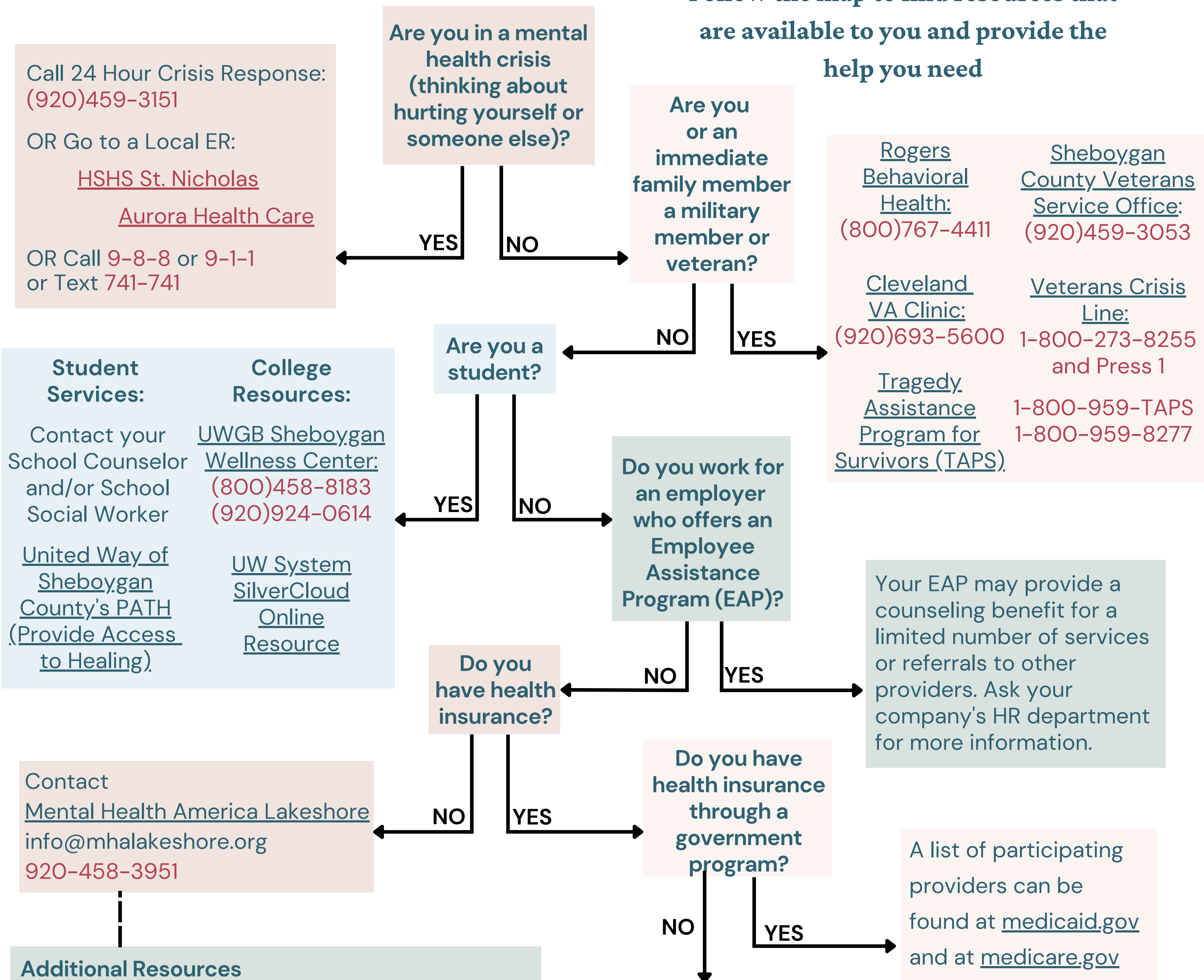


Where to Go?

A Mental Health Services Roadmap for Sheboygan County Community

Making the first step to seek help can be overwhelming. Use this decision map to figure out your options.

Follow the map to find resources that are available to you and provide the help you need



Additional Resources
 Aurora Behavioral Health: (920) 453-3900
 Prevea Behavioral Health: (920) 458-5557
 Lakeshore Community Health Care: (920) 783-6633
 Well Badger Resource Center: 1-800-642-7837
 Vista Care/Open Door: (920) 457-0826
 Health & Human Services: (920) 459-3207

If you connect with a religious community, You may find it helpful to speak to a religious leader who can be a support to the professional services you receive. Please ensure they have a counseling credential.

Contact your **Primary Care Provider** for referrals to mental health specialists or to prescribe care.

Contact your **Insurance Company** for a list of providers in your network, which can result in lower costs. You may have to call more than one provider to see who is taking new patients for wait times.

****Level of care, insurance eligibility, and payment arrangements varies by facility. Listing on this document does not guarantee availability or admission.****

