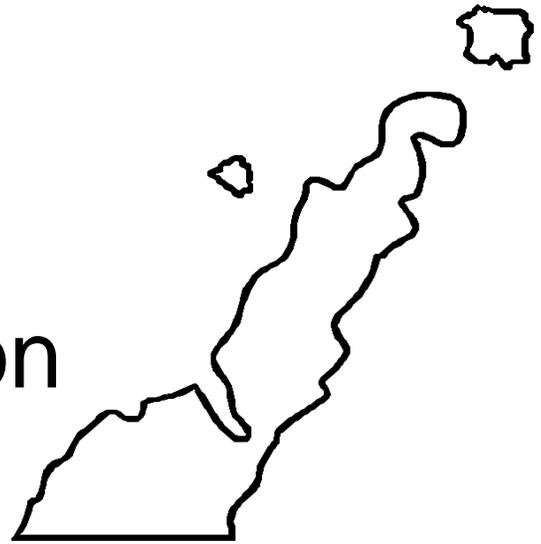
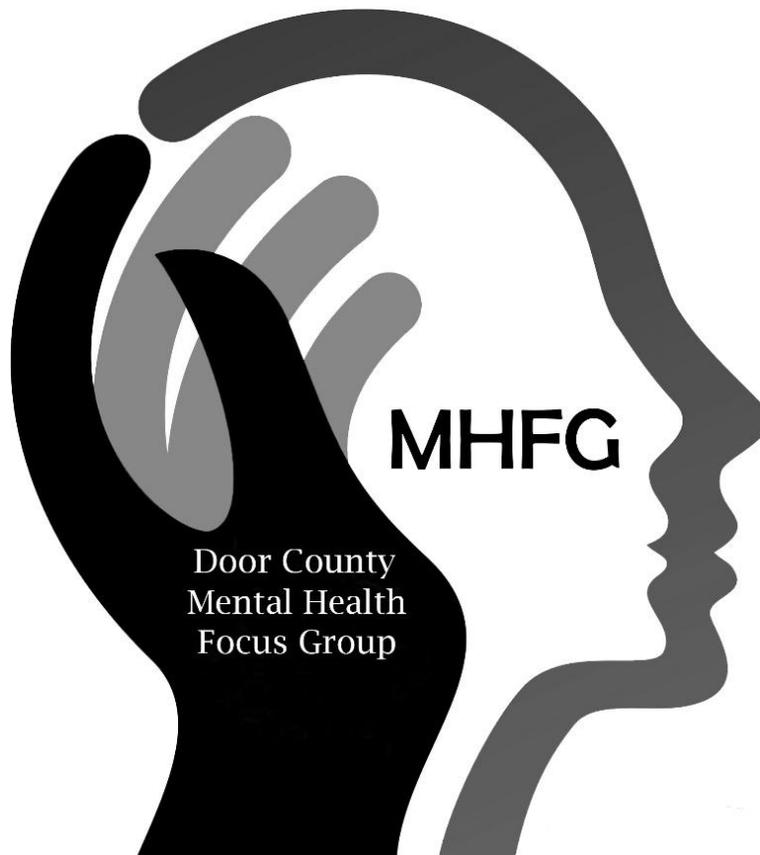


Door County Mental Health & Crisis Prevention Resource Guide



Hope
CHANGES EVERYTHING



Revised December 2025

Door County Mental Health & Crisis Prevention Resource Guide

If you would like to suggest additions or corrections, please send an e-mail to publichealth@co.door.wi.us or call Door County Public Health at 920-746-2234.

Revised August 2025

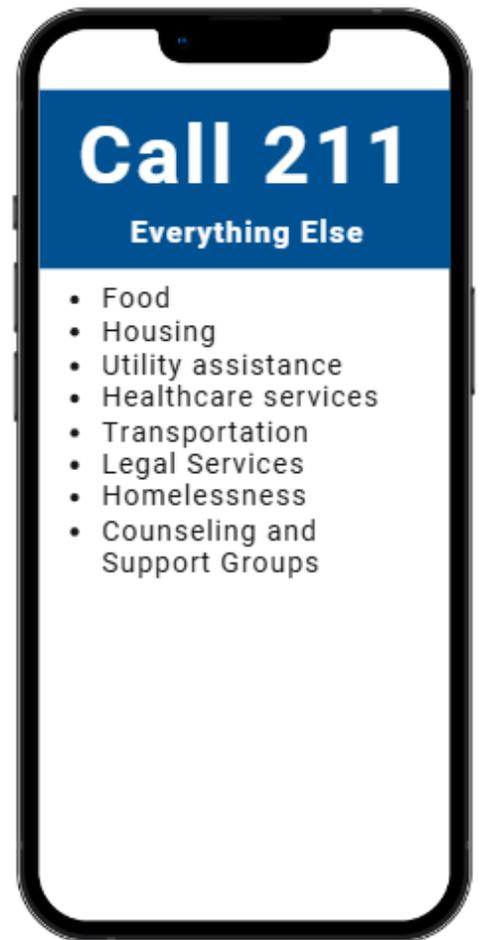
Disclaimer:

This list was compiled as a collaborative effort by numerous individuals invested in the mental health of Door County citizens. It may not be all-inclusive or completely accurate. The County of Door accepts no liability for the consequences of any actions taken on the basis of the information listed in this resource guide. The user assumes the risk related to the use of any of this information.



The graphic features the CredibleMind logo (a stylized 'M' with a yellow circle) and the text 'CredibleMind' in blue and orange. Below it, the text reads 'A NEW TOOL TO HELP IMPROVE YOUR MENTAL HEALTH AND WELLBEING'. To the right, an illustration shows a woman in a yellow shirt sitting on the floor with a laptop and a mug. To the left, an illustration shows a woman in a pink top and a man in a blue shirt practicing yoga. At the bottom right, the Door County Mental Health Hub logo (a stylized head profile with gears) is shown above the text 'Get started today: doorcounty.crediblemind.com'. A QR code is located at the bottom center.

