

## Teen Support Groups to Promote Mental Wellness

Approximately 1 in 5 youth (ages 12-17) have a mental, emotional, or behavioral disorder in the United States in any given year.<sup>1</sup> These disorders can cause issues in all areas of life, including home life, school performance, and personal relationships. Yet, roughly 20% of youth with depression, 40% of youth with anxiety, and 55% of youth with behavioral/conduct concerns have not received treatment in the past year.<sup>1</sup> This leaves many youth in need of mental health treatment and support.

National Alliance on Mental Illness (NAMI) is an organization devoted to increasing awareness, education, advocacy, and support for those living with mental illness as well as their families. NAMI Fox Valley provides various mental health programs and resources within Calumet, Outagamie, Waupaca, and northern Winnebago counties.

To promote mental wellness among teens, NAMI Fox Valley is offering teen support groups for 8<sup>th</sup> grade and high school students throughout Waupaca County to provide mental health education, teach healthy coping skills, encourage peer support, and discuss other mental health resources in the area. These groups are free and require no registration. Snacks or meals will be provided.

Below are the scheduled teen support group meetings within Waupaca County:

Clintonville Teen Support @ The Living Room on the 1<sup>st</sup> Monday of every month, 4-5:30 PM

Weyauwega Teen Support @ Weyauwega Community Center on the 2<sup>nd</sup> Monday of every month, 4-5:30 PM

New London Teen Support @ Familiar Grounds on the 3<sup>rd</sup> Monday of every month, 4-5:30 PM

Waupaca Teen Support @ Little Fat Gretchens on the 4<sup>th</sup> Monday of every month, 4:30-6 PM

Please contact Vicki Rivera at 920-954-1550 or [vicki@namifoxvalley.org](mailto:vicki@namifoxvalley.org) with any questions.

You can learn more about other services offered by NAMI Fox Valley at their website:

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

To be healthy as a whole, mental wellness plays a role. Let's strive to promote mental wellness within ourselves and our community.

## WHERE TO TURN FOR HELP

- If someone is in immediate danger, dial 9-1-1
- If you are concerned about someone and need immediate assistance, contact the Crisis Intervention Center:
  - ☎ Outagamie County: (920) 832-4646
  - ☎ Calumet County: (920) 849-9317
  - ☎ Winnebago County South: (920) 233-7707 - Oshkosh
  - ☎ Winnebago County North: (920) 722-7707 - Neenah
  - ☎ Brown County: (920) 436-8888 or (920) 391-4700
  - ☎ Waupaca (715) 258-6300 or (800) 719-4418 (after business hours)
- To find mental health services and resources serving Calumet, Fond du Lac, Green Lake, Manitowoc, Marquette, Outagamie, Sheboygan, Waushara, Waupaca and Winnebago County residents, Dial 2-1-1 to reach United Way's Information and Referral Service. 2-1-1 service is free and confidential, available 24 hours a day, 7 days a week. Web: [www.211now.org](http://www.211now.org)
- NAMI Fox Valley [National Alliance on Mental Illness] Mission is to improve the quality of life of individuals living with mental illness and the vision to someday live in a community where mental illness is treated just like any other physical illness. Services include support groups, educational programs, advocacy, and crisis intervention training. Phone: (920) 954-1550 Web: [www.namifoxvalley.org](http://www.namifoxvalley.org)
- Iris Place provides Peer Run Respite as an alternative to an ER visit or inpatient hospitalization for adults experiencing and emotional distress or crisis. Iris Place is staffed and operated 24/7/365 completely by peers, people with lived experience in the mental health and/or substance abuse systems. Iris Place is free to any Wisconsin adult who wants or needs peer support to navigate or avoid a crisis and create their own wellness vision. Adults can stay up to 5 days. Web: <http://irisplacewi.org/>. Phone: (920) 815-3217. Email: [irisplace@namifoxvalley.org](mailto:irisplace@namifoxvalley.org)
- Prevent Suicide Fox Cities, Non-profit organization providing suicide prevention education and support for survivors. Support after Suicide (SAS) group offered for those who have been affected by a death by suicide. Website: [www.preventsuicidefoxcities.org](http://www.preventsuicidefoxcities.org) Email: [mail@preventsuicidefoxcities.org](mailto:mail@preventsuicidefoxcities.org) Phone: (920) 931-2552
- Community for Hope, Non-profit organization promoting suicide prevention, intervention, and grief support. **SURVIVORS OF SUICIDE LOSS (S.O.S.L.) SUPPORT GROUPS** are for family members, friends, and co-workers of those who have died by suicide. Minimum age for our general SOSL Support Groups is 14. Our Teen SOS Group is open to adolescents, ages 13-19. All meetings are free of charge and led by trained facilitators. You do not need to sign up ahead of time. PHONE: 920-230-4840 WEBSITE: [www.communityforhope.org](http://www.communityforhope.org).
- The Center for Suicide Awareness – Support groups for anyone who has lost a friend or loved one to suicide: Adult group meets the 2nd Monday of the month 6:30 – 8:30; Youth group meets the 3rd Monday of the month 6:30 – 7:30 p.m. Both are offered free of charge, open to all and held at the Unitarian Universalist Fellowship in Appleton. QPR Suicide Prevention Gatekeeper Training available for organizations and groups. Phone: (920) 475-4748 Web: [www.centerforsuicideawareness.org](http://www.centerforsuicideawareness.org) Email: [barb@centerforsuicideawareness.org](mailto:barb@centerforsuicideawareness.org)
- The Center for Grieving Children offers an accepting environment where children, teens and families in the Fox Valley can be with others who are grieving the death of a loved one. The Center offers peer support and education, as well as opportunities to remember and commemorate. There is no cost for services. Phone: (920) 750-5839 Web: [www.centerforgrievingchildrenfoxvalley.org](http://www.centerforgrievingchildrenfoxvalley.org)

