

**Information & Referral/United Way:**  
**211 locally OR 458-3425**

*For more information contact Sheboygan Co.  
Health & Human Services Information &  
Assistance Specialist: Jessica @ 459-0563*

**Parenting Education & Support**

Anchor of Hope..... 452-4673  
Autism Society of the Lakeshore..... 652-0964  
Catholic Charities Parenting Support..... 414-771-2881  
Family Connections..... 457-1999  
Family Resource Center of Sheboygan County.....92-6706  
National Parent Helpline.....427-2736  
Parent to Parent of Wisconsin..... 715-361-2934  
Nett-Work Family Counseling..... 451-6908  
RAYS (Runaway and Youth Services..... 458-7100  
Sheboygan MOPS/Teen MOPS:  
<https://greenhouseprojectinc.com>

Strengthening Families Program for Parent and Youth  
(age 10-14) UW-Extension Sheboygan County: 459-5900  
Wisconsin Family Ties, INC..... 608-267-6888

**Counseling-Family/Individual/Marital**

Aurora Sheboygan Clinic– Mental Health..... 457-4461  
HOPELINE.....Text “HOPELINE” to 741741  
Mental Health America.....458-3951  
Prevea Behavioral Health Care..... 458-5557  
Reach Counseling Service 24 hour Crisis Line... 722-8150  
Sheboygan Co. Health and Human Services..... 459-3207  
Solstice House Warm Line..... 608-287-0839

**Domestic Violence Services/ Shelter**

Labor of Love Counseling Center..... 226-9599  
Loveisrespect.org: text LOVE IS to 22522;  
Or Call..... 866-331-9474  
National Domestic Violence Hotline..... 800-799-7233  
Safe Harbor..... 452-7640 **OR** 800-499-7640  
UNIDOS–Latino immigrant/migrant communities:  
.....800-510-9195

**Emergency/ Crisis Services....Dial 911**

Crisis Center– Sheboygan .....459-3151  
COPE Hotline.....262-377-2673  
HOPELINE..... Text “HOPELINE” to 741741  
LGBTQ Hotline..... 888-843-4564  
National Suicide Prevention.....800-273-8255  
Runaway and Youth Services.....458-7100  
Safe Harbor of Sheboygan..... 452-7640  
To Write Love on Her Arms.....800-273-8255

**Smoking, Alcohol and Drug use Cessation  
Program/Education/Support**

*Substance use during pregnancy, breastfeeding,  
and parenting can be dangerous, with a variety of  
harmful effects on both adults and children. The  
effects can be short or long term and may be  
physical, mental, social, emotional and financial.  
You are not alone, many others know what it’s  
like and can help you quit, give you tips and  
support you along the way.*

Alcoholics Anonymous..... 800-355-7318  
Al-Anon and Alateen.....<https://al-anon.org/>..... 888-425-2666  
American Lung Association of Wisconsin..... 800-586-4872  
Aurora Sheboygan Clinic Behavioral Health..... 457-4461  
Aurora Sheboygan Memorial Medical Center.....451-5510  
Faces and Voices of Recovery..... 202-737-0690  
Families Anonymous.....<https://www.familiesanonymous.org/>  
Holistic Pain Management & Wellness Center.....287-1432  
Narcotic Anonymous: 888-611-1813 **OR**  
<https://wisconsinna.org/>  
Prevea Behavioral Health..... 458-5557  
Samaritan’s Hand, Inc.....254-6922  
Sheboygan Comprehensive Treatment Center..... 547-3639  
Sheboygan County Health & Human Services..... 459-3207  
Substance Abuse and Mental Health Helpline: 800-662-4357  
Wisconsin Recovery Community Organization..... 234-5016  
Wisconsin Quit Line..... 800-784-8669  
**OR text “READY” TO 200-400**



**DO YOU FEEL  
STRESSED OUT  
OR  
OVERWHELMED?  
If so, you are not  
alone!**



**Sheboygan County WIC Program**

Health & Human Services Building  
1011 North 8<sup>th</sup> Street  
Sheboygan WI 53081

**Phone: (920) 459-3417**

## It's OK to ask for Help!



- ◆ A little stress can create opportunities for us to learn and grow. But, **too many stressors at one time, ongoing stress**, or traumatic events, can lead to us feeling anxious, sad, fearful, angry, and other emotions that can be difficult to manage. We all need help in life—it's okay to ask for support.
- ◆ Stress can cause physical symptoms and even illness. Symptoms may be fatigue, headaches, digestive issues, body aches, sleep struggles, feeling jittery or irritable, over- or under-eating, and others.
- ◆ You may notice it is hard to manage day to day responsibilities when stress goes on for too long or is too extreme. You may even feel drawn to self-medicating with alcohol or other substances to help lessen unresolved symptoms.
- ◆ It is important during pregnancy for parents to learn about stress and how to deal with it since many of the symptoms can make pregnancy difficult or even impact a developing baby.

## What can you do to help manage your stress?

- ◆ If your symptoms are creating hardship for you, please seek professional help.
- ◆ Find ways to lessen stress if at all possible. Who can help support you in this? What resources do you need?
- ◆ Are there things that you can let go of and not do for a while (that won't make you more stressed in the long run) while you allow yourself some time to recover from stress? Recovery from stress is as important as recovery from any other illness.
- ◆ Small breaks for just a few minutes during the course of your day every hour or two have been proven to make a huge difference in our wellbeing. Step outside, do mindful breathing (below), call a friend, listen to a song, use one of the apps below, eat a healthy snack, take a walk or run, pet an animal, stretch, draw, drink water, give someone a hug, ...etc. Find what works for you. The key is do it often, if possible BEFORE you feel the stress.



- ◆ Download an app for access to handy instant tools such as *Calm*, *Exhale*, *Colorfy*, *HEADSPACE*, *Dare*, *Shine*, and *Relax Now*. There are many for you to choose from if you search.
- ◆ Mindful breathing: Breathe in through your nose slowly for a count of 4 into your lower belly, hold for 4, and breathe out slowly through your mouth for a count of 8, envisioning stress leaving your body.

**The greatest gift you can give to yourself and your child is to learn ways to deal with stress and get the support you need.**



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