

# Mental Health Ministry Resources

St. Joseph Mental Health Ministry goal is to bridge our faith to challenging times and provide a place to learn, listen, speak out and be heard in a safe, confidential and non-judgmental environment, where isolation and stigma dissipates as a supportive community is created. The below list are some resources that we hope you will find helpful in your individual journey. This list will continue to be updated and does not encompass all resources available.

For more information or to contact a team member: [mentalhealthministry@stjosephgrifton.org](mailto:mentalhealthministry@stjosephgrifton.org)

Category	Source	Description
Alcohol and Chemical Dependency	Email Contact: <a href="mailto:gwest@myabc.church">gwest@myabc.church</a>	Alliance Bible Church - <b>Cedarburg</b> - Recovery Program run by Pastor Greg West
Alcohol and Chemical Dependency	<a href="https://stjosephgrifton.org/substance-addiction-ministry-sam/">https://stjosephgrifton.org/substance-addiction-ministry-sam/</a>	St. Francis Borgia - <b>Cedarburg</b> - substance-addiction ministry
Alcohol and Chemical Dependency	<a href="https://www.addicted.org/">https://www.addicted.org/</a>	National Drug Rehab Services
Alcohol and Chemical Dependency	<a href="https://www.aa.org/">https://www.aa.org/</a>	Alcoholics Anonymous
Alcohol and Chemical Dependency	<a href="https://aamilwaukee.com/">https://aamilwaukee.com/</a>	Alcoholics Anonymous Milwaukee - Meeting finder and additional local resources
Alcohol and Chemical Dependency	<a href="https://al-anon.org/">https://al-anon.org/</a>	Al-Anon Family Groups (including alateen) support for families of alcoholics and recovering alcoholics
Alcohol and Chemical Dependency	<a href="https://newdayclub.org/">https://newdayclub.org/</a>	Meeting and gathering place for recovering alcoholics and addicts
Alcohol and Chemical Dependency	<a href="https://greatlakesatc.com/rehab-centers-in-grifton-wisconsin/https://rogersbh.org/">https://greatlakesatc.com/rehab-centers-in-grifton-wisconsin/https://rogersbh.org/</a>	Milwaukee Rehab Centers, Faith based residential recovery centers for Adults and Teens

Behavioral Health Resources Ozaukee County	<a href="https://www.ozaukeecounty.gov/261/Behavioral-Health">https://www.ozaukeecounty.gov/261/Behavioral-Health</a>	Additional local resources, crisis intervention, outpatient, mental health and chemical dependency, suicide
Behavioral Health Resources Washington County	<a href="https://changetheend.com/">https://changetheend.com/</a>	Find Support for Chemical Dependency or Mental Health
Behavioral Health Resources Ozaukee County	<a href="https://www.ozaukeefamilyservices.org/">https://www.ozaukeefamilyservices.org/</a>	Building Mental Wellness and Strengthening Families, Education, Prevention, Senior and Family Services
Behavioral Health Services Southeast Wisconsin	<a href="https://rogersbh.org/">https://rogersbh.org/</a>	Inpatient, Outpatient, Residential, All Mental Health, Suicide and Chemical Dependency, Adult and Adolescence, multiple locations and disciplines
Behavioral Health Services Southeast Wisconsin	<a href="https://childrenswi.org/location-directory/locations/urgent-care/craig-yabuki-mental-health-walk-in-clinic">https://childrenswi.org/location-directory/locations/urgent-care/craig-yabuki-mental-health-walk-in-clinic</a>	Same day care for urgent mental health issues. Childrens/Teen walk in Craig Yabuki Mental Health clinic, main campus Milwaukee Children's Hospital
Behavioral Health Services Southeast Wisconsin	<a href="https://childrenswi.org/medical-care/adolescent-health-and-medicine/teen-health-information">https://childrenswi.org/medical-care/adolescent-health-and-medicine/teen-health-information</a>	Teen health information resources at Children's Wisconsin
Behavioral Health Services Southeast Wisconsin	<a href="https://children.wi.gov/Documents/Crisis%20Card/Mental%20Health%20Crisis%20Card%20Flyer.pdf">https://children.wi.gov/Documents/Crisis%20Card/Mental%20Health%20Crisis%20Card%20Flyer.pdf</a>	Crisis Card for Children's Wisconsin
Behavioral Health Services Southeast Wisconsin	<a href="https://www.aurorahealthcare.org/services/behavioral-health-addiction">https://www.aurorahealthcare.org/services/behavioral-health-addiction</a>	Aurora Behavioral Health including Inpatient, Outpatient and Residential Treatment programs