## WHERE TO TURN FOR HELP

- Northern WI Alcoholics Anonymous ([www.area74.org](http://www.area74.org)); Fox Valley Area ([www.district02aa.org](http://www.district02aa.org) and Narcotics Anonymous ([www.iluana.org](http://www.iluana.org)) websites – They contain an array of resources for individuals suffering from alcohol or drug dependence, and provide information and schedules for local meetings.
- Wisconsin Al-Anon/Alateen ([www.area61afg.org](http://www.area61afg.org)) – Provides community and support networks for families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Similarly, Alateen is the recovery program for young people.
- Goodwill NCW LGBT Services includes the LGBT Partnership, Spectrum, and T-Force. with offices based at its Menasha campus (1800 Appleton Rd.) and program group meetings at other locations. The LGBT Partnership is an ongoing leadership development and support group for youth ages 14-18 who identify as gay, lesbian, bisexual, transgender, questioning and allied. **Website:** [www.goodwillncw.org/programs/diversity/lgbt/](http://www.goodwillncw.org/programs/diversity/lgbt/) and **Phone:** (920) 968-6239
- Harbor House – Provides emergency shelter for battered women and their children. Also offers 24-hour helpline, individual counseling and support groups for adults and children, advocacy and legal information and support on behalf of battered women and their children. Offers referrals to counseling for abusers. In addition, provides perpetrator assessments, community education and outreach, legal advocacy, batterer's treatment program and emergency transportation to safety. **24-hour crisis line** (920) 832-1666 and (800) 970-1171 ← Toll Free, long distance only **Web:** [www.harborhouseonline.org](http://www.harborhouseonline.org)
- Sexual Assault Crisis Center — Fox Cities, Inc., a not-for-profit agency created to help survivors (and their families and friends) of all forms of sexual assault or abuse — including recent sexual assault, past sexual assault, incest, sexual harassment, and sexual exploitation. Services include free, confidential crisis services and 24/7 Hotline (920) 733-8119 or (800) 722-7797, as well as support groups for victims and families. **Web:** [www.sacc-foxcities.org](http://www.sacc-foxcities.org).
- National Suicide Prevention Lifeline: Dial 1-800-273-TALK / 1-800-273-8255 **Website:** [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- SAMHSA's National Helpline, Dial 1-800-662-HELP (4357) or 1-800-487-4889 (TDD) – Provides 24-hour free and confidential information about substance use and mental disorders, prevention, treatment, and recovery referrals in English or Spanish. [SAMHSA – Substance Abuse and Mental Health Services Administration]
- SAMHSA's "Find Substance Abuse and Mental Health Treatment": <http://findtreatment.samhsa.gov/> – Contains information about treatment options and special services located in your area.
- The Trevor Project A national, 24-hour, toll free confidential suicide hotline for LGBTQ youth **Phone:** 866-488-7386 **Web:** [www.thetrevorproject.org](http://www.thetrevorproject.org)
- HOPELINE, by the Center for Suicide Awareness, is a text-in (versus voice call-in) free service for help and hope. HOPELINE Text Line serves anyone in any type of situation, providing them access to free, 24/7 emotional support and information they need via the medium they already use and trust: text. Text HOPELINE --- 741741 --- anywhere, anytime, about any type of challenge or struggle. A live, trained specialist receives the text and responds quickly.
- MAN THERAPY - THE GOAL OF MAN THERAPY is to show working age men that talking about their problems, getting help and fixing themselves is masculine. **Website:** <http://mantherapy.org/>