

MESSMER CARES FOR FAMILIES

WELLNESS RESOURCES



Intellectual Wellness
The ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.



Financial Wellness
The ability to identify your relationship with money and skills in managing resources. An intricate balance of the mental, spiritual, and physical aspects of money.



Emotional Wellness
The ability to understand ourselves and cope with the challenges life can bring.



Spiritual Wellness
The ability to establish peace and harmony in our lives.



Occupational Wellness
The ability to get personal fulfillment from our jobs or chosen career fields while still maintaining balance in our lives.



Physical Wellness
The ability to maintain a healthy quality of life without undue fatigue or physical stress.



Environmental Wellness
The ability to recognize our own responsibility for the quality of the environment that surrounds us.



Social Wellness
The ability to relate to and connect with other people in our world.

Wellness is not merely the absence of illness or distress – it is striving for **positive physical, mental and social well-being**. It is a lifelong process of **making decisions that support a more balanced life** and enable you to live a healthy life. It is especially important now, during the Covid-19 pandemic, that we care for all aspect of ourselves and our families. The Wellness Wheel describes the integration of seven important dimensions of wellness: emotional, environmental, intellectual, occupational, physical, social and spiritual

MESSMER CARES about you and your well being. We have compiled a **list of resources** that can offer help with these aspects of your wellness during this challenging time. The [blue underlined](#) links are clickable to online resource pages.



PHYSICAL WELLNESS

- [Where to Find Food](#)
- [Bus, Airport, and Services for Senior Citizens](#)
- [Milwaukee Non-MPS Kids Grab and Go Lunch/Breakfast Sites by Zip Code](#)
- [Milwaukee Food Pantries COVID-19 by Zip Code](#)



SOCIAL WELLNESS

Internet Connections

- [Free WiFi from Spectrum](#)
- [Free Hotspots in Milwaukee](#)

Civic Engagement

- [Register to Vote](#)
- [Request An Absentee Ballot](#)
- [Be Counted for the 2020 Census](#)
- [Milwaukee Drive-up Early Voting](#)

Neighborhood Association Announcements

- [Near West Side Partners](#)



INTELLECTUAL WELLNESS

- [Google sheet with latest case numbers from DHS and case projections](#)
- [Trajectory of confirmed COVID-19 cases in Wisconsin - Covid Trends](#)

Official sources

- [Executive Orders by Governor Evers Safer At Home - Wisconsin Emergency Order #12](#)
- [WI DHS COVID-19 Homepage](#)
- [Official WI DHS confirmed cases numbers](#)
- [Wisconsin COVID-19 Coronavirus Information Dashboard](#)
- [Washington-Ozaukee counties public health department \(includes info on food pantries\)](#)
- [Milwaukee County COVID-19 Dashboard and news releases](#)

INTELLECTUAL WELLNESS continued

- [Temporary Ban on Evictions and Foreclosures](#)
- [FAQ by Journal Sentinel](#)
- [Stay At Home Requirement \(SPANISH\)](#)
- [Translated FAQs & Letters to Family by MPS Superintendent](#)
- [Milwaukee Health Department Facebook Page](#)
- [COVID-19 Facts and Continuity Considerations](#)
- [City of Milwaukee Health Department](#)
- [Wisconsin Department of Health Services](#)
- [CDC - What You Need to Know](#)
- [CDC - Handwashing: A Family Activity](#)
- [Milwaukee Community Care and Mutual Aid Group](#)
- [WHO Global contributions](#)
- [How to avoid scams and fraud if the US Federal Government sends checks to citizens](#)
- [COVID-19: Tips for Dementia Caregivers](#)

Referrals to Emergency Shelters, Substance Abuse Treatment, Emergency Food Benefits, and Other Resources

- [Impact 2-1-1](#)

Fall School Enrollment for K4-12 Messmer Catholic Schools

- [Enroll at Messmer - Safer at Home Enrollment Information](#)



EMOTIONAL WELLNESS

- [Milwaukee County BHD 24/7 Crisis Line](#) | 414-257-7222 | Hearing Impaired 9-711
- [Milwaukee County BHD Community Access to Recovery Services](#) | 414-257-8095
- [Milwaukee County Access Clinic](#) | 414-257-7665
- [Wraparound Milwaukee \(for Youth and Families\)](#) | Resource & Referral Line 414-257-7607
- [Milwaukee County Mobile Urgent Treatment Team \(MUTT\) for Children & Adolescents](#) | 414-257-7621
- [Milwaukee County Geriatric Crisis Services](#) | 414-257-7440
- [NAMI Greater Milwaukee](#) | 414-344-0447
- [Mental Health America of Wisconsin](#) | 414-276-3122 or 866-948-6483
- [Mental Health America of Wisconsin 2017-2018 Mental Health & Wellness Resource Guide for Milwaukee County](#)
- [Sojourner Family Peace Center](#)
- [Catholic Charities](#)

EMOTIONAL WELLNESS continued

Suicide Prevention

- [Prevent Suicide Greater Milwaukee](#)
- [National Suicide Prevention Lifeline](#) | 1-800-273-8255
- [Nacional de Prevención del Suicidio](#) | 1-888-628-9454
- [Hopeline](#) | Text 741741

Substance Abuse Treatment & Services

- [Impact Alcohol & Drug Abuse Services](#) | 2-1-1
- [Milwaukee Women's Center Substance Abuse Treatment Programs](#) | 414-270-4662
- [SAMHSA's Behavioral Health Treatment Services Locator](#) | 1-800-662-HELP (4357)



OCCUPATIONAL WELLNESS

- [Job Center of Wisconsin](#)
- [Employment Opportunities from Home Depot](#)
- [Employment Opportunities from Big Lots](#)
- [Employment Opportunities from Meijer's Grocery](#)
- [Employment Opportunities from Roundy's](#)
- [Employment Opportunities from CVS](#)

- [COVID-19 Wisconsin unemployment insurance guidance](#)
- [Gov. Evers Waives Work Search and Modifies Availability Requirements for Unemployment Benefits](#)



ENVIRONMENTAL WELLNESS

Energy Assistance

- [Milwaukee County Energy Assistance](#) | 414-270-4653

Housing

- [Community Advocates Housing Department](#) | 414-449-4777
- [Department of Neighborhood Services Complaint Process](#)
- [Milwaukee County Supportive Housing Programs](#)
- [Temporary Ban on Evictions and Foreclosures](#)



FINANCIAL WELLNESS

- [Financial Literacy for Teens](#)
- [ACTS Housing](#)
- [Avoid Covid-19 Scams](#)

Social Security

- [Social Security Administration Offices and Updates](#)

Taxes

- [AARP Tax-Aide Program](#)
- [Federal Income Tax Payments](#)
- [Social Development Commission Volunteer Income Tax Assistance Program \(VITA\)](#)

Transportation

- [Eras](#)
- [Milwaukee County Transit Service](#)



- [A Faith Response to the Coronavirus](#)
- [Spiritual Resources for Black Catholics](#)
- [Courageous Communion: Daily Living for Quarantined Catholics](#)
- [Just Faith Meditations](#)
- [Ignatian Spirituality](#)
- [Franciscan Prayers for Peace in Troubled Times](#)
- [Pray-As-You-Go](#)
- [Self-Compassion meditations](#)
- [Guided meditations](#)
- [Prayerful Ways to Help Others](#)

Funeral Planning and Grief

- [Guide for Christian Funerals during Covid](#)
- [When a Loved One Dies During the Coronavirus Pandemic](#)
- [Dealing With Grief](#)



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Current as of 04.29.2020