staff and/or Agency Contact (contact information)
Door County Mental Health Hub	Door County Health & Human Services and the Door County Mental Health Focus group have partnered with Door County Medical Center to bring an awesome new resource to our community! Door County now has a one-stop shop for mental wellbeing resources! CredibleMind is the free online platform that brings together expert rated and vetted videos, podcasts, apps, online programs, books and articles, as well as local resources, in one easy to use place. The hope is this platform will provide tools to individuals in our community to better manage their own mental wellbeing.
Attention Hyperactivity	Door County Family Support Services Door County Pediatrics What Is ADHD Understood ADHD Resource Center (aacap.org)
Anti-Bullying	Mental Health Providers County Churches Act Now! Anti-Defamation League Stop Bullying PFLAG Door County Help of Door County YMCA Big Brothers/Big Sisters Door County Partnership for Children and Families GLSEN (Resources for educators, allies, students, and the Queer Community)
Depression Anxiety	Door County: WI Family Ties : 1.800.422.7145 Community Resources Jak's Place Help of Door County Dynamic Family Solutions Door County Mental Health Resource Guide Lakeshore CAP Bellin Health Psychiatric Center-Sturgeon Bay CLTS/CCS/COPP/CTS

	<p>Brown County: Willow Creek Behavioral Health Brown County Behavioral Health Family Services of Northeastern Wisconsin Family Services Day Treatment</p> <p>Bellin Health Psychiatric Services Oneida Behavioral Health Crisis Center of Family Services</p>
Suicidal Ideation	<p>Door County: Door County Mental Health Resource Guide Community Resources Lakeshore CAP Bellin Health Psychiatric Center-Sturgeon Bay Dynamic Family Solutions</p> <p>Brown County: Willow Creek Behavioral Health Brown County Behavioral Health Family Services of Northeastern Wisconsin Family Services Day Treatment</p> <p>WI Family Ties: 1.800.422.7145 Jak's Place Help of Door County CLTS/CCS/COPP/CTS</p> <p>Bellin Health Psychiatric Services Oneida Behavioral Health Crisis Center of Family Services</p>
Disordered Eating	<p>All Counties: WI Family Ties: 1.800.422.7145</p> <p>Door County: Grief Share Door County Mental Health Resource Guide Jak's Place Help of Door County Dynamic Family Solutions</p> <p>Brown County: Willow Creek Behavioral Health Brown County Behavioral Health Family Services of Northeastern Wisconsin Family Services Day Treatment</p> <p>Community Resources Door County Churches Lakeshore CAP Bellin Health Psychiatric Center-Sturgeon Bay CLTS/CCS/COPP/CTS</p> <p>Bellin Health Psychiatric Services Oneida Behavioral Health Crisis Center of Family Services</p>

<p>Grief and Loss</p>	<p>All Counties: WI Family Ties:</p> <p>Door County: Mental Health Providers Grief Share Door County Mental Health Resource Guide Jak's Place Help of Door County Dynamic Family Solutions</p> <p>Brown County: Willow Creek Behavioral Health Brown County Behavioral Health Family Services of Northeastern Wisconsin Family Services Day Treatment</p> <p>Community Resources Door County Churches Lakeshore CAP Bellin Health Psychiatric Center-Sturgeon Bay CLTS/CCS/COPP/CTS</p> <p>Bellin Health Psychiatric Services Oneida Behavioral Health Crisis Center of Family Services</p>
<p>Oppositional Conduct Disorders Anger Management</p>	<p>Door County: Youth Connection Center Door County Mental Health Resource Guide Lakeshore CAP Bellin Health Psychiatric Center-Sturgeon Bay CLTS/CCS/COPP/CTS</p> <p>Brown County: Willow Creek Behavioral Health Brown County Behavioral Health Family Services of Northeastern Wisconsin Family Services Day Treatment</p> <p>Community Resources Jak's Place Help of Door County Dynamic Family Solutions</p> <p>Bellin Health Psychiatric Services Oneida Behavioral Health Crisis Center of Family Services</p>
<p>Psychosis Hallucinations Delusions</p>	<p>All Counties: National Alliance for Mental Health (NAMI)</p> <p>Door County: Community Resources Jak's Place</p> <p>Door County Mental Health Resource Guide Lakeshore CAP</p>

	Help of Door County Dynamic Family Solutions CLTS/CCS/COPP/CTS Brown County: Willow Creek Behavioral Health Brown County Behavioral Health Family Services of Northeastern Wisconsin Family Services Day Treatment	Bellin Health Psychiatric Center-Sturgeon Bay Bellin Health Psychiatric Services Oneida Behavioral Health Crisis Center of Family Services
Substance Use	211 Addiction	Door County Mental Health Resource Guide
Trauma Post Traumatic Stress Disorder Abuse Neglect Exposure to Violence	All Counties: WI Family Ties: 1.800.422.7145 Door County: Community Resources Jak's Place Help of Door County Dynamic Family Solutions Brown County: Willow Creek Behavioral Health Brown County Behavioral Health Family Services of Northeastern Wisconsin Family Services Day Treatment	Door County Mental Health Resource Guide Lakeshore CAP Bellin Health Psychiatric Center-Sturgeon Bay CLTS/CCS/COPP/CTS Bellin Health Psychiatric Services Oneida Behavioral Health Crisis Center of Family Services
Economic Support- Housing & Food	Lakeshore CAP Housing Programs Food Pantry Coalition	Door County Food Pantry — Lakeshore CAP Supportive Housing/Rental Assistance — Lakeshore CAP
Primary Care Physicians & Pediatricians	Door County Pediatrics Aurora Sturgeon Bay	Bellin Door County Medical Center Urgent and Emergency Care
Institutions of Higher Learning	UW-System Schools Wisconsin Private Colleges	Wisconsin Technical Colleges

