NAMI Resources

**Alcohol Abuse**

**Campus**

**UHS Alcohol Abuse Services** (333 East Campus Mall, 7th floor)

Website:<http://www.uhs.wisc.edu/health-topics/alcohol-and-drugs/uhs-alcohol-tobacco-and-other-drug-abuse%20services.shtml> Phone: (608) 265-5600

All services at UHS Counseling and Consultation Services (C&CS) start with a drop-in, "Access" consultation to help them determine how best to assist you. During this time, you'll complete a brief form, followed by a brief consultation with a counselor who will listen to your concerns and discuss what resources might be most appropriate for you, whether at UHS or elsewhere in the community. You should go to the reception desk on the 7th floor of 333 East Campus Mall any time between 9 am and 4 pm, Monday through Friday. The earlier in the day the better.

On the website, they provide a link (e-Chug) which offers a self-evaluation regarding their drinking habits, tolerance level, genetic risk score, etc. The link to it is <https://interwork.sdsu.edu/echeckup/usa/alc/coll/index.php?id=UW-Madison&hfs=true>

·      **For students who grew up with an alcoholic parent(s), there is an Adult Children of Alcoholics group.  A student must first attend a drop-in assessment session with a professional counselor before they can join this group. During the spring 2012 semester, this group meets on Wednesdays from 3:30-4:45 pm.**

**Local**

**Connections Counseling**

Website: <http://connectionscounseling.com/> Phone: (608) 233-2100

They are an outreach clinic that offers alcohol and drug treatment to students.

**Smart Recovery**

Website:<http://www.smartrecovery.org/>  E-mail: info@madisonsmartrecovery.org

Phone: 608-873-7389 extension 6

This is a local support group that hosts a support group every day of the week (locations vary based on the day of the week you attend). The meetings are free, you do not need to sign up before you go, and anyone is welcome who has been affected in some way by addiction. The national website listed above also offers online meetings (voice and text) and a 24-hour chat room.

**Alcoholics Anonymous**

National Website: [www.aa.org](http://www.aa.org/)  Local Website:<http://www.aamadisonwi.org/>

E-mail: maico@tds.net Phone: (608) 222-8989

This is a nationally recognized 12-step program designed to help recovering alcoholics. The local website, e-mail, and phone number listed above is the way to contact the Madison Area Intergroup Central Office (MAICO). MAICO provides referrals and meeting information to people. If you are on the website and click on the AA meetings link on the side and then click on the Madison and Vicinity meetings link, you can find a listing of all the meetings that are offered each day of the week. Many of these locations hold group meetings multiple times a week, and there are a few locations that are on or very near campus (i.e. 306 N. Brooks St., 330 West Mifflin St., 1825 Regent St, etc.)

**Al-Anon**

National Website:<http://www.al-anon.alateen.org/>

Local Website:<http://www.soarwithafg.org/>

This group is nationally recognized support group for family and friends of people with alcohol issues. There is a meeting everyday of the week somewhere in Madison, but the locations on or near campus do not occur everyday of the week.

**Meriter Hospital’s NewStart Program**

Website:<http://www.meriter.com/content/?cm_id=263> Phone: (608) 417-8144

Address: 1015 Gammon Lane, Madison, WI 53719

This program offers a variety of substance abuse services based on people’s individual needs. The process starts with an assessment to determine the right level of treatment the person needs. They offer both outpatient and inpatient services.

**National/Online**

<http://www.addict-help.com/>

This website provides multiple resources for people who are directly or indirectly affected by alcohol and/or drug abuse. It not only offers recovery and treatment information, but it also information to families on how to administer an intervention, help a family member, and how to receive support themselves.

<http://alcoholism.about.com/>

This website provides a complete overview of everything that is linked with alcoholism: symptoms of alcoholism and withdrawal, treatment for alcohol problems, help for families, etc.

