



BEHAVIORAL HEALTH CARE RESOURCES

FOR YOUR MENTAL HEALTH AND EMOTIONAL WELL-BEING

Being healthy isn't just about your body — it's about your mind, too. We're here to help.

Quartz's Behavioral Health Care Management can connect you to the support you need to cope with —

- ▶ Alcohol abuse
- ▶ Anxiety
- ▶ Bipolar disorder
- ▶ Depression
- ▶ Drug abuse
- ▶ Obsessive-compulsive disorder
- ▶ Panic disorder
- ▶ Post-traumatic stress disorder
- ▶ Stress

If you are in crisis, call —

911 immediately if you are at risk of harming yourself or others

(800) 273-TALK / (800) 273-8255
National Suicide Prevention Lifeline

You're not alone! **Call Behavioral Health Care Management at (800) 683-2300 or (608) 640-4450** for a confidential consultation about your options.

We will —

- ▶ Help you with coordinating your care
- ▶ Recommend providers to meet your needs
- ▶ Assist you with your journey to feeling better
- ▶ Answer questions about available services, levels of care and more

Learn more about mental health and substance abuse —

- ▶ Mental Health America of Wisconsin — **mhawisconsin.org**
- ▶ National Alliance on Mental Illness — **nami.org**
- ▶ Substance Abuse Mental Health Services Administration — **samhsa.gov**
- ▶ Suicide Awareness Voices of Education — **save.org**
- ▶ Wisconsin United for Mental Health — **wimentalhealth.org**