

A resource guide for the MATC community

COLLEGE SUCCESS  
and Mental Health

**MATC**



# Introduction

Whether you are right out of high school or returning to the classroom after years or decades, college is both exciting and challenging. At Milwaukee Area Technical College, we expect you to show up for classes and do your best to fulfill your academic and occupational goals. We expect you to make sure you're getting enough rest, exercise and healthy food.

What we don't expect is for you to do it alone. If you find yourself struggling with the subject matter in a particular class, you have many options. You can talk to your instructor, reach out to a classmate, or go to the Tutoring Center. If you are dealing with other issues – such as stress, depression, abuse, mental illness or are concerned about a classmate, family member or friend – you also have options.

This guide provides information on how to address your own or someone else's mental health crisis. It also offers a brief description of stress, some coping strategies, a list of college and community resources, and websites with detailed information.

We want you to look back on your MATC experience as time well spent. Taking care of yourself while you're in school will help make that possible. While MATC's Counseling Department does not offer therapy or long-term counseling, the MATC website does provide useful resources at: [matc.edu/student/resources/AcademicCounseling/PersonalCounseling.html](http://matc.edu/student/resources/AcademicCounseling/PersonalCounseling.html).

The MATC Library has created a reading list of materials on mental health and mental illness. Find it at: [http://book.matc.edu/screens//Bibliography\\_for\\_Mental\\_Health\\_Conf\\_N2011.pdf](http://book.matc.edu/screens//Bibliography_for_Mental_Health_Conf_N2011.pdf)



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## Stress

Stress is a normal part of college life, and acquiring new skills and knowledge comes with a built-in set of stressors. Deadlines must be met; your grades have to be good enough to keep you moving forward in your program.

Whether you attend school full-time or part-time, whether or not you have additional work and family responsibilities, feeling overwhelmed is practically a given for any conscientious student. Planning and prioritizing is key, as is physical exercise.

While stress can be managed without medical intervention, the effects of stress can build up over time, causing mental or physical illness. Seek help from a mental health professional if you feel overwhelmed and unable to cope, or find yourself dependent on alcohol, nonprescribed medications or illegal drugs.

## Symptoms

Stress-related symptoms vary and different people will feel their effects in different ways. Headaches, sleeplessness, digestive issues, depressed moods and irritability may be indicators that it's time to seek help.

## Resources

To learn more about stress, depression and other mental health conditions, symptoms and resources, see the National Institute of Mental Health's website at [www.nimh.nih.gov](http://www.nimh.nih.gov)

# Community Resources

## Places to Start

### **Mental Health America of Wisconsin (MHA)**

600 W. Virginia St.

Suite 502

414-276-3122

[www.mhawisconsin.org](http://www.mhawisconsin.org)

This local affiliate of a national organization (founded in Wisconsin) offers a variety of programs and services for individuals, family members and friends. MHA's Information and Assistance line (above) is staffed from 9 a.m. - 5 p.m. Monday - Thursday  
9 a.m. - 3 p.m. Friday.

Staff can answer questions about mental health, mental illness and community resources.

### **National Alliance on Mental Illness of Greater Milwaukee (NAMI)**

3732 W. Wisconsin Ave.

414-344-0447

[www.namigrm.org](http://www.namigrm.org)

This is a local affiliate of a national organization (also founded in Wisconsin). NAMI offers a variety of programs and services for individuals, family members and friends along with information on peer support and other resources. Also home of the ASK Program (see "*Resources for Population Groups*" section), which provides specific resources and support for members of the African-American community.

## Support and Communities

### **Grand Avenue Club (GAC)**

210 E. Michigan St.

414-276-6474

[www.grandavenueclub.com](http://www.grandavenueclub.com)

Grand Avenue Club is a community of adults who have experienced mental illness. Informational tours are held regularly. GAC offers pre-vocational training, employment, education support (for pre-college, college and graduate studies), housing, wellness, recreation and cultural opportunities. Call for information about becoming a member and/or to schedule a tour.

### **Warmline**

414-777-4729 (Milwaukee)

Staffed from 7 - 11 p.m.

Friday through Wednesday

(Closed Thursday)

262-353-3540 (Washington County)

Staffed from 6 - 9 p.m. Friday and Saturday.