<http://www.alcoholichotline.com/> Phone: 1-866-800-1369

This website provides basic information on all the issues that surround alcoholism. It provides it’s 24 hotline number (1-866-800-1369) which people can call for immediate help or to get more in depth information on alcoholism and the treatment solutions that are available.

**Anxiety**

**Campus**

**UHS** (333 East Campus Mall, 7th floor)

Website: <http://www.uhs.wisc.edu/services/counseling/topics/anxiety.shtml>

Phone: (608) 265-5600

All services at UHS Counseling and Consultation Services (C&CS) start with a drop-in, "Access" consultation to help them determine how best to assist you. During this time, you'll complete a brief form, followed by a brief consultation with a counselor who will listen to your concerns and discuss what resources might be most appropriate for you, whether at UHS or elsewhere in the community. You should go to the reception desk on the 7th floor of 333 East Campus Mall any time between 9 am and 4 pm, Monday through Friday. The earlier in the day the better.

**Local**

**NAMI Dane County**

Website: <http://www.namidanecounty.org/> E-mail: contact@namidanecounty.org

Phone: (608) 249-7188

NAMI offers three weekly support groups for people living with mental illness. Unfortunately, none of them are on or near campus. These groups are free and no registration is needed.

**National/Online**

<http://www.stress-anxiety-depression.org/>

This website provides informative articles and resources for stress, anxiety, and depression.

<http://www.livingwithanxiety.com/>

This website is very comprehensive in that it provides information on all types of anxiety disorders, self tests for these disorders, support group forums, videos, and blogs.

**Bipolar Disorder**

Online Resources

<http://www.bipolar-disorder-help.com/>

This website features information and articles about Bipolar Disorder. They also have a live chat feature and a confidential call line so people can talk to someone about receiving help for Bipolar Disorder.

<http://www.bipolarsupport.org/>

**Depression**

**Campus**

**UHS** (333 East Campus Mall, 7th floor)

Website: <http://www.uhs.wisc.edu/services/counseling/topics/depression.shtml>

Phone: (608) 265-5600

All services at UHS Counseling and Consultation Services (C&CS) start with a drop-in, "Access" consultation to help them determine how best to assist you. During this time, you'll complete a brief form, followed by a brief consultation with a counselor who will listen to your concerns and discuss what resources might be most appropriate for you, whether at UHS or elsewhere in the community. You should go to the reception desk on the 7th floor of 333 East Campus Mall any time between 9 am and 4 pm, Monday through Friday. The earlier in the day the better.

**Local**

Depression & Bipolar Support Group Meetup

Website: <http://depression.meetup.com/cities/us/wi/madison/> Location:  [Westminster Presbyterian Church](http://www.meetup.com/depressionbipolarsupport/venue/?eventId=49887412&popup=true&venueId=4291052), 4100 Nakoma Road

This group meets every week on Fridays at 5:45 pm. It is peer led, free, and does not require registration.

**National/Online**

<http://www.depressiontribe.com/>

This website provides depression related information, forums, blogs, games, and information on local groups to get involved in.

<http://www.depression-screening.org/>

This website provides you with a free depression screening. Please note: The screening test on this web site is intended solely for the purpose of identifying the symptoms of depressive disorders, and is not designed to provide a diagnosis for clinical depression.

**Drug Abuse**

**Campus**

**UHS Drug Abuse Services** (333 East Campus Mall, 7th floor)

Website:<http://www.uhs.wisc.edu/health-topics/alcohol-and-drugs/uhs-alcohol-tobacco-and-other-drug-abuse%20services.shtml> Phone: (608) 265-5600

They offer screening, assessment, and referral services for people dealing with alcohol related issues. They cannot provide AOD assessments or AOD counseling for the judiciary system. So if a student receives a DUI and is ordered by the court to have AOD counseling, UHS cannot provide this, but they can provide a student with a list of appropriate options.