Access to Mental Health Services in Door County



Emergency Contacts

Important Emergency Numbers

1

Fire, Police, Sheriff’s Department or Rescue/Ambulance	911
Crisis/Suicide Lifeline 24/7	988
Poison Control Center	(800) 222-1222

Important Non-Emergency Numbers

Information & Referral Information	Dial 2-1-1
Door County Sheriff’s Department	(920) 746-2400
Prevea Care After Hours in partnership with Door County Medical Center 24/7	(920) 405-1415
Sturgeon Bay Police Department	(920) 746-2450
Sturgeon Bay Fire Department	(920) 746-2916
Sister Bay/Liberty Grove Fire Department	(920) 854-4021
Sturgeon Bay Rescue/Ambulance	(920) 743-5461
Sister Bay/Liberty Grove Rescue/Ambulance	(920) 854-4333
Text “HOME”	741741

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Prevent Suicide Door County	28-29

Door County Mental Health & Crisis Prevention Resource Guide

Organizations/Contacts

Agency	Contact	Page #'s
Alcoholics Anonymous Hotline for Door and Kewaunee Counties	(855) 746-0901	23
Bay Counseling Clinic	(920) 743-4428	9, 16, 17
Bay Psychiatry of Wisconsin	(920) 238-8155	17
Clinical and Counseling Psychology - Dennis White, Ph.D., Licensed Psychologist	(920) 746-1346	17
Crisis/Suicide 24/7 Lifeline (Health and Human Services)	(920) 746-2588 or 988	11
Door County Critical Incident Stress Management Program	(920) 746-1346	11
Door County Alcohol & Other Drug Coalition	(920) 421-2166	22
Door County Deflection	(920) 746-5669	24
Door County Department of Health and Human Services	(920) 746-7155	9, 11, 17, 23
Door County Medical Center Behavioral Health Services	(920) 746-3571	10, 16, 18
Door County Medical Center Substance Abuse Services	(920) 746-3571	24
Dynamic Family Solutions	(920) 323-7431	18
Emplify Health (formerly Bellin)	(920) 433-6073	9, 18, 25
HELP of Door County, Inc.	(920) 743-8785	12
Hispanic Resource Center of Door and Kewaunee Counties, Inc.	(920) 559-1878	14
Hope Counseling Service	(262) 902-6128	19
Hope Through Healing Grief Workshop: Life After the Loss of a Spouse	(920) 743-4705	13
JAK's Place	(920) 818-0525	21
Jodi Rose Studio, LLC	(920) 234-6399	10, 19

Door County Mental Health & Crisis Prevention Resource Guide

Agency	Contact	Page #'s
Mental Health America of Wisconsin	mhawisconsin.org	27
NAMI Wisconsin (National Alliance on Mental Illness)	Toll Free 833-860-5400 or 608-268-6000	21
Narcotics Anonymous Support Hotline - Wisconsin	(866)-285-7830	24
National Bullying Prevention Center	pacer.org/bullying	27
National Crisis/Suicide 24/7 Lifeline	988	27
Northern Door Cancer Support Group	(920) 854-4080	13
Open Door Pride	(920) 724-1987 opendoorpride.org	15
Orchard Loft Wellness, LLC	(920) 363-2451 orchardloftwellness.com	10, 19
SAIL: Senior Advocacy for Independent Living	(920) 333-1083	21
Sexual Assault Center - Family Services	(920) 746-8996	23
Senior Life Solutions	(920) 746-3778	19
Starkey Hearing Foundation	1-800-328-8602	14
STRIDE Creative	StrideCreativeDC.com	20
Substance Abuse and Mental Health Services Administration	SAMHSA.gov	27
Survivors of Suicide - Door County	(920) 559-0220 (April) (920) 559-9117 (Katie)	13
Toni Christenson	(920) 823-2203	20
Unity Grief and Education Center	(920) 339-6700 griefcenter@unityhospice.org	13
Veterans Service - Door County	(920) 746-2226	26
Veterans Crisis Line - National	988, Press 1	26
Wisconsin Lions Foundation Hearing Program	1-877-463-6953	14

Area School Contacts

Sturgeon Bay Schools

1230 Michigan Street
Sturgeon Bay, WI 54235
sturbay.k12.wi.us

Jennifer O’Handley: High School Counselor
(920) 746-3867
johandley@sturbay.k12.wi.us

Dakota Londo: Sunrise School Grades 3-5
Counselor
(920) 746-1827
dlondo@sturbay.k12.wi.us

Morgan Kiedrowski: Middle and High School
Counselor
(920) 746-3875
mkiedrowski@sturbay.k12.wi.us

Karlie Martens: Grades Pre-K-2 Counselor
(920) 746-5827
kmartens@sturbay.k12.wi.us

Southern Door Schools

2073 County Road DK
Brussels, WI 54204
sdsd.k12.wi.us

Sara Paye: High School Counselor
(920) 825-7333 ext. 4441
spaye@sdsd.k12.wi.us

Jody Nelson: Grades 6-9 Counselor
(920) 825-7321 ext. 2229 (MS) 4443 (HS)
jnelson@sdsd.k12.wi.us

Harley Doughty: Grades PK-5 Counselor
(920) 825-7321 ext. 1122
hdoughty@sdsd.k12.wi.us

Kennedy Reed: School Psychologist
(920) 825-7333 ext. 4502
kreed@sdsd.k12.wi.us

Sevastopol School District

4550 Highway 57
Sturgeon Bay, WI 54235
sevastopol.k12.wi.us

Holly Retzlaff: Elementary Counselor
(920) 743-6282 ext. 1146
hretzlaff@sevastopol.k12.wi.us

Melissa Malcore: Grades 6-12 Counselor
(920) 743-6282 ext. 1108
mmalcore@sevastopol.k12.wi.us

Gibraltar Area Schools

3924 State Hwy 42
Fish Creek, WI 54212
gibraltar.k12.wi.us

Chelsea Roberts: Secondary School Counselor
(920) 868-3284 ext. 264
chelsea.roberts@gibraltar.k12.wi.us

Brooke Petrie: Grades K-6 Counselor
(920) 868-3284 ext. 288
bpeterson@gibraltar.k12.wi.us

Washington Island School District

888 Main Road
Washington Island, WI 54246
island.k12.wi.us

Melanie Jones: Guidance Counselor
(920) 847-2507 ext 1018
melanie.jones@island.k12.wi.us

St. John Bosco Catholic School

730 W Maple Street
Sturgeon Bay, WI 54235
(920) 743-4144

St. Peter’s Lutheran School

108 W Maple Street
Sturgeon Bay, WI 54235
(920) 743-4432

Children's Mental Health

Bay Counseling Clinic, LLP

50 S Madison Avenue, Suite 3
Sturgeon Bay, WI 54235
(920) 743-4428

baycounseling.net

baycounseling@gmail.com

Services Provided: Outpatient mental health counseling and evaluations for ages 12 to adult. In-person and telehealth options. Focused on cognitive-behavioral and insight-oriented techniques. We are experienced in providing treatment for: Anxiety, Depression/Mood Disorders, ADHD, Stress Management, Grief and Loss, Family Relationships, Parenting Issues, Self-Harm, Domestic Violence, Adjustment Disorders.

Payment: In-network status with most insurance companies including Medicaid and Medicare.

Emplify Health

311 N 3rd Avenue, Sturgeon Bay, WI 54235
(920) 433-6073

Description: WI State certified clinic committed to providing confidential, professional, and affordable counseling services.

