

## What are Mental Illnesses?

Mental illnesses are biological brain disorders that can disrupt a person's thinking, feelings, mood, ability to relate to others, and daily functioning, often resulting in a diminished capacity for coping with the ordinary demands of life.

These disorders can affect persons of any age or race, in all walks of life. They include Major Depression, Bipolar Disorder, Schizophrenia and Obsessive-Compulsive Disorder, among others. These disorders affect not only the person with the illness, but their family members and society in general.

People with mental illness can experience many symptoms. Persons diagnosed with Schizophrenia can experience delusions and hallucinations, confused speech and behavior, and emotional flatness, such as lack of expression, brief speech and a seeming lack of pleasure or interest in life.

Persons diagnosed with Major Depression or Bipolar Disorder will experience disturbances in mood, concentration, sleep, activity, appetite and social/personal relationships. It is often misdiagnosed or not diagnosed at all.

Obsessive-compulsive Disorder is characterized by recurrent, involuntary thoughts, ideas, impulses or worries that run through one's mind (obsessions) and repetitive behaviors (compulsions).

Mental health does not only affect an individual, it can have an impact on family and friends, too.

**\*\* Seek help for understanding and assistance. \*\***



**\*\* Inside St. Paul Elder Services Building \*\***

316 E. 14th Street, Kaukauna

920-475-4748

[www.centerforsuicideawareness.org](http://www.centerforsuicideawareness.org)

Survivors of Suicide, C.L.I.F.F. (Clean Living Is Fun & Fantastic), Peer to Peer Support Groups, Suicide Prevention, Veterans Support and others

**Text "Hopeline" to 741741 24hrs / 7 days a week**



*The Community's Choice on Mental Illness*

[www.namioxvalley.org](http://www.namioxvalley.org)



211 E. Franklin St.,  
Appleton, WI  
920-954-1550



### \* Winnebago County \*

Health & Human Services

Oshkosh 920-236-4700

Neenah 920-729-2777

**24-Hour Helpline 920-233-7707**

<https://www.co.winnebago.wi.us>



### \* Calumet County \*

Dept. of Health & Human Services

206 Court Street, Chilton, WI

Chilton Area 920-849-1400

Surrounding Area 920-989-2700

**24-Hour Helpline 920-832-4646**

<http://www.co.calumet.wi.us>



**YOU ARE**

**Health**

**Concerns?**

Maybe we can  
Help....

**You are  
not alone.**



working together with

**Center for Suicide Awareness**

Kaukauna, WI

&

**NAMI Fox Valley**

to better Mental Health in OUR Community!

For more information call:

**Menasha Police Department**

430 First Street, Menasha

920-967-3500

\*Request a member of Crisis Intervention Team\*



Everyone experiences "blue days" and times of forgetfulness, but if you are experiencing something more persistent and troubling, have it checked out. Understand that mental illness is exactly that, an illness that just happens to be located in the brain. It directly affects 20% of the American population. In this brochure are a few phone numbers that you can call to find out more about the resources available in your community. Also, there is information in this brochure that briefly describes mental illness and its symptoms.

### **YOU ARE NOT ALONE.**

**Center for Suicide Awareness** has support groups for Family/Friend/Co-workers affected by loss due to suicide and/or affected by attempted suicide. Groups are not a counseling style sessions. \*\* See Back Page \*\*

Held at Fox Valley Unitarian Universalist Church,

2600 E. Philip Lane in Appleton.

Free of Charge with no pre-registration. All are Welcome.

**Survivors of Suicide: Family & Friends**

Adults: 2nd Monday of Month 6:30pm - 8:30pm

Youth: 3rd Monday of Month 6:30pm - 8:30pm

**Attempted Suicide Support: \*See Groups Below\*\***

\*\*\* Both Sessions: 6:00pm - 7:30pm \*\*\*

1st Thursday of month (People Who Attempted)

3rd Thursday of month (Family & Friends of People Who Attempted)

**Suicide Prevention, Veteran Support, AODA Issues, Teen Support Groups & Peer-to-Peer Support Groups**

*More information at:* [centerforsuicideawareness.org](http://centerforsuicideawareness.org)

**NAMI Fox Valley** is a non-profit organization that provides support groups and education programs for people who live with mental illness, and their families and friends. Support groups for consumers and for family members meet at different times throughout the week and are places of acceptance and reassurance. \*\* See Back Page \*\*

**Winnebago/Calumet Counties** have Health and Human Services Departments to assist in obtaining assistance in health services, including mental illness. See back page for 24-Hour Helpline to assist when help is needed for you or a loved one. \*\* See Back Page \*\*

No registration is required (unless specified) for any of the following support groups and new participants are ALWAYS welcome.

