



Business, Community, and Mental Health Resources

Business and Non-Profit Resources

[City of Madison Economic Development Division](#)

[Greater Madison Chamber of Commerce Covid-19 Page](#)

[Dane County Extension Resources for Small Businesses and Non-profit Organizations during the COVID-19 Crisis](#)

[Wisconsin Economic Development Corporation](#)

Community Resources

[211 Wisconsin](#)

Call for help if you are struggling and looking for resources like food pantries, shelters, or mental health services. Reach out to them through one of the following methods:

- Dial 211
- Text your zip code to 898211
- Search for resources [online](#)
- Check out their [coronavirus specific page](#)

[Madison Area Intergroup Central Office of Alcoholics Anonymous](#)

Most online AA meetings are taking place over Zoom, which is free to download, and you do not need to have your camera on or have a picture if you don't want to. A few may still be taking place in person within the guidelines of social distancing. M.A.I.C.O. continues to work with a list of volunteers who will speak with people 24/7 who call their number of 608-222-8989.

[Area Agency on Aging/Family Caregiver Support](#) - emotional and financial support for caregivers

Mental Health Resources

[Coping with Stress during Infectious Disease Outbreaks \(SAMHSA\)](#)

[Helpline Resources Directory Listing](#) (NAMI, 79 pages)

[Journey Mental Health](#) - 608-280-2720

[The Family Center](#) - 608-663-6154

} Low Cost Mental Health Services – Sliding Scale

[Psychology Research and Training Clinic \(PRTC\)](#) - 608- 262-5925

[Counseling Psychology Training Clinic \(CPTC\)](#) – 608-265-8779

} Graduate level clinicians who are supervised by licensed psychologists

[Journey 24/7 Crisis Hotline](#) – 608-280-2600

[National Suicide Prevention Lifeline](#) at 1-800-273-8255

[HOPELINE](#) text 741741

Everyone's reaction to stress is different.

Difficulty concentrating or sleeping, irritability, fatigue, and even stomachaches can be normal.

But if you find you are overwhelmed or having thoughts of self-harm or suicide, reach out for help right away.

-City of Madison Employee Assistance Program