Services Provided: Individual, family, and marital psychotherapy (Focus on Cognitive Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues (oppositional and defiant children/teens), adjustment disorders, self-harm, personality disorders, post-traumatic stress disorder (PTSD), self-esteem and chronic mental health issues (schizophrenia).

Licensed professional counselor with Bellin Psychiatric Center provide mental health assessments; crisis management; individual, couples, and family therapy; and employee

assistance program (EAP) services. Telehealth services with psychiatrists and psychiatric nurse practitioners. CCS (Comprehensive Community Services) Certified Therapist.

Outpatient Services Provided: Psychiatric evaluations (Psychiatric services via telehealth), medication management, psychological evaluation, and testing (Green Bay Bellin Psychiatric Center Location), counseling

Payment: In-network status with most insurance companies including Medicaid.

Door County Department of Health & Human Services

421 Nebraska Street, Sturgeon Bay, WI 54235
(920) 746-155 | co.door.wi.gov

Crisis Intervention Hotline:
(920) 746-2588 or 988

Description: Behavioral Health Division includes a WI State Certified Outpatient Clinic serving Door County citizens experiencing mental health and substance use issues; Children & Families Division includes a comprehensive family support services team providing a host of services to children, youth, and families.

Services Provided: Mental health therapy (individual and family) and/or treatment for individuals with substance use issues, psychiatric (medication management, psychiatric consultation) and psychological (testing) services, wrap-around, team-based approaches; case management and support services; early intervention services, family support, information and referral. Crisis services provided 24/7.

Door County Mental Health & Crisis Prevention Resource Guide

Door County Medical Center Behavioral Health Services

323 S. 18th Avenue, Sturgeon Bay, WI 54235

(920) 746-3571

dcmedical.org/medical-services/behavioral-health-and-psychotherapy

Services Provided:

- Children's Mental Health
- Marital/Family Therapy
- Mental Health Counseling
- Substance Abuse Services

Behavioral Health Psychotherapy Services: Talk therapy services tailored for individuals, couples, and families. Has licensed mental health professionals experienced in addressing a wide range of mental health concerns and diagnoses.

Eligibility: Generally available to individuals aged 8 and older. In certain cases, younger children may also be served based on clinical appropriateness. You do not need to be a Door County Medical Center patient—referrals are welcome from anyone.

Psychiatric Services: services designed for individuals who may benefit from psychiatric evaluation and medication management.

Eligibility: Available to individuals aged 12 and older for in-person care. Children aged 8 to 12 may be eligible for psychiatric services via telehealth.

Payment: Most insurance plans, including Medicaid and Medicare, cover these services, but we advise individuals to check with their carrier

Jodi Rose Studio, LLC

(920) 234-6399

jodirosestudio.com

jodi@jodirosestudio.com

Description: Jodi Gonzales ATR, NCC, RYT is an art therapist, national certified counselor, and trauma-informed yoga teacher specializing in stress management, anxiety, trauma recovery, and life enrichment skills-building. Serving youth and adults who need support for life transitions/change; self-esteem building; improved self-regulation; emotional identification and self-expression.

Services Provided: Offering individual and group sessions, public workshops, and retreats.

Consulting services for strategic planning, teambuilding, and staff wellness trainings.

Services are provided at schools, on Zoom, at employer/other worksites, and at her wellness studio: Enclave at 120 S. Madison Avenue, Sturgeon Bay.

Payment: \$145/75 minute sessions: debit/credit. Multi-session discounts available. HSA cards accepted; she is out of network with most insurance providers. Consulting fees are available upon request.

Orchard Loft Wellness, LLC

9090 State Highway 42, Fish Creek, WI 54212

(920) 363-2451 | orchardloftwellness@gmail.com

orchardloftwellness.com

Description: Mental health services for youth, teens, women, and adults through a variety of counseling techniques catered to each individual's needs, guided by Marise Redmann (LPC-IT & Licensed Massage Therapist). Marise Redmann is a mental health counselor, writer, dancer/choreographer, massage therapist, and entrepreneur from Fish Creek. She received her MA in Clinical Mental Health Counseling from the University of Wisconsin-Milwaukee.

Services Provided: Provides services for youth (11 & up), teens, adults, seniors, women, and LGBTQ+. Specializes in treating anxiety, depression, grief, trauma, family concerns & communication, life goals & motivation, body image, neurodivergence, autism, & ADHD. Therapeutic techniques offered include Narrative Therapy, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Solution-Focused Therapy, mindfulness, somatic and movement techniques, and art therapy. Various group therapy sessions are available. In-home and telehealth services are available for those with mobility or accessibility concerns.

Payment: Does not take insurance, but provides resources to help clients get reimbursed by their insurance companies. If the cost of care is a barrier, please contact.

Crisis Debriefing & Intervention

Door County Critical Incident Stress Management Program

(920) 746-1346

After hours number: (920) 495-2036

Door County Department of Health & Human Services Critical Incident Stress Management Team

920-746-7155

After hours call Crisis Intervention Hotline:

(920) 746-2588 or 988

Description: A team of trained professionals to assist scheduled groups with debriefing stressful or traumatic events. This is not a crisis response service.

Door County Department of Health & Human Services

421 Nebraska Street, Sturgeon Bay, WI 54235

(920) 746-155 | co.door.wi.gov

Crisis Intervention Hotline:

(920) 746-2588 or 988

Description: Behavioral Health Division includes a WI State Certified Outpatient Clinic serving Door County citizens experiencing mental health and substance use issues; Children & Families Division includes a comprehensive family support services team providing a host of services to children, youth, and families.

Services Provided: Mental health therapy (individual and family) and/or treatment for individuals with substance use issues, psychiatric (medication management, psychiatric consultation) and psychological (testing) services, wrap-around, team-based approaches, case management and support services, early intervention services, family support, information and referral. Crisis services provided 24/7.

Developmental Disabilities Services

Door County Department of Health & Human Services

421 Nebraska Street, Sturgeon Bay, WI 54235

(920) 746-7155 | co.door.wi.gov

Crisis Intervention Hotline:

(920) 746-2588 or 988

Description: Children & Families Division includes a comprehensive family support services team providing a host of services to children, youth, and families. Services provided for children with disabilities:

Services provided: Case management and support services, early intervention services, family support, information and referral.

Adults with Developmental Disabilities may access information and services through the Aging and Disability Resource Center (ADRC) at 916 N. 14th Ave., Sturgeon Bay or call 920-746-2372. Services provided for adults through the ADRC: Information and Assistance, Disability Benefits Counseling, Family Care Options Counseling and Enrollment, Support for Caregivers. Crisis services provided 24/7.

Domestic Violence Advocacy

HELP of Door County, Inc.

