

Mental Health Resources and Hotlines

The community resources listed below are available for your Mental Health needs.

Emergency

- Call 911

Hotlines

- Journey Mental Health 608-280-2700
- Briarpatch 24 Hour Line for Youth 608-251-1126
- Rape Crisis Center 608-251-7273
- Dane County Housing Resource Line 1-855-510-2323
- Domestic Abuse Intervention Services 1-800-747-4045 or 608-251-4445
- United Way 2-1-1
- Oregon Police Department (Non-Emergency) 608-835-3111
- Dane County Police Department (Non-Emergency) 608-255-2345
- Dane County Substance Use Hotline 608-228-1278

Suicide Crisis Response Resources

- Suicide Prevention Lifeline: 988 or 1-800-273-TALK (8255)
- *Spanish* Suicide Prevention 24/7 Lifeline: 1-888-628-9454
- Text HOME to 741741
- Trevor Project Lifeline: 1-866-488-7386

Scan for OHS Mental Health Hub



Scan for OSD Virtual Calming Room

