

Mental Health & Support Resources

MHA in Sheboygan County
915 N. 7th Street
(920) 458-3951
www.mhasheboygan.org

Crisis Center- Sheboygan Mobile Crisis
(920) 459-3151
24/7 over the phone/mobile crisis
counseling and safety assessments.

HOPELINE 24/7 Text Line:
An emotional support text line.
Text 741741 to begin!

Safe Harbor of Sheboygan
(920) 452-7640
www.sheboygansafeharbor.org

COPE Hotline: (262) 377-2673
www.copeservices.com
A 24/7 warm line. Listening,
trained professionals can help
with crisis intervention, suicide
prevention, or just a listening ear.

GLBT National Helpline
(888) 843-4564
www.glbthotline.org
A safe place for youth/adults to
discuss issues of sexual and
gender orientation and find
resources and support..

Runaway and Youth Services (RAYS)
(920) 458-7100 | 706 N. 7th Street
RAYS provides a drop-in center,
food pantry, Clothing Closet, one-on-
one counseling, and group counseling.

Mental Health Online Screenings:
<https://screening.mentalhealthamerica.net/screening-tools>
Click on "Youth Test" and print
results to share with a trusted
adult or medical provider.

National Suicide Prevention Lifeline
(800) 273-8255
www.suicidepreventionlifeline.org