**UW Health-Gateway Recovery Center**

Phone: (608) 278-8200 or (888) 703-2778

UW Health is an outpatient clinic that provides people with outpatient substance abuse services. They charge like any kind of normal service (either through insurance or sliding pay scale) so it might be best to go through UHS first so you can ask them to refer you to the services in the area that work best with financial and mental health needs.

**Local**

**Connections Counseling**

Website: <http://connectionscounseling.com/> Phone: (608) 233-2100

They are an outreach clinic that offers alcohol and drug treatment to students.

**Narcotics Anonymous (NA)**

National Website: <http://www.na.org/> Local Website: <http://www.badgerlandna.org/>

Free, Local Help Line: 888-431-7526 E-mail: trusted\_servants@badgerlandna.org

NA is a nationally known support group that holds various meetings in Madison daily, but the locations in the campus area do not offer daily meetings. There are a few locations on campus that meet at least once a week though (i.e. 1625 University Ave, 435 West Johnson St., etc.). Be sure to check on the website what type of meeting it is (open or closed) as “closed” meetings are for addicts only, but open meetings welcome friends, family, and the public.

**National/Online**

<http://www.addict-help.com/>

This website provides multiple resources for people who are directly or indirectly affected by alcohol and/or drug abuse. It not only offers recovery and treatment information, but it also information to families on how to administer an intervention, help a family member, and how to receive support themselves.

[http://www.addiction.cc](http://addiction.cc/) Phone: 866-379-8358

This website tells you about the 24-Hour Addiction Treatment and Intervention Assistance it provides. It also has an online contact box that allows you to send them a message if you do not want to call the hotline first, and a counselor will call you back. Anytime you call the hotline (866-379-8358), you will talk to a counselor for assistance.

<http://nationalsubstanceabuseindex.org/> Phone: 1-877-340-0184

This website provides addiction on getting help, how to help others, links to more resources and related federal agencies, federal laws on alcohol and drugs, and information on the drug climate in each state. The 24-hour hotline (1-877-340-0184) provides people with immediate program referral for drug and/or alcohol abuse treatment.

**Eating Issues/Body Image**

**Campus**

**UHS Counseling Services** (333 East Campus Mall, 7th floor)

Website:<http://www.uhs.wisc.edu/>   Phone: (608) 265-5600

All services at UHS Counseling and Consultation Services (C&CS) start with a drop-in, "Access" consultation to help them determine how best to assist you. During this time, you'll complete a brief form, followed by a brief consultation with a counselor who will listen to your concerns and discuss what resources might be most appropriate for you, whether at UHS or elsewhere in the community. You should go to the reception desk on the 7th floor of 333 East Campus Mall any time between 9 am and 4 pm, Monday through Friday. The earlier in the day the better.

·      **Students interested in meeting with a nutritionist should call 608-265-5600 (option #2) to set up an appointment.**

**Campus Women’s Center** (800 Langdon St., Memorial Union, 4th floor)

Website:<http://campuswomenscenter.rso.wisc.edu/>

E-mail: cwc.supportservices@gmail.com  Phone: (608) 262-8093

They hold anonymous peer-facilitated, drop-in support groups for women on different topics. They have a body image support group that is led by a trained student facilitator.

·      **Interested students can attend meetings weekly on Fridays at 4 pm in the Campus Women’s Center office.**

**Local**

**Eating Disorders Support Group** (@ Covenant Presbyterian Church, 326 Segoe Rd.)

·      **Meetings are held weekly on Mondays at 7:15pm. Call ahead to attend Phone: 608-221-0146.**

**National/Online**

<http://www.something-fishy.org/>

This website provides a lot of information on eating disorders and resources of support.

[www.eatingdisorderhope.com](http://www.eatingdisorderhope.com/)

This website provides many valuable resource tools: self-help and professional.

<http://www.eatingdisorderselfhelp.com/>

This is an eating disorder self-help site that has many forums where people with eating issues/disorders can talk and support each other.

