

Wisconsin (Milwaukee Area) – Post-Release Support Guide

Purpose: This guide connects you to **free or low-cost services** in Milwaukee while you are getting established after release. These resources do **not** affect your SSI application.

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MENTAL HEALTH & CRISIS SUPPORT

Mental Health Emergency Center (MHEC)

Services:

24/7 psychiatric emergency department providing crisis assessment, stabilization, treatment, and transition care for adults, children, and adolescents.

Cost: Free emergency services

Address:

1525 N. 12th Street

Milwaukee, WI 53205

Phone: (414) 966-3030

Website: <https://mentalhealthmke.org/>

Milwaukee County Behavioral Health Division – Access Clinics

Services:

Mental health assessments, medications, and therapy referrals for **uninsured Milwaukee County residents**.

Cost: Free / low cost

Notes: First-come, first-served; extended wait times possible.

Hours:

Monday–Friday | 8:30 a.m. – 4:30 p.m.

Walk-in assessments: 8:30 a.m. – 2:30 p.m.

Locations:

- **Access Clinic South:**
1635 W. National Ave | (414) 257-7900
- **Access Clinic East:**
210 W. Capitol Dr | (414) 257-7665
- **Access Clinic North:**
8200 W. Silver Spring Dr | (414) 257-5190

Website: <https://county.milwaukee.gov/EN/DHHS/BHD>

NAMI Southeast Wisconsin

Services:

Mental health education, referrals, peer support, support groups, and advocacy.

Hours:

Monday–Friday | 9:00 a.m. – 5:00 p.m.

Phone: (414) 344-0447

Administrative Office:

2717 N. Grandview Blvd, Ste 205

Waukesha, WI 53188

Email: info@namisoutheastwi.org

Website: <https://namisoutheastwi.org/contact/>

Crisis Lines

- **Milwaukee County Crisis Line:** (414) 257-7222

- **988 Suicide & Crisis Lifeline:** Call or text **988**
- **NAMI National Helpline:** 1-800-950-NAMI (6264)

UpliftWI (Peer Support Warmline)

Services:

Anonymous peer support from certified peer specialists (not a crisis line).

Cost: Free

Hours:

12:00 p.m. – 12:00 a.m. daily (24/7 expansion planned)

Phone: (534) 202-5438

Website: <https://www.mhawisconsin.org/upliftwi>

YOUTH & FAMILY COUNSELING

Pathfinders

Services:

Mental health care for children, teens, and young adults; counseling for youth impacted by abuse; housing and stabilization programs.

Cost: Free / sliding scale

Address:

4200 N. Holton Street, Suite 400

Milwaukee, WI

Phone: (414) 964-2565

Website: <https://pathfindersmke.org/>

Walker's Point Youth & Family Center

Services:

Free counseling, 24/7 crisis hotline, family counseling, emergency shelter for youth.

Address:

2030 W. National Ave

Milwaukee, WI

Phone: (414) 647-8200

Website: <https://www.walkerspoint.org/>

MEDICAL & DENTAL CARE

Bread of Healing Clinic (Cross Lutheran Church)

Services:

Free medical clinic for uninsured individuals.

Cost: Free

Address:

1821 N. 16th Street

Milwaukee, WI 53205

Phone: (414) 977-0001

Fax: (414) 755-6971

Email: office@breadofhealing.org

Website: <https://www.breadofhealingclinic.org/>

Alternatives in Psychological Consultation

Services:

Individual, couples, and family therapy; men's substance use groups; women's trauma and recovery groups.

Insurance: Title 19, sliding fee; limited Medicare/Medicaid acceptance.

Locations:

- 10045 W. Lisbon Ave, Wauwatosa, WI 53222
- 6737 W. Washington Ave, Suite 1300, Milwaukee, WI 53214

Phone: (414) 358-7144

Fax: (414) 358-7158

Website: <https://altlig.com>

Aurora Family Service

Services:

Behavioral health, family counseling, and support services.

Address:

3200 W. Highland Blvd

Milwaukee, WI 53208

Phone: (414) 345-4941

Website: <https://www.aurorahealthcare.org/services/aurora-family-service/>

Children's Dental Center – Next Door Clinic

Services:

Dental care for children with special needs; financial assistance available.

Phone: (414) 266-6262

Website: <https://childrenswi.org/locations/next-door-clinic>

HOUSING & SHELTER ACCESS

IMPACT 2-1-1 (Milwaukee)

Services:

Central access point for emergency shelters and homelessness prevention services.

Important: Must call 2-1-1 to access shelters.

Website: <https://www.impactinc.org/impact-211/>

FOOD & HEALTH COVERAGE

FoodShare Wisconsin (SNAP)

Services:

Food assistance for low-income individuals and families.

Apply:

<https://www.dhs.wisconsin.gov/forwardhealth/apply.htm>

Website:

<https://www.dhs.wisconsin.gov/foodshare/fpl.htm>

BadgerCare Plus (Medicaid)

Services:

Health coverage for low-income adults, children, and families.

Apply:

<https://www.dhs.wisconsin.gov/forwardhealth/apply.htm>

Website:

<https://www.dhs.wisconsin.gov/badgercareplus/index.htm>

EMPLOYMENT & VOCATIONAL SUPPORT

CareerOneStop

CareerOneStop is a **federally supported workforce platform** sponsored by the U.S. Department of Labor. It provides job search, training, and career planning tools at **no cost**.

Why This Resource Is Recommended:

- Free to use
- Federally supported and workforce-aligned
- Not a commercial job board
- Does **not** resell personal data
- Allows job searching **without posting a public resume**
- Aggregates listings from state workforce systems
- Appropriate for individuals **with or without SSA benefits**

Services Available:

- Job search (local, remote, and national listings)
- Career exploration and skills assessment
- Training and certification search
- Resume and interview tools
- Information on **Work Incentives**, including:
 - Ticket to Work
 - PASS (Plan to Achieve Self-Support)
- Reentry and second-chance employment resources
- Links to local American Job Centers

Cost:

Free

Website:

<https://www.careeronestop.org/>

Wisconsin Division of Vocational Rehabilitation (DVR)**Services:**

Employment services, Ticket to Work, PASS, Partnership Plus.

Important: DVR currently operates under an **Order of Selection (waitlist)**.

Address:

201 E. Washington Ave

Madison, WI 53707

Phone: (608) 266-3131

Website:

<https://dwd.wisconsin.gov/dvr/>

COMMUNITY REENTRY SUPPORT**Milwaukee Community Justice Council – Home to Stay Initiative****Services:**

Monthly resource events providing housing, employment, health care, ID recovery, child support assistance, expungement, GED/HSED, and more.

Location:

Partners in Hope

324 W. North Ave

Milwaukee, WI

Website:

<https://sites.google.com/milwaukeeecjc.org/home-to-stay-mke/home>

Note: Check website for 2026 updates.

IMPORTANT RESOURCE NOTICE

This guide connects you to **free or low-cost services in the Milwaukee area** to support you while you are getting established after release.

The resources listed here are **not exhaustive** and are provided for informational purposes only.

Resource availability, eligibility, hours, and services may change. **Nu Outlook Global Incorporated regularly updates its resource listings**, and additional resources may be available that are not included in this guide.

For the **most current and comprehensive resource information**, please visit:

<https://nuoutlook.org/resources.php>

Use of these resources **does not affect your SSI application** or your eligibility for Social Security benefits.