

Now That I'm 18 and an Adult:

Who do I Contact When I Need Help?

Key contacts for adults (18 years of age and older) living with a disability

Who do I contact when...

I am in danger:

- Call the police: 911

I feel sad and I need someone to talk to:

- Call a friend or family member I trust and can talk to!

Or

- Text the Hopeline: Text HOPELINE to 741741
- Call the Solstice Warmline: 608-422-2383; Open Mon-Fri 4-10pm and Sat/Sun 2-10pm.
- Call or text the TeenLine: Text TEEN to 839863 or call 800-TLC-TEEN; Available by text 4-7pm every day and available by phone 4-8pm.

I want to hurt myself:

- Call the Mental Health Crisis Line:
If I live in Burnett County I can call: 888-636-6655
If I live in Polk County I can call: 888-552-6642

I need help making decisions or I think someone in my life is taking advantage of me:

- Call the Adult Protective Service Department
If I live in Burnett County I can call: 715-349-7600
If I live in Polk County I can call: 715-485-8400

I need help finding a job:

- Call a Wisconsin Job Center
If I live in Burnett County I can call : 715-635-2175
I live in Polk County I can call: 715-485-3115
- Call the Division of Vocational Rehabilitation
If I live in Burnett County I can call : 877-387-3879
If I live in Polk County I can call: 800-228-2587

I can't get and/or keep a job because of my disability and I need money to live:

- Call Social Security Administration to apply for SSI (Supplemental Security Income) or SSDI (Social Security Disability Insurance)
If I live in Burnett County I can call : 877-628-6578
If I live in Polk County I can call: 888-823-3923
- Call a Disability Benefit Specialist at the Aging and Disability Resource Center (ADRC) of Northwest Wisconsin
If I live in Burnett or Polk County I can call: 877-485-2372



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Who do I contact when...

I need help getting to and from my medical appointments, finding or paying for a place to live, paying for food and getting health insurance so I can go to the doctor:

- Aging and Disability Resource Center of Northwest Wisconsin
If I live in Polk or Burnett County I can call: 877-485-2372

I need help with daily activities in order to live on my own:

- Independent Living Centers
If I live in Burnett County I can call: 800-924-1220
If I live in Polk County I can call: 800-228-3287

I need help but I don't know what I need help with or who can help me:

Call the Aging and Disability Resource Center of Northwest Wisconsin
877-485-2372

