

How to get involved



Come be a part of a new wave, to support our community's mental health. Share with us, your success stories, and the tools you utilize to manage your mental health or recovery. We would love to connect and learn about the many things this community has to offer. Some examples may be:

- Art therapy
- Fitness/Yoga
- Nutrition
- Music
- Spirituality/Meditation
- Games/Projects/Art
- Wellness activities
- Healthy coping skills/Boundaries
- Recovery Community Partnerships

State Street Center is supported by the Winnebago County, Department of Human Services. We will be offering free Mental Health and Substance Use Disorder support and resources to adults in a, non-clinical, voluntary setting.



" We come to what we need, when we're ready. Even one simple change can have profound rippling effects" Charlotte Watts

Winnebago County



**State Street Center
206 State Street
Oshkosh WI 54901**

**Monday – Friday
9:00am - 3:00pm**

920-232-3320
statestreetcenter@co.winnebago.wi.us

Daily activities will be posted on the front door

Resources:

Forward Services: 2201 Oregon St Oshkosh WI 54902 (920)232-9349

East Central Call Center (badger Care/shared food): (888)256-4563

Advocap: 2929 Harrison St Oshkosh WI 54901 (920)426-0150

Energy Resources: Energy Assistance 303 Pearl Ave Ste D Oshkosh WI 545901 (920)231-0600

Salvation Army 417 Algoma Blvd Oshkosh WI 54901 (920)232-7660

Food Resources: Oshkosh Area Community Pantry (St. Vincent De Paul - Energy services/food/etc.) 2551 Jackson St Oshkosh WI 54901 (920)651-9960

Father Carr's Food Bank 1062 N Koeller St Oshkosh WI 54902 (920)231-2378

Housing (shelters): Day by Day Warming Shelter 449 High Ave Oshkosh WI 54901 (920)203-4536

Oshkosh Housing Authority 600 Merritt Ave Oshkosh WI 54901 (920)424-1450

Additional Resources

Crisis Intervention: 920-233-7707

211 Resources Hotline: 211

Suicide Prevention Hotline: 1-800-273- TALK

Veterans Crisis Line: 1-800-273-8255

Crisis Counselor-Text HOPELINE to 741741

Mission:

Our mission is to provide holistic support services for any adult that is working to manage their Mental Health or Substance Use Disorder. This can be achieved though mentorships, educational programs, friendships, peer support and community engagement.

**Recovery in mental health
=
managing symptoms well**

Vision:

Our vision is to allow space for members to manage their recovery at a pace and direction they choose. We would like this center to provide opportunities for a healthy routine; revolved around activities that support recovery and symptom management. Our hope is that our members utilize this center as an alternative, or in addition, to the community supports that are currently in place.



What is Mental Illness? A mental illness is a condition that affects a person's thinking, feeling, or mood. Such conditions may affect someone's ability to relate to others and daily functioning. Nami.org

What are SUD's? Substance Use Disorders are disorders that involves problematic use of drugs, alcohol, or other substances; despite the possibility of substantial harm or adverse consequences.