[www.warmline.org/#wisconsin](http://www.warmline.org/#wisconsin)

A non-crisis support line run by and for people living with mental illness.

**To find shelter information or locate the nearest food pantry,  
call IMPACT at 2-1-1**

Providers that accept Title 19 or offer sliding-scale or reduced fees

**Aurora Family Service**

3200 W. Highland Blvd.  
414-345-4941  
[www.aurorahealthcare.org/services/familysocial/index.asp](http://www.aurorahealthcare.org/services/familysocial/index.asp)

**Catholic Charities**

2021 N. 60th St.  
414-771-2881  
[www.ccmke.org](http://www.ccmke.org)

**Children's Service Society**

620 S. 76th St. Suite 120  
414-453-1400  
[www.chw.org/display/PPF/DocID/35152/router.asp](http://www.chw.org/display/PPF/DocID/35152/router.asp)

**Columbia St. Mary's**

Center for Psychotherapies  
Women's Hospital  
2323 N. Lake Dr.  
414-291-7020

**Jewish Family Services**

1300 N. Jackson St.  
414-390-5800  
[www.jfsmilw.org](http://www.jfsmilw.org)

**Lutheran Social Services**

1545 S. Layton Blvd.  
414-671-5920  
[www.lsswis.org](http://www.lsswis.org)

**Milwaukee Health Services Isaac Cogg**

**Heritage Health Center**  
8200 W. Silver Spring Dr.  
414-760-3900  
[www.mhsi.org](http://www.mhsi.org)

**Marquette University Center for Psychological Services**

604 N. 16th St., Room 307  
414-288-3487  
[www.marquette.edu/psyc/cps.html](http://www.marquette.edu/psyc/cps.html)

**Recovery Behavioral Health (Health Care for the Homeless)**

210 W. Capitol Dr.  
414-727-6320  
[www.hchm.com](http://www.hchm.com)

**Sixteenth Street Community Health Center**

1032 S. Cesar Chavez Dr.  
414-672-1353  
[www.sschc.org](http://www.sschc.org)  
Staff is bilingual (Spanish)

**University of Wisconsin-Milwaukee (UWM) Psychology Clinic**

2513 E. Hartford Ave.  
Pearse Hall 179  
414-229-5521; [clinic@uwm.edu](mailto:clinic@uwm.edu)  
Specialty clinics include depression, PTSD and other anxiety disorders.

# Community Resources

## Resources for particular population groups

### African-American

**Access, Support and Knowledge (ASK)**  
414-344-0447

A NAMI program (*see “Places to Start” section*) providing free consultation and support services specifically for Milwaukee’s African-American community.

### Hispanic

**Aurora Family Service**  
3200 W. Highland Blvd.  
414-345-4941

Spanish-language intake is available in the afternoons.

**Linea de Apoyo (“Warmline”)**  
Staffed from 7 - 10 p.m.  
Saturday and Sunday  
[www.warmline.org/#wisconsin](http://www.warmline.org/#wisconsin)

A non-crisis Spanish-language support line run by and for people living with mental illness.

**NAMI of Greater Milwaukee**  
(*see “Places to Start” section*)  
414-344-0447

Information, resources, referrals and support in Spanish.

**Sixteenth Street Community Health Center** (*see previous page*)  
414-672-3145

**United Community Center**  
1111 S. 6th St.  
414-384-3100  
[www.unitedcc.org](http://www.unitedcc.org)

Offers a range of services, including mental health and AODA, offered in Spanish.

### Lesbian, Gay, Bisexual, Transgendered

**Milwaukee LGBT Community Center**  
252 E. Highland Ave.  
414-271-2656  
[www.mkelgbt.org](http://www.mkelgbt.org)

Offers a range of programs and services for lesbian, gay, bisexual and transgendered individuals.

### Native American

**Gerald L. Ignace Indian Health Center**  
1711 S. 11th St.  
414-383-9526  
[www.gliihc.net/](http://www.gliihc.net/)

Offers programs for members of Milwaukee’s Native American Community. Some resources are available for non-Native Americans.

### Southeast Asian

**Aurora Family Service**  
414-345-4941  
(*See complete listing under Hispanic resources*)

### Veterans

**Clement J. Zablocki  
Veterans Affairs Medical Center**  
5000 W. National Ave.  
414-384-2000 ext. 42098  
[www.milwaukee.va.gov](http://www.milwaukee.va.gov)

**Dry Hootch**  
1030 E. Brady St.  
414-763-2785  
[www.dryhootch.org](http://www.dryhootch.org)

An organization founded and run by veterans. Offers peer support and resources.