<http://edanonymous.blogspot.com/>

This is an eating disorders anonymous online support group.

**General**

**Campus:**

**UHS Counseling Services** (333 East Campus Mall, 7th floor)

Website:<http://www.uhs.wisc.edu/>   Phone: (608) 265-5600

All services at UHS Counseling and Consultation Services (C&CS) start with a drop-in, "Access" consultation to help them determine how best to assist you. During this time, you'll complete a brief form, followed by a brief consultation with a counselor who will listen to your concerns and discuss what resources might be most appropriate for you, whether at UHS or elsewhere in the community. You should go to the reception desk on the 7th floor of 333 East Campus Mall any time between 9 am and 4 pm, Monday through Friday. The earlier in the day the better.

**Local:**

**Journey Mental Health Care:** <http://www.journeymhc.org/> Journey MHC (formerly Dane County Mental Health Care) offers a variety of resources and support including individual counseling, group counseling, and various assessments.

**NAMI Dane County:** <http://www.namidanecounty.org/> NAMI Dane County offers support to those dealing with mental illness.  They have support group meetings, provide all sorts of educational resources, and engage in advocacy in the community to fight the stigma of mental illness.

**National:**

**ReachOut.com:** [us.reachout.com](http://us.reachout.com/) ReachOut.com is an online resource that provides statistics and real stories about a variety of issues.  It is geared more towards teens but is a great resource nonetheless.

**JED Foundation:** [www.jedfoundation.org](http://www.jedfoundation.org/) The JED Foundation promotes good emotional and mental health amongst college students and works on raising awareness about suicide prevention.  JED is dedicated to decreasing the stigma of emotional disorders and raising awareness over the warning signs of suicide and emotional disorders.

**Be Smart. Be Well.:** <http://besmartbewell.com/mental-health/index.htm> Be Smart Be Well is a website that offers advice and stories for living a healthy lifestyle.  They offer up advice and information on a variety of topics ranging from food safety to childhood obesity to mental health.

**Grief/Bereavement**

**Campus:**

**UHS Counseling Services** (333 East Campus Mall, 7th floor)

Website:<http://www.uhs.wisc.edu/>   Phone: (608) 265-5600

All services at UHS Counseling and Consultation Services (C&CS) start with a drop-in, "Access" consultation to help them determine how best to assist you. During this time, you'll complete a brief form, followed by a brief consultation with a counselor who will listen to your concerns and discuss what resources might be most appropriate for you, whether at UHS or elsewhere in the community. You should go to the reception desk on the 7th floor of 333 East Campus Mall any time between 9 am and 4 pm, Monday through Friday. The earlier in the day the better.

**Local**

**Journeys (formerly Dane County Mental Health Center)-** [http://www.mhcdc.org](http://www.mhcdc.org/) Provides a source

**Bethel Lutheran Church:** Support group and one-on-one counseling for those dealing with grief.

**Jewish Experience of Madison-** <http://www.jemuw.com/index.php> Provides resources and support for Jewish students on campus and provide support through difficult times.

**National/Online**

 <http://helpguide.org/mental/grief_loss.htm>  A comprehensive guide on all of the causes, stages, symptoms, and how to deal with the grief.

<http://www.journeyofhearts.org/> Offers up a lot of support and is mentioned as a place of healing. Provides a lot of useful tips about grief recovery.  Also provides additional resources.

<http://griefnet.org/> An internet community that offers support groups for people dealing with grief.  These internet support groups are e-mail based.  This website also offers up additional resources.

**LGBTQ**

**Campus**

**LGBT Campus Center**

Website: <http://lgbt.wisc.edu/> E-mail: lgbt@studentlife.wisc.edu Phone: (608) 265-3344

The center many programs such as a leadership program, involvement program, and mentor program. Their website lists the student organizations that are connected with LGBT Campus Center as well as information on the support groups they provide for students. They offer a general LGBT support group as well as a transgender and Bi/Pan/Fluid group.Their website also provides many more campus and national resources for students to check out.

