

## Where Can I Get Help?

Getting help for a mental health problem for you or someone you care about shows strength and smarts. Here is a list of several things you can do to find help.

**Talk with a trusted adult.** A trusted adult could be a parent, a teacher, a school counselor, a doctor, a religious leader or any other adult who you feel you can trust and you feel comfortable talking to. These individuals can help you find a professional who you can talk with. If you feel that the trusted adult who you have shared your concern with doesn't believe you or isn't helping you, continue talking to trusted adults until you get the help that you feel you need.

**Use the internet.** Visit Mental Health America's statewide directory to see what mental health or behavioral health services are offered by your county.  
<http://www.mhawisconsin.org/Content/statewideresources.asp>

**Contact Mental Health America of Wisconsin.** Visit [www.mhawisconsin.org](http://www.mhawisconsin.org) or call (414) 276-3122 to see what resources are available in your community.

**Check out Support Groups.** Sharing and hearing from other young people going through similar problems can be helpful. Check your local hospitals, schools, community centers or faith centers to see if they offer any support groups.

**If you are having thoughts about hurting yourself or ending your life, get help now. Call 1-800-273-TALK (1-800-273-8255) to be connected automatically to a crisis center near you.**

### **Crisis Hotline:**

Covenant House Nine Line ([www.nineline.org](http://www.nineline.org))

Operates a 24-hour teen crisis line.

1-800-999-9999



Source: [www.mpoweryouth.org](http://www.mpoweryouth.org)

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