# Suicide

## Free, 24-hour help

If you or someone you care about needs help right away, call the National Suicide Prevention Lifeline at 800-273-8255 (1-800-273-TALK) or use the chat line at [www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)

More people die by suicide than by homicide in the United States each year. Knowing the risk factors for suicide can help you minimize your own risk and may help you recognize when a friend or family member needs help.

### WHO IS AT RISK?

People of all genders, ages and ethnicities are affected. People most at risk, however, share some common characteristics.

Main risk factors are:

- Depression, other mental disorders or a substance abuse disorder
- A prior suicide attempt
- A family history of mental illness or substance abuse
- A family history of suicide
- Family violence, including physical or sexual violence
- Guns or other firearms at home or within easy access
- Incarceration, being in prison or jail
- Exposure to others' suicidal behavior (family members, peers or media figures)

Many people who have some risk factors do not attempt suicide. Suicide is not a normal reaction to stress. It is, however, a sign of extreme distress and should not be treated as manipulation or a bid for attention. Take all declarations that someone is going to kill himself or herself seriously.

### WHO DO I CALL?

If you know that someone is considering suicide, do not leave the person alone. Try to contact the person's family doctor, and if that is not possible, call 911 and ask for a Crisis Response Team. These officers are specially trained to respond to mental health crises with sensitivity and care.

### HOW DO I FIND OUT MORE?

The Prevent Suicide Greater Milwaukee Coalition offers free training to anyone who wants to learn how to respond effectively to someone considering suicide. The 90-minute QPR Gatekeeper Training Program will teach you the warning signs and appropriate intervention tools. QPR stands for Question, Persuade, Refer. Like CPR, QPR is an emergency response to a crisis situation and can save lives. For more information, contact Martina Gollin-Graves at 414-336-7972 or visit [www.mhawisconsin.org/psgm.aspx](http://www.mhawisconsin.org/psgm.aspx).

### Websites for people in crisis

[www.metanoia.org/suicide/](http://www.metanoia.org/suicide/)

If you are thinking of ending your life and do not want to talk to anyone else, please read this letter. Martha Ainsworth has five things to share and it is a quick read.

<http://suicideproject.org/>

If you are thinking of ending your life, this website allows you to share your feelings. If you want to understand how someone who is suicidal feels or help someone in crisis, you can post a message of strength and reassurance.

# You can survive a mental health crisis.

**YOU CAN HELP OTHER PEOPLE DO THE SAME.**

## Free, 24-hour help

If you or someone you care about needs help right away, call the National Suicide Prevention Lifeline at 800-273-8255\* (1-800-273-TALK) or use the chat line at [www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)

Trained counselors are available at all times to help you deal with your own or a friend or family member's suicidal thoughts, substance abuse/addiction, relationship problems, abuse/violence, economic problems, sexual orientation questions, physical illness, loneliness, and family problems.

*\* If you are a TTY user, call 800-799-4889.*

*\*Para obtener asistencia en español durante las 24 horas, llame al 888-628-9454.*

## 911

If you are in Milwaukee and need to call 911, request a Crisis Intervention Team. Police officers on a CIT have volunteered for specific training and are able to identify and provide the most effective and compassionate response possible to situations involving people in the midst of a mental health crisis.

### Milwaukee County Behavioral Health Division Psychiatric Crisis Line

This hotline is available 24/7 and provides immediate emergency counseling and referral information.

414-257-7222

[www.milwaukeecounty.org/BehavioralHealthDivi7762/CrisisServices.htm](http://www.milwaukeecounty.org/BehavioralHealthDivi7762/CrisisServices.htm)

### Milwaukee County Behavioral Health Division Crisis Walk-In Center

The walk-in center serves uninsured Milwaukee County residents and provides assessment, medications and referrals.

Available 9 a.m. - 3 p.m. Monday - Friday.

Clients are seen on a first-come, first-served basis.

9455 Watertown Plank Road, Wauwatosa

414-257-7665



Downtown Milwaukee

Mequon

Oak Creek

West Allis

[matc.edu](http://matc.edu)

414-297-MATC