

Know Where to Go!

Oneida Behavioral Health Mental Health Navigation Guide

RESOURCES



Oneida Behavioral Health is a resource for mental health & substance abuse information, resources, programs and services.

<https://oneida-nsn.gov/resources/health/behavioral-health/>

ASSISTANCE



Call or Text 2-1-1 anytime for free assistance with human, social, mental and basic needs and for help during disaster situations.

SUPPORT



Call 920-436-8888 anytime when immediate support is needed to prevent a situation from becoming dangerous.

LIFELINE



The 988 Suicide & Crisis Lifeline provides 24/7, free and confidential support for people in distress as well as prevention and crisis resources for you and your loved ones.

CRISIS



Call 9-1-1 to request immediate assistance from police, fire and rescue personnel for any in-progress situation that could potentially result in danger to someone's life.

What to Expect

Crisis Counseling:

A crisis counselor will talk with you so they can understand the situation and help you problem-solve, explore options and possibly send help to deescalate the crisis.

If there are any concerns a person might harm them self or someone else, the crisis counselor will complete a risk assessment and work with you to determine what is needed to help the person be safe and stable.

Crisis counselors work to provide trauma-informed, person-centered support in the least restrictive way. Hospitalization does occur at times, as the last and least used option. Most people are healed by finding ways to increase support and reduce risk in their everyday life.

Crisis counseling is a short-term service to address an immediate mental health need. If ongoing services are needed, or if there are needs or services besides mental health support, the crisis counselor will help people connect with resources.

Follow up services will be provided to determine if the crisis has been resolved or if additional support is needed

9-1-1

Please call 9-1-1 for assistance if you or someone you know is in danger as a result of a mental health crisis.

For more information visit:

<https://oneida-nsn.gov/resources/health/behavioral-health/>

browncountyunitedway.org/2-1-1/

familyservicesnew.org/crisis-center/