219 Green Bay Road, Sturgeon Bay, WI 54235
(920) 743-8785

24 Hour Hotline: (920) 743-8818

helpofdoorcounty.org

operations@helpofdoorcounty.org

Domestic Abuse Services:

- Domestic Abuse Hotline: Crisis, referral and information line.
- Adult services: Provides resources to address immediate safety, personal legal advocacy, individual support, crisis counseling and educational groups.
- Older Adult Services: Focuses on the elderly populations.
- Children and Youth Services: address the multiple emotional, behavioral and cognitive effects on children who witness domestic abuse. Weekly group and individual support with safety planning, teen services including dating violence prevention and awareness and healthy relationship education.
- Community Education: Creates awareness, educates community members, provides information and shares resources.

Violence Intervention Services:

- (ATV) Alternatives to Violence is a state certified Batterer's treatment program for court-ordered and volunteer men.
- (WEAV) Women Ending Abuse and Violence is for court-ordered and volunteer women

Visitation and Exchange: Visitation and Exchange provides increased opportunities for children to maintain safe and healthy relationships with their parents when their family life has been disrupted by a variety of reasons. Services include supervised and/or monitored visitation, monitored exchanges, and telephone monitored visits. We serve all the population of Door County.

Payment: There are no fees for services except for Violence Intervention Services (please call for prices).

Grief Support

Hope Through Healing Grief Workshop: Life After the Loss of a Spouse

Description: Hear from grief experts, as well as fellow community members who also are experiencing this journey through the loss of a spouse. You may wish to share, or you may prefer to listen and reflect. Mandy Serazen MSW, AseraCare from Green Bay is the facilitator. Everyone is welcome. There is no cost. Light refreshments are served.

Meetings are held at Bay View Lutheran Church, 340 W Maple Street, Sturgeon Bay on the fourth Thursday of every month at 10:00 a.m. The Grief Support Group is not “church based.” Registration is appreciated, but not required. For more information and registration please call LouAnn Brown, RN, at 920-743-4705.

Northern Door Cancer Support

Description: Providing COMMUNITY, CONNECTION and OUTREACH to cancer patients/survivors in Northern Door County.

We provide a monthly support group to cancer patients, survivors, and caregivers. We meet the first Wednesday of every month at 12:45 pm after the community lunch at Sister Bay Moravian Church (10924 Old Stage Road, Sister Bay).

To contact, please call the Sister Bay Moravian Church at (920) 854-4080

Survivors of Suicide (S.O.S.)

Description: S.O.S. (Survivors of Suicide) hosts free peer group meetings with people who understand what you are going through because they’ve all been through it. Some are just starting, some have had a longer journey. We support each other because we know how hard our grief journey is and how it feels to be in each other’s shoes. No judgement, just a safe place to hang out where we can be ourselves and can get support from one another.

Meetings are the 1st Monday of each month at JAK’s Place 6:00pm-7:30pm. Call April at 920-559-0220 or Katie at 920-559-9117
april.grosbier@gmail.com

Unity Grief and Education Center

920-339-6700
griefcenter@unityhospice.org

Description: Experiencing the death of a loved one can be disorienting. While grief is a unique experience for each individual, there are some common ways grief impacts the mind, body, and spirit as well as relationships with others. It is important to know you are not alone in this experience. Understanding Grief offers a safe place for those who are grieving a death to connect with others as well as gain tools and insights into their grief journey.

Unity’s Understanding Grief group meets at the ADRC of Door County (916 N 14th Ave, Sturgeon Bay) from 1-2:30pm on the last Wednesday of each month with the exception of November and December when it meets the 3rd Wednesday of the month. This group is facilitated by a Unity Grief Counselor. Registration is required. For additional information and to register, please contact Unity Grief and Education Center at 920-339-6700 or griefcenter@unityhospice.org. Generous donations allow Unity to offer compassionate grief support at no charge to all who have experienced a death.

Hearing Impaired

Office for the Deaf and Hard of Hearing

1-855-359-5252

DHSODHH@dhs.wisconsin.gov

dhs.wisconsin.gov/odhh/index.htm

Description: This program provides information and referral services on a variety of topics tailored to the unique needs of Deaf, Deaf-Blind, or Hard of Hearing residents.

Services provided: Provides free in-service trainings, presentations, and consultations. ODHH also provides advice and assist in making services accessible to the Deaf, Deaf-Blind, and Hard of Hearing communities. Serves all Wisconsin residents.

Starkey Hearing Foundation

1-800-328-8602

info@starkeyfoundation.org

starkeyhearingfoundation.org

Description: This is a national non-profit program committed to assisting deaf and hard-of-hearing persons with limited financial resources who permanently reside within the United States.

Wisconsin Lions Foundation Hearing Program

1-877-463-6953

wlf@wlf.info

wlf.info

Description: This program is dedicated to providing help to residents of Wisconsin that have impaired hearing but cannot afford to purchase hearing aids.

Hispanic Resources

Hispanic Resource Center of Door and Kewaunee Counties, Inc.

1618 Texas Place

Sturgeon Bay, WI 54235

Imelda Delchambre, Executive Director

(920) 559-1878

LGBTQIA+ Mental Health

PFLAG Door County

PO Box 213
Sturgeon Bay, WI 54235
(920) 421-8814
pflagdoorcounty.org
pflagsturgeonbay@gmail.com

Description: Introduction, discussion, support of those with questions, education and advocacy to members and the community.

Services Provided: Group discussion. 24-hour phone service to communicate with PFLAG Door County Member. Recommendation to other agency for help. Our members are not trained counselors just a family member or an LGBTQIA+ person themselves. Monthly emailed newsletter, and optional closed Facebook group discussion. In-person meetings may still be on hold, please email us for more information and the Zoom link for a meeting.
Serving Parents, Families, and the LGBTQIA+ community. All age groups.

Payment: Annual membership dues \$20.00 per household; the majority of which supports the efforts of PFLAG National. Membership dues are not required to attend meetings. Donations accepted at the address above.

Open Door Pride

PO Box 792
Sturgeon Bay, WI 54235
(920) 724-1987
opendoorpride.org
info@opendoorpride.org

Description: Awards, outreach, flag initiative, farmer's market, Pride Month events & festival
Populations served: Door County LGBTQIA+, allies, community residents, tourists

Services provided: Resources and support for LGBTQIA+ individuals, allies, and community

Marital/Family Therapy

Bay Counseling Clinic LLP

50 S Madison Avenue, Suite 3
Sturgeon Bay, WI 54235
(920) 743-4428
baycounseling.net
baycounseling@gmail.com

Services provided: Individual and Family Psychotherapy (Focus on Cognitive-Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues, adjustment disorders, self-harm, eating disorders, and couples therapy.

Payment: In-network status with most insurance companies, including Medicaid and Medicare.