**Ten Percent Society**

Website: <http://tps.rso.wisc.edu/> E-mail: tenpercentsociety@gmail.com

This is a student organization that is geared towards providing a safe space for LGBTQ students and allies. They hold a lot of social events so students while have fun in an environment free from discrimination while fighting discrimination and homophobia on campus and beyond. Meetings are held every Wednesday at 7:30 in the LGBT Campus Center (Memorial Union, 2nd floor).

**Local**

**OutThere**

Website: <http://www.outtheremadison.org/>

This group provides LGBTQ young adults(ages 18-24) in the Madison area with a safe space to meet, socialize, and support each other.

**National/Online**

**The Trevor Project (& Lifeline)**

Website: <http://www.thetrevorproject.org/> Phone: 1-866-488-7386

This organization provides crisis intervention and suicide prevention for LGBTQ youth. On their website, you can use “Ask Trevor” in which you submit a question and receive a response back, or you can use their “TrevorChat” which is available on Fridays from 3 pm - 11 pm CST (this chat is intended for those not at risk for suicide). The phone number (1-866-488-7386) is the national, 24-hour crisis intervention lifeline for LGBTQ youth.

**GLBT National Help Center**

Website: <http://www.glbtnationalhelpcenter.org/> E-mail: youth@GLBTNationalHelpCenter.org Hotline: 1-888-843-4564 Youth Hotline: 1-800-246-PRIDE (7743)

This website is geared towards providing the LGBTQ community with support. They offer an online peer support chat Monday-Friday from 3 pm to 11 pm CST and Saturdays from 11 am to 4 pm CST. Both hotlines offer peer counseling and can connect callers with local resources. The first hotline listed is available for people of any age, but the youth hotline is meant for people up the age of 25. The peer counselors on the youth hotline are actually in their teens and early 20s like the people who would be calling into this hotline. These hotlines are not available 24 hours a day, but they are available Monday through Friday 3 pm to 11 pm CST and Saturdays from 11 am to 4 pm CST. You can also e-mail a question to them using the e-mail above.

**Schizophrenia**

**Online**

**Schizophrenia.com-**

**Self-Injury**

**Campus**

**UHS Counseling Services** (333 East Campus Mall, 7th floor)

Website:<http://www.uhs.wisc.edu/>   Phone: (608) 265-5600

All services at UHS Counseling and Consultation Services (C&CS) start with a drop-in, "Access" consultation to help them determine how best to assist you. During this time, you'll complete a brief form, followed by a brief consultation with a counselor who will listen to your concerns and discuss what resources might be most appropriate for you, whether at UHS or elsewhere in the community. You should go to the reception desk on the 7th floor of 333 East Campus Mall any time between 9 am and 4 pm, Monday through Friday. The earlier in the day the better.

**Local**

 **Self-Injury Support Group @ Edgewood College** S.I.S.G@hotmail.com It is a confidential support group for self-injurers, former self-injurers, concerned friends, or anyone looking for more infomation on the subject of self-injury.

**National/Online**

**S.A.F.E. Alternatives**

Website:<http://www.selfinjury.com/>  E-mail: info@selfinjury.com

Phone: 800-DONTCUT

It provides information valuable information on cutting/self-injury.

<http://helpguide.org/mental/self_injury.htm>

This site provides valuable information on why people self-cut and steps to take to overcome self-harming behaviors.

**Self-Injury Foundation**

Website:<http://www.selfinjuryfoundation.org/> Phone: 1-800-334-HELP

**Sexual Assault**

**Campus**

If you have been sexually assaulted, call 608-251-RAPE (Rape Crisis Center 24-hour hotline).

If you are experiencing dating or domestic violence, call 608-251-4445 (Domestic Abuse Intervention Services 24-hour crisis hotline).

