

**Parent Resource Guide  
For  
Manitowoc County**

(All phone numbers are area code 920 unless otherwise indicated)

**United Way 24/7 Informational Hotline .....2-1-1**  
**Manitowoc County 24 Hour Crisis Line.....683-9172**

**ALCOHOL and OTHER DRUGS**

Alcoholics Anonymous.....800-835-1935  
Al-Anon and Ala Teen.....888-425-2666  
National Substance Abuse Hotline.....800-784-6776  
Aurora Behavioral Health Center.....683-9500  
Blue Waters.....683-3911  
Catholic Charities.....684-6651  
Manitowoc County Human Services.....683-4230  
Tamarack Behavioral Health Center.....793-8609

**FAMILY RESOURCES**

Lutheran Social Services (all faiths welcome).....682-2816  
Lakeshore CAP.....682-3737  
Manitowoc County Health Dept.....683-4155  
Manitowoc County Human Services.....683-4230  
Manitowoc Salvation Army.....684-7117

**SEXUAL HEALTH**

The Crossing.....242-7363  
Lakeshore CAP (Teen Pregnancy support) .....682-3737  
Manitowoc County Health Dept.....683-4155  
Planned Parenthood.....684-1332  
Sexual Assault Resource Center.....320-8555

**DEPRESSION PREVENTION**

National Institute of Mental Illness.....866-615-6464  
Suicide Prevention Line.....800-799-0122  
Grief Support (Holy Family Memorial).....684-3255

**YOUTH SERVICES**

Lakeshore CAP.....682-3737  
Project Youth.....682-2816

**WEBSITES**

<http://www.hmc2010.org>  
<http://www.volunteermatch.org>  
<http://www.theantidrug.com/>  
<http://parentingmyteen.com>  
<http://teendrugabuse.us>