Door County Medical Center Behavioral Health Services

323 S. 18th Avenue, Sturgeon Bay, WI 54235
(920) 746-3571
dcmedical.org/medical-services/behavioral-health-and-psychotherapy

Services provided: Children's mental health, marital/family therapy, mental health counseling, substance abuse services

Behavioral Health Psychotherapy Services: talk therapy services tailored for individuals, couples, and families. Has licensed mental health professionals experienced in addressing a wide range of mental health concerns and diagnoses.

Eligibility: Generally available to individuals aged 8 and older. In certain cases, younger children may also be served based on clinical appropriateness. You do not need to be a Door County Medical Center patient—referrals are welcome from anyone.

Psychiatric Services: services designed for individuals who may benefit from psychiatric evaluation and medication management.

Eligibility: Available to individuals aged 12 and older for in-person care. Children aged 8 to 12 may be eligible for psychiatric services via telehealth.

Payment: Most insurance plans, including Medicaid and Medicare, cover these services, but we advise individuals to check with their carrier.

Mental Health Counseling

Bay Counseling Clinic, LLP

50 S Madison Avenue, Suite 3
Sturgeon Bay, WI 54235
(920) 743-4428
baycounseling.net
baycounseling@gmail.com

Services Provided: Individual and Family Psychotherapy (focus on Cognitive-Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues, adjustment disorders, self-harm, and couples therapy.

Payment: In-network status with most insurance companies, including Medicaid and Medicare.

Bay Psychiatry of Wisconsin

7353 Horseshoe Bay Road
Egg Harbor, WI 54209
(920) 238-8155
baypsychiatryofwisconsin.com

Services Provided: psychiatric evaluations, medication management and therapy, diagnostic opinions and treatment plans

Payment: \$350 initial evaluation/medical assessment, \$125/session. Check website for insurance coverage.

Clinical and Consulting Psychology

Dennis White, Ph.D., Licensed Psychologist
253 N 1st Ave.
Sturgeon Bay, WI 54235
(920) 746-1346
dennis@denniskwhite.com
denniskwhite.com

Clinical Services Provided: Individual, marriage and family therapy, psychological evaluations, child custody evaluations, competency and mental

status evaluations. Specialized treatment of phobias, panic attacks, anxiety disorders, depression, attention deficit disorders, oppositional disorders, dysfunctional family of origin issues. Biofeedback training for headaches, hypertension, pain management, stress management. **Consulting Services Provided:** Supervisory management training, performance review systems, strategic planning, psychological training for business, family business counseling and consulting, employee assistance programs.

Payment: Dr. White's clinical services are covered by most health insurance programs including Medicare and Medicaid. Fees for consulting services are available upon request

Door County Department of Health & Human Services

421 Nebraska Street, Sturgeon Bay, WI 54235
(920) 746-155 | co.door.wi.gov
Crisis Intervention Hotline:
(920) 746-2588 or 988

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Services Provided: Mental health therapy (individual and family) and/or treatment for individuals with substance use issues; psychiatric (medication management, psychiatric consultation) and psychological (testing) services; wrap-around, team-based approaches; case management and support services; early intervention services; family support; information and referral. Crisis services provided 24/

Door County Mental Health & Crisis Prevention Resource Guide

Door County Medical Center Behavioral Health Services

323 S. 18th Avenue
Sturgeon Bay, WI 54235
(920) 746-3571

dcmedical.org/medical-services/behavioral-health-and-psychotherapy

Services Provided: Children’s mental health, marital/family therapy, mental health counseling, substance abuse services

Behavioral Health Psychotherapy Services: Talk therapy services tailored for individuals, couples, and families. Has licensed mental health professionals experienced in addressing a wide range of mental health concerns and diagnoses.

Eligibility: Generally available to individuals aged 8 and older. In certain cases, younger children may also be served based on clinical appropriateness. You do not need to be a Door County Medical Center patient—referrals are welcome from anyone.

Psychiatric Services: services designed for individuals who may benefit from psychiatric evaluation and medication management.

Eligibility: Available to individuals aged 12 and older for in-person care. Children aged 8 to 12 may be eligible for psychiatric services via telehealth.

Payment: Most insurance plans, including Medicaid and Medicare, cover these services, but we advise individuals to check with their carrier.

Dynamic Family Solutions

101 N. 4th Avenue
Sturgeon Bay, WI 54235
(920) 323-7431

dynamicfamilysolutions.com

Description: Certified Outpatient Mental Health Clinic; Certified AODA Clinic; Certified Telehealth Clinic. Serves all areas of mental health/substance abuse.

Services Provided: Evaluations, assessments. Individual, family, and group therapies. Provides trauma-informed care, trauma therapy trained professionals, and trauma experts. EMDR for

trauma, pain, anxiety, etc. Works with children, adolescents, adults, and families.

Emplify Health

311 N 3rd Avenue
Sturgeon Bay, WI 54235
(920) 433-6073

bellin.org/locations/bellin-health-sturgeon-bay

Description: WI State certified clinic committed to providing confidential, professional, and affordable counseling services.

Services Provided: Individual, family, and marital psychotherapy (focus on Cognitive Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues (oppositional/defiant children/teens), adjustment disorders, self-harm, personality disorders, PTSD, self-esteem, chronic mental health issues (Schizophrenia).

Licensed professional counselor with Bellin Psychiatric Center provide mental health assessments; crisis management; individual, couples, and family therapy; and employee assistance program (EAP) services. Telehealth services with psychiatrists and psychiatric nurse practitioners. CCS Certified Therapist.

Outpatient Services Provided: Psychiatric evaluations (psychiatric services via telehealth), medication management, psychological evaluation and testing (Green Bay Bellin Psychiatric Center Location), counseling

Payment: In-network status with most insurance companies including Medicaid.

Hope Counseling Service Kathy Bandstra LCSW

253 N 1st Ave.
Sturgeon Bay, WI 54235
(262) 902-6128

hope1counsel@gmail.com

Services Provided: therapy for trauma – EMDR, anxiety, depression, life changes, caregiving stress, grief counseling and supportive therapy.

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Payment: Scholarships available, first session complimentary, sliding fee scale, cash, check, Mastercard/Visa, Paypal.

Jodi Rose Studio, LLC

920-234-6399

jodirosestudio.com

jodi@jodirosestudio.com

Description: Jodi Gonzales ATR, NCC, RYT is an art therapist, national certified counselor, and trauma-informed yoga teacher specializing in stress management, anxiety, trauma recovery, and life enrichment skills-building. Provides youth/adults support for life transitions/change; self-esteem building; improved self-regulation; emotional identification and self-expression.

Services Provided: Offers individual/group sessions, public workshops, retreats. Consulting services for strategic planning, teambuilding, and staff wellness trainings. Services provided at schools/work sites, on zoom, and at her studio: Enclave, 120 S. Madison Avenue, Sturgeon Bay.

