

# Recommended Resources: Mental & Spiritual Support



## Fellowship Care Team & Emergency Line

Our trained care team members are able to offer a compassionate listening presence if you are struggling. They are lay people and serve as an arm of the ministry to help our ministers expand their pastoral care reach. [www.fvuuf.org/care-support](http://www.fvuuf.org/care-support)

To reach our ministers for an urgent pastoral care emergency, call **920-268-4512**



## Samaritan Counseling

[www.samaritan-counseling.com](http://www.samaritan-counseling.com)

A comprehensive counseling clinic that does not require any particular religious or spiritual affiliation, accepts most insurance and Medicare/ Medicaid, and provides a sliding scale fee for un- or underinsured clients.



## Community Living Room

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

A non-clinical, supportive environment for social connection and emotional support. Drop in for as little, long, rarely or often as you want.



## Fellowship Addiction Recovery Support Group and UUARM

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

Our Fellowship recently started a peer-led small group for people in recovery from addiction. The UU-wide organization, UU Addictions & Recovery Ministry, has online resources.



## NAMI (National Alliance for Mental Illness) & Iris Place

Our local NAMI chapter has resources, support groups (including peer support, teens, LGBTQ+, families, etc.), education and advocacy. [www.namifoxvalley.org](http://www.namifoxvalley.org)

**Iris Place** is an alternative to the ER or hospital for individuals experiencing mental health challenges. Staffed by peers with lived experience, it provides free short term stays for rest, connection, and wellness activities. They also have a support warmline. **1213 S. Matthias St., Appleton 920-815-3217** [www.namifoxvalley.org/iris-place](http://www.namifoxvalley.org/iris-place)



## Crisis Helplines

**988** is the US national crisis/ suicide prevention hotline.

**877-565-8860** is the Trans Lifeline for trans & gender expansive people in crisis.



## Grief Resources

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

Resources and listings of local support groups for times of grief.

# Recommended Resources: Tangible Support



## 211 Resource Connection

[www.211wisconsin.org](http://www.211wisconsin.org)

Call 211 or visit the website for information about resources related to housing, food and clothing, addiction support, transportation assistance, and more.



## LEAVEN

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

LEAVEN offers emergency financial help on an occasional basis when people are in need. They can help with a rent or mortgage payment, car repair, utility bill, etc.



## Fox Valley Lions Medical Equipment Loan Locker

312 W. Northland Ave., Appleton 920-585-7072

Helps local community by loaning out needed medical equipment to people in need.  
Open Wednesdays 4:30-6:30pm and Saturdays 9:00-11:00am



## Community Clothes Closet

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

A Menasha-based organization that offers new or gently-used clothing (including socks, underwear, coats, even bedding and towels) for individuals or families in need.



## Partnership Community Health & Hope Clinic

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

[www.hopeclinic.care](http://www.hopeclinic.care)

These are both comprehensive local medical and dental clinics with wraparound care, supportive programs, and low- or no-cost services based on eligibility.



## Pillars & COTS Homeless Prevention & Housing Resources

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

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

Pillars is a local organization with shelters, low-cost housing, and services to support people who are at-risk of homelessness or experiencing homelessness.

COTS is a local transitional shelter helping people experiencing homelessness.



## Make the Ride Happen

920-225-1719

[maketheridehappen.org](http://maketheridehappen.org)

Transportation information and assistance for adults with disabilities and seniors.



## Legal Action of Wisconsin

920-233-6521

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

Legal assistance for low income residents. They offer help with issues like housing, debt, consumer law, public benefits, and family law for survivors of domestic abuse, offering representation to those who cannot afford an attorney.

# Recommended Resources: Support for Specific Communities



## Hope & Help Together

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

For immigrants and refugees who are new to our community, Hope & Help Together provides connections, resources, advocacy, mutual aid, and other supports.



## People of Progression

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

A Black-led organization dedicated to addressing systemic causes of oppression, uplifting and empowering African Americans & other marginalized people in our community.



## Diverse and Resilient

[www.diverseandresilient.org/appleton](http://www.diverseandresilient.org/appleton)

Diverse & Resilient has Milwaukee and Appleton offices, focusing on support, resources, and advocacy for our GLBTQIA+ community.



## Harbor House & Christine Ann - Domestic Abuse Shelters

[www.harborhousewi.org](http://www.harborhousewi.org)     [www.christineann.net](http://www.christineann.net)

Shelters, advocacy, support, and resources for people experiencing domestic or sexual violence. Harbor House is located in Appleton and Christine Ann Center is in Oshkosh.



## Aging & Disability Resource Centers [www.dhs.wisconsin.gov/adrc/index.htm](http://www.dhs.wisconsin.gov/adrc/index.htm)

Each county has their own aging and disability resource center which serves as a single point of contact for numerous public resources related to disability at all ages, or aging.



## First Five Fox Valley (Families with Children) [firstfivefoxvalley.org](http://firstfivefoxvalley.org)

First Five supports children ages 0-5 by providing connections across a wide range of community resources, organizations and opportunities. This resource page includes medical or developmental support, parent education, events, and indoor playgrounds, among other resources!



## BABES Child & Family Support

<https://babeshelp.org>

Providing safe, no-cost respite care and resources for families with young and under-resourced parents to strengthen families and prevent child abuse.



## Fox Valley Literacy

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

Classes and 1:1 tutoring in various areas to help adults thrive in our community. Learn English, prepare for driver's license exam or GED, financial or digital literacy, and more.