**NAMI Basics** - is a free, 6-week education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or whom have already been diagnosed. NAMI Basics is offered in a group setting so you can connect with other people face-to-face.

**NAMI Family-to-Family** - is a free, 12-session educational program for family, significant others and friends of people living with mental illness. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. Program is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises. NAMI Family-to-Family not only provides critical information and strategies for taking care of the person you love, but you'll also find out that you're not alone. There is HOPE in the recovery journey. Program experiences compassion and reinforcement from people who understand your situation from their personal experiences.

**The Teen Support Groups** - The teen groups are designed for high school teens, ages 14 to 18. Groups are free, no registration required. Emotions, relationships and everyday stressors can be overwhelming for anyone. Connect with other teens, learn from each other's experiences, share coping skills and offer each other understanding and encouragement.

**Peer-to-Peer Support Group** - This 8-week, no cost, education course focuses on recovery and is for any person with serious mental illness. The course provides participants with comprehensive information on mental illness. It also teaches strategies for personal and interpersonal awareness, coping skills, and self-care strategies. Classes are taught by trained mentors who are successfully managing their own conditions. The course provides a full approach to recovery, including individual empowerment, peer support, relapse prevention, communication skills, and general health. Taught in relaxed and confidential setting, by trained NAMI Mentors whom are successful managing their mental illness

**NAMI Resources for Support and Education Links**

**R.E.A.P.** - (Recovery, Education & Advocacy Program) - addresses coping skills, self-care, trauma, and the need for a recovery action plan.

<https://www.namifoxvalley.org/education/reaap/>

**Coffee Clutch** - peer-run social group for those living with mental illness and their family members.

<https://www.namifoxvalley.org/support-groups/coffee-clutch/>

**Spiritual Support Group** - safe space for group members (18 years & older) to share how spirituality enhances their personal mental health and wellness.

<https://www.namifoxvalley.org/spiritual-peer-support/>

## **Winnebago County "Summit" House (CBRF)**

Community Based Residential Facility (CBRF) that serves 8 adult residents of Winnebago County who are in a crisis. This center is a hospital diversion facility for adults.

2501 Harrison Street - Oshkosh, WI 54901

(920) 424-7772

&

**Iris Place**



**Iris Place** provides a safe and welcoming environment that offers an opportunity for individuals who are experiencing emotional distress or crisis to grow and change through the support of others with lived experience. Peer Run Respite can be an alternative to an ER visit or inpatient hospitalization for adults experiencing and emotional distress or crisis. Peer Respite are staffed and operated 24/7/365 completely by peers, people with lived experience in the mental health and/or substance abuse systems. A short-term stay (no more than five days) in a home-like environment offers connections to experience crisis as an opportunity for growth and change.

1213 S. Mathias Street - Appleton, WI 54915

(920) 815-3217

[www.irisplacewi.org](http://www.irisplacewi.org)

**\*\* Other Available Resources \*\***

**Text "HOPELINE" to 741741 - 24/7**

**Peer Support / Advocacy / Education**

**Friendship Place** - 220 N. Commercial St. - Neenah, WI

**New Hope Support Group** - 1st & 3rd Mondays (6-7:30pm) @

211 E. Franklin St, Appleton

 **NAMI Fox Valley**

**Veterans Crisis Line / Support**



[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

**Crisis Line**

1-800-273-8255 **PRESS 1**

**Winnebago County Veteran Affairs** - 920-236-4898

**Calumet County Veteran Affairs** - 920-849-1452

If you have any questions, please contact a member of the **Crisis Intervention Team (C.I.T.)** 920-967-3500