Payment: \$145/75 minute sessions: debit/credit. Multi-session discounts available. HSA cards accepted; out of network for most insurance providers. Consulting fees are available on request.

Nutrition and Counseling Services, Jody S. Jessup, RD, LPC

(920) 839-9900 | jodyjessup@gmail.com

Description: Registered Dietitian and Solution-focused therapist specializing in life transitions, self-esteem, eating disorders, body image issues, non-diet approach to weight loss, relationships, nutrition coaching/consulting, grief, anxiety, and depression. Serves ages 14+ remotely

Payment: \$135/50min session. Out of network with all insurance

Orchard Loft Wellness, LLC

9090 State Highway 42, Fish Creek, WI 54212

(920) 363-2451 | orchardloftwellness@gmail.com

orchardloftwellness.com

Description: Mental health services for youth, teens, women, and adults through a variety of counseling techniques catered to each individual's

needs, guided by Marise Redmann (LPC-IT & Licensed Massage Therapist). Marise Redmann is a mental health counselor, writer, dancer/choreographer, massage therapist, and entrepreneur from Fish Creek. She received her MA in Clinical Mental Health Counseling from the University of Wisconsin- Milwaukee.

Services Provided: Provides services for youth (11 & up), teens, adults, seniors, women, and LGBTQ+. Specializes in treating anxiety, depression, grief, trauma, family concerns & communication, life goals & motivation, body image, neurodivergence, autism, & ADHD. Therapeutic techniques offered include Narrative Therapy, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Solution-Focused Therapy, mindfulness, somatic and movement techniques, and art therapy. Various group therapy sessions are available. In-home and telehealth services are available for those with mobility or accessibility concerns.

Payment: Does not take insurance, but provides resources to help clients get reimbursed by their insurance companies. If the cost of care is a barrier, please contact.

Senior Life Solutions

323 S. 18th Avenue, Sturgeon Bay, WI 54235

920-746-3778

Description: Senior Life Solutions is an outpatient hospital program designed to support the mental health of older adults experiencing depression, anxiety, or other mental challenges often associated with aging.

Services Provided: Our voluntary program includes individual and group therapy, psychiatry, medication management, and health screens. Participants in the program attend group, individual and family therapy sessions led by a licensed therapist. They also meet with a psychiatrist at least once a month. Senior Life Solutions can help older adults (typically 65 yrs. old and up) who are experiencing the following: loss of a loved one, chronic health diagnosis, change in living conditions, suicidal thoughts, frequent feelings of sadness, guilt, worry, or worthlessness, change in energy level, sleep, and/or weight, need for frequent visits to the

Door County Mental Health & Crisis Prevention Resource Guide

emergency room or clinic, feeling overwhelmed or stressed due to being a caregiver.

Anyone can make a referral to the program. This includes self, family members, physicians, or other healthcare professionals.

Payment: Medicare

STRIDE Creative

StrideCreativeDC.com

info@stridecreativdc.com

Services Provided: Web based activities/programs for youth/adults who want to manage stress and anxiety. Supports those who are receiving other forms of therapy. Mighty Teens Empowerment uses art prompts to explore emotional safety, resilience, coping skills, growth mindset, and more. Adult Program library has resources on work/life balance; sleep; and navigating change. STRIDE Creative is a partnership among United Way of Door County and other stakeholders.

Toni Christenson

5918 Highway 57, Sturgeon Bay, WI 54235
(920) 823-2203

Services Provided: General mental health counseling for age 15+: depression/anxiety therapy, grief work, couples/marital counseling, mind and body work.

Payment: Self-pay. Sliding fee scale available accepted; she is out of network with most insurance providers. Consulting fees are available upon request.

Mental Health Social Support

JAK's Place: A Program of Lakeshore CAP, Inc.

1623 Rhode Island Street
Sturgeon Bay, WI 54235
Phone: (920) 818-0525
Fax: (920) 818-0435
lakeshorecap.org/jaks-place

Description: JAK's Place is a mental health resource center providing structured and social programming to those affected by mental illnesses and their family members in need of support and information.

National Alliance on Mental Illness Wisconsin

414 Atlas Avenue
Madison, WI 53714
(608) 268-6000
(833) 860-5400 (Toll-Free)
nami@namiwisconsin.org
namiwisconsin.org
Monday-Friday: 8am to 4pm
Saturday/Sunday: Closed

Description: The mission of NAMI Wisconsin is to improve the quality of life on people affected by mental illnesses and to promote recovery. As the state NAMI affiliate, NAMI Wisconsin provides support to each of our local NAMI affiliates and collaborate to provide the best resources for our Wisconsin communities.

Services: The local NAMI affiliates serve their county or regions in Wisconsin by offering free support groups, educational classes and presentations. NAMI Wisconsin also advocates at all levels of government and throughout the public sector and promotes public education and understanding of mental illnesses throughout the state with events, presentations, webinars, newsletters, and resources.

SAIL: Senior Advocacy for Independent Living

PO Box 583
Sister Bay, WI, 54234
Phone: (920) 333-1083
Email: info@ageinplacedoorcounty.org
ageinplacedoorcounty.org

Description: SAIL helps seniors with services to "Age-in-Place" in their homes with some assistance by a volunteer

Services Provided: provides handyman and companion home visits, also including light housekeeping, grocery-pick up, errands, social events, and chores outside of home (weeding). Serves seniors in Baileys Harbor, Ephraim, Liberty Grove, and Sister Bay

Payment: yearly fee, \$125 for single, \$165 for household

Prevention

Door County Alcohol & Other Drug (AOD) Coalition

P.O. Box 223
Sturgeon Bay, WI 54235
(920) 421-2166
steph@unitedwaydc.com
[facebook.com/DoorCountyAODCoalition](https://www.facebook.com/DoorCountyAODCoalition)

Description: The Door County Alcohol and Other Drug Coalition strives to reduce the destructive effects of the use of alcohol and other drugs on individuals, families, and the community. The AOD Coalition provides leadership in development of education, prevention, and public policy.

Prevent Suicide Door County

P.O. Box 491
Sturgeon Bay, WI 54235
preventsuicidedc@gmail.com

Description: Prevent Suicide Door County is committed to reducing the number of suicides in the county by coming together through prevention, education, public awareness and overcoming stigma.

Services provided: We provide free QPR (Question, Persuade, and Refer) one-hour training for your group, business, or church. QPR is a training to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

These trainings are for parents, grandparents, coworkers, friends, and neighbors. Call or text Monica Nelson at 920-495-7832.

Text “HOME” to 741741

Text “HOME” to 741741. For Spanish, text “AYUDA” to 839863. Though not therapy, we offer no-judgment support, hope, empathy, reassurance, understanding, resources. A free service by Center for Suicide Awareness.

