



Website Resources 2016

Behavioral Health References

Prevention and Healthy Living:

[Wisconsin Prevention and Healthy Living](#)

Wisconsin Dept. of Health Services page with multiple healthy life resources.

[Anxiety and Depression Association of America](#)

Anxiety and Depression Association of America page that provides information on mental health issues and help finding treatment or support.

Mental Health and Depression:

[NAMI Wisconsin website](#)

Includes links to help find mental health services in your area and information to help answer questions about mental health issues.

- “Find my NAMI” to get a county by county map which will help you locate services in your area.
- “Resource Guide” will provide a list of information on various mental health issues and concerns to address questions you may have.

Depression Resources:

[Major Depression Fact Sheet](#)

Brief document from NAMI providing general information about depression.

[Articles in Depression](#)

Mental Health articles addressing depression.

[National Institute of Mental Health \(NIMH\) article on Depression](#)

Article describing how to identify and treat depression.

[Depression is not a normal part of growing older](#)

CDC resource on depression.

Self-screening Tool for Mental Health Issues:

[Screening for Mental Health](#)

Online mental health screening tools for self-assessment.

Alcohol References:

[Alcoholics Anonymous](#)

National AA website that allows you to put in your zip code and find Alcoholics Anonymous meetings in your area.

[Greater Milwaukee Central Office](#)

Information on Alcoholics Anonymous meetings in the Milwaukee area.

[Madison Area & Southwest WI](#)

Information on Alcoholics Anonymous meetings in the Madison area.

[Green Bay area Central Office](#)

Information on Alcoholics Anonymous meetings in the Green Bay area.

[Fox Valley Central Office](#)

Information on Alcoholics Anonymous meetings in the Fox Valley area.

[Chippewa Valley Intergroup](#)

Information on Alcoholics Anonymous meetings in the Eau Claire area.

[Southern WI: Area 75](#)

Information on Alcoholics Anonymous meetings in southern Wisconsin.

[Northern WI and the Upper Peninsula of Michigan](#)

Information on Alcoholics Anonymous meetings in northern Wisconsin.

Finding Treatment Options in your Area:

[SAMHSA Treatment Locator Website](#)

[SAMHSA Treatment Referral Helpline:](#)

1-877-SAMHSA7 (1-877-726-4727)

Practitioner Pocket Guides for Screening and Treatment:

[NIH Practitioner pocket guides for alcohol screening:](#)

- [Guide 1](#)
- [Guide 2](#)

[Alcohol Pocket Guide](#)

This guide provides alcohol consumption scoring guidelines for alcohol screening tests.