

HELPLINES in Madison

Briarpatch Youth Services

24-7 Helpline for teens and parents

(608) 251-1126

(800) 798-1126 Toll free for people in outlying rural

Trained volunteer counselors and staff operate this 24-hour helpline to help youth handle pressing needs involving personal safety, mental health problems, housing and other vital concerns. The Runaway and Homeless Youth Program is accessible 24-7, 365 days a year through the Helpline.

Domestic Abuse Intervention Services (DAIS)

(608) 251-4445;

24-7 Crisis Line

The DAIS Help Line, answered by trained volunteers and staff, provides crisis intervention, safety planning, support, information, and referrals to survivors of domestic abuse, and their families, friends, other service providers, and the general public. The Help Line is the gateway to all other DAIS services.

** Texting Help Line: simply text " Hope to 20121"; Monday through Friday, 8am-4pm.

Journey Mental Health Center Crisis Line

(608) 280-2600

24-7 Crisis line

Funded by Dane County Human Services, this line is staffed by Bachelor or Master trained counselors 7 days a week. They are equipped to see walk-in clients who may be suicidal or have AODA concerns. They respond to area hospitals for county funding and involuntary admission requests; located at 702 W Main St.

Narcotics Anonymous (NA); Alcoholics Anonymous (AA); Al-Anon

NA: (608)258-1747

AA: (608) 222-8989

Al-Anon: (608) 258-0314; English and Spanish

Anyone looking for help with their addiction can call (day or night) and will be connected with a member who is sober and has worked the 12 steps. Most often, members who answer the call will offer to pick the caller up for a meeting, to meet for coffee or bring a meeting to them.

Parent Stressline

(608) 241-2221 YOU CALL. WE LISTEN.

8am - 10pm 7 days/week; Spanish speaking services are available.

<http://www.canopycenter.org/p/parent-stressline.html>.

The Parent Stressline is staffed by trained parent advocates with a primary focus on reducing child abuse and neglect. It is available to parents and caretakers who are experiencing stress or who just need someone to listen; a program of the Canopy Center.

Rape Crisis Center

(608) 251-7273 (251-RAPE)

24-7 Helpline

Confidential crisis counseling, referral, and information available 24 hours a day, 7 days a week.

Recovery Dane

(608) 237-1661

9am - 3pm; Return inquiry calls within 24 hours **Monday through Friday**

<https://sites.google.com/a/recoverydane.org/recovery-dane/home>

https://danecountyhumanservices.org/News/recovery_dane.aspx

Recovery Dane is county-funded for Dane County residents dealing with mental health and substance use disorders. It makes referrals for assessments, provides non-crisis access point to Dane County resources, and serves as the hub for development of certified peer specialists.

Solstice Warmline

(608) 422-2383

4pm - 10pm Monday through Friday; Saturdays and Sundays 2pm -10pm

<http://thesolsticehouse.org/>

The Warmline is a non-clinical, non-emergency service staffed by certified peer specialists; a program of the Solstice House.

United Way 211

CALL 2-1-1 (*formerly First Call for Help*)

24-7 Helpline; assistance in almost any language

<https://www.unitedwaydanecounty.org/2-1-1/>

2-1-1 is an information and referral service that connects people to a community resource specialist for help: paying bills, seeking housing; support groups, food pantries, community clinics, and other resources and services.

OTHER

DrugFree.org: Helpline: 1-855-378-4373; English and Spanish

<http://naranon.com/> : Nar-Anon Family Groups Forum; Online forum/chat room

Center for Families Respite Center, Madison. (Not a Helpline). The Respite Center provides respite and crisis child care 24 hours a day, 7 days a week, to families experiencing high levels of stress. Call anytime or in an emergency or crisis situation (608) 244-5700. A Family Service Worker is available for support and to schedule child care. Children stay an average of 4-16 hours in a single visit; licensed and accredited care for children from birth through 14 years of age in a home-like facility.

In need of immediate or emergency services, call 911.