The Center for Suicide Awareness is addressing the issue of suicide in teens and young adults through a program that is SMS text message-based service.

Center for Suicide Awareness
109 W. 8th St., Ste 31
Kaukauna, WI 54130
(920) 475-4748

Sexual Assault Counseling

Sexual Assault Center

Family Services of Northeast Wisconsin
57 N 12th Avenue, Suite 110
Sturgeon Bay, WI 54235
Door County Sexual Assault Line:
(920) 746-8996
familyservicesnew.org

Description: The Sexual Assault Center of Family Services provides services 24 hours a day, 365 days a year for victims of sexual assault or abuse, and their families and friends. Services are confidential and free of charge. The Sexual Assault Center provides sensitive services to all victims regardless of their age, gender, race, sexual orientation, or disability. Services are available throughout Brown, Door, Oconto, and Marinette Counties.

Services: Victims and their families can come to the sexual assault center to confidentially discuss the options they have available to them. Some of those services would be providing accompaniment to the hospital for immediate medical care and follow up in the way of a SANE (Sexual Assault Nurse Exam). Other options may include reporting to law enforcement and finding follow up therapy services for the victim. The center also provides prevention education for youth from the ages of 4 to 17 as well as parents and professionals.

Crisis Intervention and Supportive Counseling:

Crisis intervention and supportive counseling are available both by telephone and in person. Referrals are made to therapists as needed.

Follow-up Assistance: An advocate will continue to provide information and emotional support as long as the assistance is requested.

Medical Advocacy: An advocate will be available to you at the hospital the Advocate will listen, offer support and accompany you as you move through the medical process. The advocate will provide information for you to make informed choices.

Legal Advocacy: An advocate will support you at the police station if you choose to file a police report. The Sexual Assault Center's legal advocate will provide support and assist you throughout the court process.

Services to Vulnerable Populations: A diverse staff is available at the Sexual Assault Center of Family Services to provide services to Hispanic and Southeast Asian victims, as well as victims of Sex Trafficking.

Free, confidential advocacy and support services to sexual assault victims and their families, 24 hours a day. Also focuses on community awareness, education and prevention.

Substance Use Services

115 Club

115 N. 5th Avenue, Sturgeon Bay, WI 54235

115clubdc.org

thenew115club@gmail.com

Description: The 115 Club is a nonprofit organization with the primary purpose of providing a meeting place for 12-step and other non-profit recovery groups. This includes Alcoholics Anonymous, Narcotics Anonymous, and Beyond Recovery. The Club is open 7 days a week, 365 days a year. Meetings may be in-person, via Zoom, or hybrid. We have conference quality audio/visual equipment to enhance the meeting experience. The Club is a safe, social environment to attend meetings or other recovery related activities. We provide and promote sober, recovery based social activities for current members, families and guests. For the current meeting schedule, please visit our Facebook page: 'The New 115 Club' or our website. The 115 Club is here for anyone wishing to attend meetings, residents and visitors alike. There are no fees to attend meetings.

Alcoholics Anonymous Hotline for Door and Kewaunee Counties

855-746-0901

doorkewauneeaa.org

Description: Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution, doesn't wish to engage in controversy, and neither endorses nor opposes any causes. Our primary purpose is to stay sober and help others achieve sobriety. There are numerous free, local meetings.

Door County Deflection

(920) 746-5669

dcdeflection.com

Description: Door County Deflection is a voluntary program that offers community members with substance misuse concerns the opportunity to connect to resources and services at the earliest point possible to improve their recovery outcomes and mitigate risk of criminal justice system involvement. There are no fees for participation

Services Provided:

- Mental Health/Substance Misuse Treatment
- Peer/recovery Support
- Overdose Prevention
- Transportation to Appointments
- Housing Support
- Service Coordination & Referrals

Door County Department of Health & Human Services

421 Nebraska Street, Sturgeon Bay, WI 54235

(920) 746-155 | co.door.wi.gov

Crisis Intervention Hotline:

(920) 746-2588 or 988

Description: Behavioral Health Division includes a WI State Certified Outpatient Clinic serving Door County citizens experiencing mental health and substance use issues; Children & Families Division includes a comprehensive family support services team providing a host of services to children, youth, and families.

Services Provided: Mental health therapy (individual and family) and/or treatment for individuals with substance use issues, psychiatric (medication management, psychiatric consultation) and psychological (testing) services, wrap-around team-based approaches, case management and support services, early intervention services, family support, information and referral. Crisis services provided 24/7.

Door County Mental Health & Crisis Prevention Resource Guide

Door County Medical Center - Substance Abuse Services

(920) 746-3571
dcmedical.org

Description: DCMC provides comprehensive substance abuse services to support individuals and families on their recovery journey. Services include:

- Comprehensive Assessments to evaluate substance use and determine appropriate care
- Individual and Family Psychotherapy to address emotional and relational aspects of substance use
- Limited Medication-Assisted Treatment (MAT) to help manage withdrawal symptoms and cravings

- Referral Services to connect patients with additional or specialized care as needed
These services are delivered with compassion, confidentiality, and a commitment to holistic care.

Payment: Most insurance plans, including Medicaid and Medicare, cover these services, but we advise individuals to check with their carrier.

Narcotics Anonymous Support Hotline

Northeast Wisconsin Area of Narcotics Anonymous (NEWNA)
P.O. Box 10035
Green Bay, WI 54307
(866) 285-7830
newna.org

Wisconsin Addiction Recovery Helpline

24 hours a day, seven days a week.
Call 211 or 833-944-467

Description: The Wisconsin Addiction Recovery Helpline is available to connect people with resources to overcome a dependence on opioids or other substances.

Out-of-County Services

Door County does not have residential treatment facilities or detox centers. Door County Health & Human Services can offer assessments/referrals for financial assistance for the facilities below:

Residential Treatment

Beacon House, Fond Du Lac (Women Only)
(920) 923-3999
beaconfdl.org

CORE Treatment Services, Manitowoc
(920) 663-1035
coretreatmentservices.com/residential

Jackie Nitschke Center, Green Bay: 28-day residential program
(920) 435-2093
jackienitschkecenter.org

Koinonia, Rhinelander
(715) 362-5745
koinoniaocs.net

Mooring House, Appleton (Men Only)
(920) 739-3235
apricityservices.com/treatment-facilities/

Detox Centers

Emplify Health (formerly Bellin)
(920) 433-6073
bellin.org/services/behavioral-mental-health/substance-use-disorder

Willow Creek, Green Bay
(888) 258-9756
willowcreekbh.com/how-we-help/detox-services

Virtual Services

BetterHelp
betterhelp.com

Charlie Health
1 (866) 671-5457
charliehealth.com/substance-use-disorder

Veterans Services

Veterans Services Office

421 Nebraska Street
Sturgeon Bay, WI 54235
(920) 746-2226
(888) 743-1844 Ext. 2226
bvanoss@co.door.wi.us
rwalsh@co.door.wi.us
co.door.wi.gov

Description: Although a Door County department, this office provides services and access to benefits primarily administered by the U.S. Department of Veterans Affairs (USDVA) (VA) and the Wisconsin Department of Veterans Affairs (WDVA).

