

## COVID-19 SUPPORT RESOURCES

# MENTAL ILLNESS & TELE-HEALTH SUPPORT



Resources below are for any individual, family, and community member impacted by mental illness. As therapists are not able to meet with clients in person, online virtual tele-health appointments are becoming more accessible. Please see reverse side for a list of local Sheboygan County therapists now providing tele-health appointments.

## MENTAL ILLNESS ORGANIZATIONS

### MENTAL HEALTH AMERICA IN SHEBOYGAN COUNTY

1-920-458-3951

info@mhasheboygan.org

www.mhasheboygan.org TOOLKIT  
Tele-Health during COVID-19

### NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

1-800-950-NAMI

info@nami.org

www.nami.org TOOLKIT

### PSYCHHUB

Comprehensive collection of all the best mental health organizations in the country & their resources in one place.

www.psychhub.com

### AMERICAN PSYCHIATRIC ASSOCIATION APA

www.psychiatry.org What is Tele-Health?

### AMERICAN FOUNDATION FOR SUICIDE PREVENTION

www.afsp.org TOOLKIT

### MENTAL HEALTH AMERICA

www.mhanational.org

## EMERGENCY CRISIS LINES

### CRISIS TEXT LINE

Text MHA to 741741  
www.crisistextline.org

### SAFE HARBOR OF SHEBOYGAN

(920) 452-7640

www.sheboygansafeharbor.org

### DISASTER DISTRESS HELPLINE SAMSHA

1-800-985-5990

text TalkWithUs to 66746

www.samhsa.gov

### SHEB CO MOBILE CRISIS

24/7 mental health emergency and suicide prevention support.

920-459-3151 or call 911

### NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

www.suicidepreventionlifeline.org

## TELE-HEALTH & VIRTUAL TOOLS

### ROGERS BEHAVIORAL TELE-HEALTH

1-800-767-4411

www.rogersbh.org/connectcare

### APPS

Mental Health Support - [mobile.va.gov](http://mobile.va.gov)

Recovery Support - [rogersbh.org](http://rogersbh.org)

### SUPPORT GROUPS

<https://www.inspire.com/groups/mental-health-america/>

MHA Suicide Loss Support Group

### WEBSITES

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

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

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

### MHA ONLINE THERAPIST DIRECTORY

Contact individual therapists for information on their tele-health availability. See reverse side for list of local therapists.

[www.search.mhasheboygan.org](http://www.search.mhasheboygan.org)

  
Mental Health America  
in Sheboygan County  
[www.mhasheboygan.org](http://www.mhasheboygan.org)

**SHEBOYGAN COUNTY TELE-HEALTH THERAPISTS**

| THERAPIST          | AGENCY                      | PHONE        | TAKING NEW CLIENTS? | INSURANCE               | WEBSITE   |
|--------------------|-----------------------------|--------------|---------------------|-------------------------|---|
| Carol Sherman-Haid | Insights Therapy            | 920-482-1250 | Yes                 | Does not take insurance | <a href="http://www.insightstherapyinc.com">http://www.insightstherapyinc.com</a>                                     |
| Sheri Severson     | Lifepoint Counseling        | 920-892-7606 | Limited             | Most Insurance Accepted | <a href="https://lifepointwi.com">https://lifepointwi.com</a>   |
| All                | Northshore Clinic           | 920-457-8866 | Yes                 | Most Insurance Accepted | <a href="http://www.northshoreclinic.org">http://www.northshoreclinic.org</a>   |
| Tina Gray -Siebers | Yurk Counseling             | 920-287-0406 | Yes                 | Most Insurance Accepted | <a href="https://yurkcounseling.com/tina-gray-siebers-ms-lpc">https://yurkcounseling.com/tina-gray-siebers-ms-lpc</a> |
| Wendy Yurk         | Yurk Counseling             | 920-287-0406 | Yes                 | Most Insurance Accepted | <a href="https://yurkcounseling.com/wendy-yurk-ms-lpc">https://yurkcounseling.com/wendy-yurk-ms-lpc</a>               |
| Christine Jenkins  | Nett Work                   | 920-451-6908 | Yes                 | Most Insurance Accepted | <a href="http://www.nett-workfamilycounseling.org">http://www.nett-workfamilycounseling.org</a>                       |
| Aurora Advocate    |                             | 920-453-3900 | Yes                 | Most Insurance Accepted |   |
| Tina Ottman-Boykin | Lifepoint Counseling        | 920-892-7606 | Yes                 | Most Insurance Accepted | <a href="https://lifepointwi.com">https://lifepointwi.com</a>   |
| Cynthia Carlson    | Ozaukee Community Therapies | 920-227-5929 | Yes                 | Most Insurance Accepted | <a href="http://www.ozaukeecommunitytherapies.com">http://www.ozaukeecommunitytherapies.com</a>                       |
| Kathy Herzog       | Ozaukee Community Therapies | 920-207-6453 | Yes                 | Most Insurance Accepted | <a href="http://www.ozaukeecommunitytherapies.com">http://www.ozaukeecommunitytherapies.com</a>                       |
| Barb Anderson      | LMFT Counseling Services    | 920-453-0330 | Yes                 | Most Insurance Accepted |   |
| Laurie Lawrenz     | Labor of Love               | 920-783-8422 | Yes                 | Most Insurance Accepted | <a href="https://www.laboroflovecenters.com">https://www.laboroflovecenters.com</a>                                   |
| Tami Feld          | Ozaukee community Therapies | 920-946-3481 | Yes                 | Most Insurance Accepted | <a href="http://www.ozaukeecommunitytherapies.com">http://www.ozaukeecommunitytherapies.com</a>                       |
| All                | Dynamic Family Solutions    | 920-323-7431 | Yes                 | Yes & Medicaid          | <a href="https://www.dynamicfamilysolutions.com">https://www.dynamicfamilysolutions.com</a>                           |
| Dr. Craig Abrams   | Northshore Clinic           | 920-395-4060 | Yes                 | Most Insurance Accepted | <a href="http://northshoreclinic.org/index.php">http://northshoreclinic.org/index.php</a>                             |
| Dione Gisch        | Novo Counseling             | 414-333-8088 | Yes                 | Most Insurance Accepted | <a href="http://www.novocounseling.com">http://www.novocounseling.com</a>   |
| Jim Harriman       | Northshore Clinic           | 920-457-8866 | Yes                 | Most Insurance Accepted | <a href="http://northshoreclinic.org/index.php">http://northshoreclinic.org/index.php</a>                             |

Visit [www.search.mhasheboygan.org](http://www.search.mhasheboygan.org) to see our most up to date & complete list of local therapists. Please contact them individually in regards to their tele-health and current client accessibility.