
# 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 of family member I trust and can talk to!
* Text the Hopeline: Text HOPELINE to 741741
* Call the Solstice Warmline: 608-244-5077
* Call or text the TeenLine: Text TEEN to 839863 or call 800-852-8336; Available by text 8-11pm every day and available by phone 8pm-12am.

I want to hurt myself:

* Call the Mental Health Crisis Line: 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 the Division of Vocational Rehabilitation

If I live in Burnett County, I can call: 715-679-5577

If I live in Polk County, I can call: 715-234-6806

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: 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: 877-485-2372

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

* If I live in Burnett County, I can call indiGO at 715-392-9118
* If I live in Polk County, I can call Center for Independent Living at 800-228-3287

**I need help but I don’t know what I need help with or who I can call for help:**

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