



INSURANCE

# Mental Health Tools & Resources

*R&R has accumulated a number of tools and resources around Mental Health support that employers can provide to their employees to assist them in navigating their challenges, from mental health, depression and anxiety as well as caregiver stress and financial hardship.*



## STATEWIDE

### Content & Courses

- ✓ [Well Badger Resource Center](#)
- ✓ [Resilient Wisconsin](#)
- ✓ [Access](#)

- ✓ [Wisconsin's Family Caregiver Support Programs](#)
- ✓ [211 Wisconsin](#)
- ✓ [Wisconsin Help for Homeowners](#)

- ✓ [UW Extension](#)
- ✓ [Coping with Stress - CDC](#)
- ✓ [Lifesaver Wellbeing Series](#)

## RESOURCES TO CONTACT

- ✓ [National Mental Health Hotline](#)  
(Free & Confidential)

866.903.3787  
or text NAMI to 741741

Local WI NAMI Chapter  
608.268.6000  
[www.namiwisconsin.org](http://www.namiwisconsin.org)

- ✓ [Wisconsin 211](#)  
(Free Referral Helpline)  
Dial 211 from any phone
- ✓ [Prevent Suicide Wisconsin](#)

- ✓ [National Suicide Prevention](#)  
Hours: Available 24hrs.  
Languages: English/Spanish  
800.273.8255

- ✓ [Mental Health-Related Distress](#)  
Call or Text: 988  
Chat [988lifeline.org](https://988lifeline.org)  
[988 Suicide & Crisis Lifeline](#)

- ✓ [HOPELINE](#)  
text HOPELINE to 741741
- ✓ [Aging & Disability Resource Center](#)