



Need to talk?

The power of human connection
is just a call away

Reach Out

Remember: you, your family, and friends can be a good source of support for each other.

Call LEAVEN's Emotional CPR Warmline

(920) 931-2572 • Monday-Friday • 8am-10pm

Talk to a trained volunteer about whatever you are going through.



Sign Up for Volunteer Fox Cities' Phone Pal Program

(920) 832-9360 • Monday-Friday • 8am-4:30pm

PhonePal@volunteerfoxcities.org or www.volunteerfoxcities.org

Connect with a volunteer Phone Pal to talk.



Looking for Help?

Call United Way's 2-1-1 for access to
health and human services



Dial 2-1-1

Free, Confidential, Available 24/7/365



or go to the
Give Help • Get Help Hub
to get or give help in the Fox Cities

GiveHelpGetHelpFoxCities.org

