

Transitioning to Adulthood: Mental Health Resources

Taking care of your mental health is just as important as taking care of your physical health. Support is available if you need it.

Build Your Support Team

As you become an adult, having support is still important. Trusted people can help you manage stress, solve problems, and care for your mental health. Your support team may include:

- Parents or caregivers
- Primary care provider
- Psychiatrist
- Therapist or counselor
- School counselor
- Social worker
- Trusted friends or family members

You choose who is part of your care team. It is okay to start with 1 person and add others over time. Your support team may change as your needs change.

Find Mental Health Services

Finding the right mental health provider may take time. It is okay to ask questions and look for someone who is a good fit for you.

You can:

- Check with your insurance company for covered providers
- Ask your primary care provider for a referral
- Visit your state or county behavioral health website
- Use online directories such as:
 - Psychology Today
 - SAMHSA Treatment Locator
 - National Alliance on Mental Illness (NAMI)

Crisis Resources

If you feel overwhelmed, unsafe, or think you may hurt yourself or someone else, get help right away.

988 Suicide and Crisis Lifeline

- Call or text 988
- Available 24 hours a day, 7 days a week
- Free and private

Crisis Text Line

- Text HOME to 741741
- Available 24 hours a day, 7 days a week

Emergency Services

Call 911 or go to the nearest emergency department if you are in immediate danger or have a medical emergency.

Peer and Community Support

UW Health Peer Mentorship Program

Connect with someone who recently went through a healthcare transition.

National Alliance on Mental Illness (NAMI)

Offers:

- Education programs
- Support groups
- Resources for young adults and families

The Trevor Project

Provides crisis support and resources for LGBTQ+ youth and young adults.

Active Minds

Offers mental health education and peer support for students and young adults.

School and Work Supports

You may qualify for support at school or work. These supports can help you succeed while caring for your health.

Examples include:

- More time for tests
- Counseling services
- Flexible schedules
- Reduced course loads
- Support from disability services offices

Talk with your school counselor, college disability services office, or human resources department to learn more.

Local Resources

NAMI Dane County Peer Support

Monday-Friday, 10 am-2 pm

608-249-7188

outreach@namidanecounty.org

Solstice House Warmline

Available 24 hours a day, 7 days a week

608-244-5077

Public Services

Dane County Social Services

211

Access Community Health Center

608-443-5480

Dane County Housing Authority

608-224-3636

Youth and Family Resources

24/7 Parent Stress Line

800-632-8188

24/7 Emergency Child Care

608-244-5700

24/7 Briarpatch Youth Services Helpline

608-251-1126

Dane County Youth Connect

608-896-0755

Wisconsin Family Ties

800-422-7145

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 9/2026 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8542