Book	<a href="https://www.goodreads.com/book/show/57977547-st-dymphna-s-playbook">https://www.goodreads.com/book/show/57977547-st-dymphna-s-playbook</a>	St Dymphna's Playbook: A Catholic Guide to Finding Mental and Emotional Well-Being. Tighe, Tommy. 2021, Ave Maria Press, Catholic inference on mental health
Book/Online Courses	<a href="https://jpiihealingcenter.org/">https://jpiihealingcenter.org/</a>	Catholic Teaching, Healing, Equipping for self healing
Counseling - Individual, Family, Adolescence - North Shore	<a href="https://counseling.lakeshorepsychologyservices.com">https://counseling.lakeshorepsychologyservices.com</a>	Lakeshore Psychology Services, Counseling and Coaching
Counseling - Individual, Family, Adolescence / Support Groups - North Shore	<a href="https://www.northshorecenterllc.com/">https://www.northshorecenterllc.com/</a>	North Shore Center - Mequon, unique blend of adult and child diagnostic, therapeutic, and consultative behavioral health services including support groups
Counseling - Individual, Family, Adolescence - Grafton	<a href="https://trilogycounselingservices.com/">https://trilogycounselingservices.com/</a>	Trilogy Counseling Services - Grafton, Mental Health and Substance Abuse and Dependency. Beyond individual sessions, we work with couples, families, and are happy to be a part of any treatment team.
Counseling - Faith Based	<a href="https://www.psychologytoday.com/us/therapists/wi/grafton?category=christian-counseling">https://www.psychologytoday.com/us/therapists/wi/grafton?category=christian-counseling</a>	Link to faith based counseling in Grafton area
Counseling - Faith Based - Online	<a href="https://lifestance.com/">https://lifestance.com/</a>	LifeStance Health, online counseling
Counseling - Faith Based - Online and Local	<a href="https://christianfamilysolutions.org/">https://christianfamilysolutions.org/</a>	Christian Family Solutions (CFS), Adult and Teen Treatment Programs
Podcasts	<a href="https://open.spotify.com/epis">https://open.spotify.com/epis</a>	Fr Brian Mason Addiction

	<a href="#">ode/7qPdS3cYtsruOqPK9pKIMl</a>	counseling podcasts
Podcasts	<a href="https://open.spotify.com/show/1xVFta7r2SjLcTW5QBcTUe">https://open.spotify.com/show/1xVFta7r2SjLcTW5QBcTUe</a>	St Dymphna's Playbook: A Catholic Guide to Finding Mental and Emotional Well-Being. Tighe, Tommy
Podcasts	<a href="https://open.spotify.com/show/3pM83eBkSfywLX859sxA3m">https://open.spotify.com/show/3pM83eBkSfywLX859sxA3m</a>	Dialectical Behavior Therapy (DBT) skills and philosophy regarding loved ones who struggle with emotional regulation difficulties.
Speakers/Stories of Hope	<a href="#">The Anxious Generation   Jonathan Haidt</a>	Conversations around <b>The Anxious Generation</b> by Jonathon Haidt
Speakers/Stories of Hope	<a href="#">Nebraska Bishop James Conley shares mental illness story, offers message of hope   Catholic News Agency</a>	Story of Bishop James Conley