If you are being stalked, call 608-264-COPS (UW-Madison campus police) or 608-266-4275 (Madison police).

**Rape Crisis Center Campus Office** (333 East Campus Mall, Room 7901)

Website: <http://www.danecountyrcc.org/>  E-mail: rapecrisis@mail.studentorg.wisc.edu

Phone: (608) 265-6389    24 Hour Crisis Line: (608) 251-7273

This location offers education services, advocacy and counseling to sexual assault survivors. A counselor is available for appointments 9 a.m. to 5 p.m. Monday through Friday. The location is at 333 East Campus Mall, room 7901.

**Sexual Assault Nurse Examiner (SANE)**

Website:<http://www.meriter.com/content/?cm_id=188> Phone: 608-417-5916

Youtube Video Description:<http://www.youtube.com/watch?v=DhOQVjfEgig>

  This is a local service that is linked with UW’s initiative to end sexual assault. Medical and forensic examinations are done at Meriter Hospital (near campus on Park Street) for sexual assault victims and follow-up medical services to guard against STIs and pregnancy; provides emergency contraception; and [SANE](http://www.meriter.com/MHS/HOSPITAL/sane.htm) can coordinate with the Rape Crisis Center to make an advocate available at the time of exam.

**University Health Services: Medical**

Website: [http://www.uhs.wisc.edu](http://www.uhs.wisc.edu/) Phone: 608-265-5600

The health services provided for victims of sexual assault and intimate partner violence (and their families) are treatment of injuries, emergency contraception, pregnancy testing, HIV testing and counseling and screening/treatment for other STIs; UHS does not perform forensic examinations, but these are available via Meriter Hospital’s SANE program. The Dane County Rape Crisis Center has an office in East Campus Mall (room 7901) which offers students free, confidential counseling/advocacy.

**Campus Women’s Center-Sexual Assault Survivors Support Group**

Website:<http://campuswomenscenter.rso.wisc.edu/>

E-mail: cwc.supportservices@gmail.com Phone: (608)262-8093

This group is for female students. You don’t have to sign up, you can remain anonymous, and share whatever information you are comfortable with. The group meets every Tuesday from 5:30-7pm in the Campus Women’s Center office (4th floor, Memorial Union).

**Local**

**Dane County Rape Crisis Center**

Website: <http://danecountyrcc.org/> E-mail: info@danecountyrcc.org

Phone: 608-251-5126  **Crisis Line: 608-251-7273**

Spanish Language Help Line: (608) 258-2567

Their website provides information on rape, sexual assault, and self defense. They also provide free medical and legal advocacy 24 hours a day, free sexual assault counseling for survivors and family members and friends. They also provide free, drop-in support groups on campus (for the general public). If you are interested, in the groups you should call their general phone number listed above before attending.

**National/Online**

<http://www.uhs.wisc.edu/assault/documents/sadv.pdf>

This is the brochure from UW-Madison geared towards informing students how to end sexual assault, dating violence, and stalking.

National Domestic Violence Hotline: 1−800−799−SAFE (7233) or TTY 1−800−787−3224

National Sexual Assault/RAINN Hotline: 1-800-656-HOPE (4673).

**Social Anxiety**

**Campus**

**UHS Counseling Services** (333 East Campus Mall, 7th floor)

Website:<http://www.uhs.wisc.edu/>   Phone: (608) 265-5600

All services at UHS Counseling and Consultation Services (C&CS) start with a drop-in, "Access" consultation to help them determine how best to assist you. During this time, you'll complete a brief form, followed by a brief consultation with a counselor who will listen to your concerns and discuss what resources might be most appropriate for you, whether at UHS or elsewhere in the community. You should go to the reception desk on the 7th floor of 333 East Campus Mall any time between 9 am and 4 pm, Monday through Friday. The earlier in the day the better.

They have a variety of therapy groups that are focused on treating this issue and similar issues like the social anxiety group, the mindfulness-based anxiety group, and groups focused on social skills and navigating the dating world.

