



Additional Resources

Here are a few resources you may find helpful in addition to your WIC benefits.

Moraine Lakes Consortium

888-446-1239

access.wi.gov

Apply for FoodShare, Medicaid, Wisconsin Works, BadgerCare Plus, Wisconsin Shares

Lakeshore Wellness & Recovery

Mequon, Port Washington,

West Bend:

262-323-6963

Outpatient mental health and substance use therapy in English and Spanish

Aurora Behavioral Health

Grafton: 262-375-3700

West Bend: 877-666-7223

Help for individuals struggling with substance abuse or mental health

QUITLINE

1-800-784-8669

text READY 200-400

ctri.wisc.edu/quitline

Wisconsin Addiction Recovery Hotline

833-944-4673

Substance use during pregnancy, breastfeeding, and parenting can be dangerous, with a variety of harmful effects on both adults and children. The effects can be short or long term and may be physical, mental, social, emotional, and financial. You are not alone. Many others know what it is like and can help you quit, give you tips, and support you along the way.

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