

Wisdom Tips for Talking About Mental Health

Be a Friend:

"A friend loves at all times ... " (Proverbs 17:17a).

Listen without judgment. Provide companionship. Offer a ride or a meal. Respect confidentiality. Avoid shame and guilt.

Remember that we all have and we all are impacted by mental health.

Remember that Words can Hurt:

"Rash words are like sword thrusts ... " (Proverbs 12:18a).

Pay attention to the words you use and how they affect the people around you. Avoid labelling and stereotyping people.

Stop the Stigma:

"We, who are many, are one body in Christ" (Romans 12:5).

Challenge negative attitudes toward mental health and neurodiversity whenever you encounter it. Question your assumptions. Correct misinformation about mental health challenges, substance use disorders, trauma, and brain differences.

Educate Yourself:

"Does not wisdom call, and does not understanding raise her voice?" (Proverbs 8: 1).

Learn the facts about the various challenges that can affect mental health, including substance use disorders, neurodevelopmental difference, trauma, and brain disorders. Realize that mental health is physical health.

Thank God for Neurodiversity:

"Wonderful are your works" (Psalm 139:14)

Be aware that we all process the world around us differently.

Celebrate and affirm neurodiversity and the many gifts that each person brings.

Outagamie County Mental Health and Substance Use Services

The Mental Health and Substance Use Division is committed to reducing the impact of mental illnesses and substance use disorders with Outagamie County residents. The helplines listed below provide support for all types of issues that can cause emotional distress, including:

- Anxiety and depression
- Divorce or relationship challenges
- Grief or loss
- Severe and persistent mental illness treatment services
- Substance use
- Thoughts of suicide
- Violent or abusive situations

Helplines

For immediate, life-threatening emergencies **call 911**.

The Suicide & Crisis Lifeline is accessible by a 3-digit dialing code **988**. When you call, text, or chat **988** you will reach trained local counselors with the National Suicide Prevention Lifeline.

Outagamie County Crisis Unit

24-Hour Mental Health Crisis Line **920-832-4646** or toll free at **800-719-4418**.

If you are interested in exploring mental health or substance use treatment (AODA), please contact the division at **920-832-4646** for more information.

Crisis Services

If you or someone you know is suffering from a mental health, or substance use crisis, our Crisis Intervention Hotline is available 24 hours a day, 7 days a week. Please call **920-832-4646** or toll free **800-719-4418**.

ALCOHOL AND DRUG SERVICES

Intoxicated Driver Program/Assessment: Please contact the Outagamie County Mental Health Division at **920-832-1555** to set up an appointment.

BEHAVIORAL HEALTH SERVICES

- Mental Health Walk-In Clinic
- Comprehensive Community Services (CCS)
- Community Support Program (CSP)
- Coordinated Services Team (CST)
- Psychiatric Services

Please call **920-832-5270** for services.

ADULT PROTECTIVE SERVICES

If you or someone you know is at risk of abuse, adult at-risk or elder abuse, contact the Crisis team. Please call **920-832-4646** or toll free **800-719-4418**.

Visit: <https://www.outagamie.org/government/f-through-m/health-human-services/mental-health> for this and more information.