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**Local**

**Madison Social Phobia Group**

Website: <http://www.meetup.com/madison-socialphobia/>

The group is meant for people who have been diagnosed with Social Anxiety Disorder (SAD)/Social Phobia or those who think they have it. The group is meant to be therapeutic and to help people socialize. The group strives to create a local media network of people with SAD so they can gather information and resources to help improve each other’s lives.

**National/Online**

<http://www.socialanxietysupport.com/>

This website is a comprehensive website dedicated to helping people living with Social Anxiety. It provides a lot of information on what Social Anxiety is, what treatments are available, reviews of these treatments, and lists of local support groups. The website also provides online forums for people living with SAD so they can make connections, give and receive advice, and support one another.

<http://www.socialphobia.org/>

This website provides a description of what SAD is and how it can affect a person’s life, links to more social anxiety resources, and an invitation to join their mailing list.

<http://socialanxietydisorder.about.com/od/sadandworkschool/a/college.htm>

This is an article that explains what SAD is, how it can affect you in college, tips to help relieve your social anxiety in different kinds of situations, and links to additional articles and resources.

**Veterans**

**Campus**

**Vets for Vets**<http://uwvetsforvets.ning.com/> Vets for Vets is a student veteran program on campus.  It is run by veterans for veterans and provides plenty of resources for veterans dealing with a variety of topics including Financial Aid, internships, dealing with anxiety or reintegration, and relationship issues.  It also serves as a place for veterans to meet other veterans on campus.

**Assistant Dean for Veterans-John Bechtol**

E-mail: jbechtol@odos.wisc.edu Phone: (608) 263-5700 Location: Bascom Hall, Room 75 or Room 93

Student veterans can go talk to the Assistant Dean for Veterans to receive assistance or to be referred to most appropriate resources for their needs.

**McBurney Disability Center**

Website: <http://www.mcburney.wisc.edu/> E-mail: mcburney@studentlife.wisc.edu

Phone: (608) 263-2741 Text: (608) 225-7956

They offer all students with disabilities or injuries that hurt their school performance with the appropriate accommodations. They have specialists who specifically work with veterans on campus.

**Local**

**Madison’s VA Hospital**

Website: <http://www.madison.va.gov/> Phone: (888) 478-8321 or (608) 256-1901

Address: 2500 Overlook Terrace Madison, WI 53705

The VA hospital is meant specifically for veterans to give them the assistance they need for courageously serving our country. They can provide both physical and mental health assistance.

**Madison Veterans Center**

Website: <http://www.madison.va.gov/services/vetcenter.asp> Phone: (800) 842-6355,

(608) 264-5342, or (608) 256-1901 ext 16950 Location: 706 Williamson Street

Madison, WI 53703

The veterans center provides community based counseling support for combat veterans.

**National/Online**

**PurpleStar for Veterans and Families**

Website: <http://www.veteransandfamilies.org/home.html> E-mail: treedgrant@aol.com

This website was created and is supported by family members and friends of veterans who want to ensure that veterans make a successful transition back to civilian life. The website offers information on what problems veterans might have when they return home, why vets don’t always seek help, what you can do to help veterans.

**Veteran Crisis Line**

Website: <http://www.veteranscrisisline.net/> Crisis Line: 1-800-273-8255 Press 1

Text: 838255

The website provides a 24-hour online chat services for veterans or family members, resources for assistance for veterans and their families, and a self check quiz . The crisis line and text message service are also open 24 hours a day to assist veterans or family members.

**NAMI**

Website: [http://www.nami.org/**veterans**/](http://www.nami.org/veterans/)

NAMI provides resources for any kind of issue or any group of veterans. For example, they list resources for veterans with PTSD and/or other mental illnesses, for women, for minorities, for the homeless, and for family members. They also provide links to the many online discussion groups there are for veterans.