Services Provided: Readjustment Counseling, Posttraumatic Stress Disorder Counseling, AODA Counseling and Referral, Job Counseling and Referral, Bereavement Counseling, Sexual Trauma/ Harassment Counseling. Some services available locally, some through Green Bay Vet Center.

Serves US Veterans, as well as parents, spouses, and children of Armed Forces personnel who died in service to their country (eligible for Bereavement Counseling)

National Veterans Crisis Line: 988, press 1
Text 838255
Chat online at veteranscrisisline.net



Make the Connection

MakeTheConnection.net

Description: connects Veterans, their family members and friends, and other supporters with [mental health information](#), [local resources](#), and Veterans' own [inspiring stories of recovery](#).

Problems with alcohol or drugs:
maketheconnection.net/symptoms/alcohol-drug-problems
Suicide risk:
maketheconnection.net/conditions/suicide
Group therapy and peer support:
maketheconnection.net/stories/715

Organization Websites

Mental Health America of Wisconsin.....	mhawisconsin.org
Nat. Child/Maternal Health Ed.....	nichd.nih.gov/ncmhpep/initiatives/moms-mental-health-matters/moms
National Crisis/Suicide 24/7 Lifeline.....	988lifeline.org
National Bullying Prevention Center.....	pacer.org/bullying
Postpartum Support International.....	postpartum.net
Prevent Suicide Wisconsin.....	preventsuicidewi.org
Substance Abuse and Mental Health Services Administration.....	SAMHSA.gov

Community Information & Referral

WHEN TO CALL

When you need *information and referral* regarding community resources such as:

- Utility Assistance
- Housing/Shelter
- Transportation
- Food
- Legal Services
- Health and/or Dental Care
- Financial Support
- Employment
- Education
- Environmental Quality
- Consumer Protection
- Public Assistance
- Mental Health/AODA

Contact Information:

Dial 2-1-1

From ANY phone

Domestic Violence Issues & Support

WHEN TO CALL

If you are a victim of Domestic Abuse, HELP of Door County, Inc. provides the following services:

- Immediate Safety
- Legal Advocacy
- Individual Support
- Educational Groups
- Safety Planning
- Support for Children & Teens
- Supervised Visitation
- Monitored Exchange
- Advocacy and Stability

Contact Information:

**HELP
of Door County, Inc.**

**(920) 743-8818 (local)
(800) 914-3571 (toll-free)**

Available 24/7

Mental Health & Suicide Crisis Lines

WHEN TO CALL

If you are experiencing any of the following and need further support than you currently have:

- Suicidal Feelings, Thoughts, or Actions
- Feelings or Thoughts that You May Harm Someone Else

Contact Information:
24-hour Crisis Line

Call/Text/Chat 988

or

Text "HOME" to 741741

For Spanish, text "AYUDA" to 839863.

Though not therapy, we offer no-judgment support, hope, empathy, reassurance, understanding, resources. A free service by Center for Suicide Awareness.

Prevent Suicide Door County

In 2023, according to the [Centers for Disease Control and Prevention](#), 920 Wisconsin residents died by suicide.

Everyone can take action to prevent suicide. More than 60% of us will lose someone we know to suicide during our lifetime. More than 20% of us will lose a family member. Although most depressed people are not suicidal, most suicidal people are depressed.

Who attempts suicide?

- **Youth** – In 2023, suicide was the **second leading cause of death** in WI for young people ages 5-17. In 2022, **35 adolescents (ages 10-17) died by suicide.**
- **Younger Adults** – In 2022, the suicide rate in WI was **highest** among individuals age 25-34
- **Older Adults** – In 2022, **51%** of those who committed suicide ages 55+ had **common physical health problems that contributed to their death**
- **LGBTQIA+** – **39%** of LGBTQIA+ youth in WI **considered suicide in 2023.**
- **Veterans** – Veterans account for almost **1 in every 5** suicide deaths in WI. **74.5%** of all veteran suicides are with a firearm.

Suicide occurs in every social class, every culture, and at all ages. The presence of suicide warning signs in someone should never be dismissed with, “Oh, they aren’t the type.”

Suicide Prevention in Wisconsin

- *Suicide is a public health problem*
- *Suicide is often preventable* with education, treatment, and support.
- 90% of the people that die by suicide have a *treatable mental illness or substance abuse problem*. Of those 90% approximately 60% have a depressive disorder.
- We must address *suicide prevention across the lifespan*. If a grandparent dies by suicide, it increases the risk for other family members 5 – 6 times.
- *Suicide is complex.*
- *Suicide is a community problem*, and everyone can have a role in the solution.
- *Survivors of Family or Friends* who have died by suicide and *survivors of attempted* suicide should be *included in prevention efforts*.
- Firearms are the most common method used in suicides. Firearms are used in 56.7% of suicides. *Lethal means restriction* – gun locks need to be used or guns removed from the home; In 2022, 64% of *all deaths by firearm* in Wisconsin were *suicide deaths*.

In 2023:

Over 49,000 people died by suicide in the United States.

That is 1 death every 11 minutes.

- ➔ 12.8 million adults seriously thought about suicide
- ➔ 3.7 million adults made a plan
- ➔ 1.5 million adults attempted suicide

Suicide Prevention – What Can We Do?

If you are concerned that someone you know might attempt suicide, try the following:

- Learn the warning signs
 - Know where to find resources to help
 - Talk openly to the person
 - Ask specific questions
 - Offer the person hope and an alternative solution
-
- Speak up! Don't be afraid to talk about suicide or use the word itself. Talking about suicide won't influence someone to attempt it.
 - Talk to the person about what in their life makes them feel the way they do. The more they share, the better.
 - Try to convince them they need to speak to a trusted person, teacher, coach, counselor, etc. Tell them you want them to get more help than just you alone can give. Go with them if necessary.
 - There is no rule of confidentiality when it comes to potential suicide. If your friend asks you not to tell anyone, should you keep the secret? It does no good to keep the secret and lose the person. If you believe your friend is at risk, you must act. Offer to go with them to a counselor.
 - Suicide threats must be taken seriously so that people won't feel the need to resort to more drastic means of expressing their unhappiness.

Responding to a potential suicide in these ways can help prevent many from both attempting and completing suicide.

988 | **SUICIDE & CRISIS
LIFELINE**

24/7 CALL, TEXT, CHAT