



Parachute House



What is the Parachute House?

The Parachute House Peer-Run Respite is a short-term residential facility for individuals experiencing emotional distress or a low-level mental health crisis.



Who can access services at the Parachute House?

- ❖ Milwaukee County adult residents (18 and over)
- ❖ Individuals experiencing emotional distress, or a low-level crisis related to mental health and/or substance abuse challenges
- ❖ Individuals experiencing an increase in symptoms, stressors, or exacerbation, and require supportive services to aid in their recovery, avert crises, and avoid hospitalizations
- ❖ Individuals who can legally live next to an elementary school and/or nursing home
- ❖ Individuals who are not a harm to themselves or others

What to Expect

- ❖ A short-term (seven days) residential resource
- ❖ A welcoming and accepting, home-like environment
- ❖ Open 24 hours a day, seven days a week, 365 days a year
- ❖ Come and go as you choose to continue with work or other scheduled activities
- ❖ Non-clinical support
- ❖ A safe and relaxing place to pause and reset
- ❖ One-on-one supportive conversations with Certified Peer Support Specialists
- ❖ Wellness activities
- ❖ Hope





Some Activities That Might Occur During a Stay

- ❖ Processing and discussion groups
- ❖ One-on-one supportive conversation
- ❖ Wellness and goal planning
- ❖ Arts and crafts
- ❖ Yoga and other exercises
- ❖ Mindfulness and meditation
- ❖ Alternative/holistic healing approaches
- ❖ Community resources and linkage to help support their recovery journey
- ❖ Or just enjoy peace and privacy



How to Receive Services

- ❖ Services can be accessed through voluntary, self-referral
- ❖ Contact the Parachute House at [414-877-5918](tel:414-877-5918)
- ❖ Participate in a guest pre-stay conversation
- ❖ Guests welcomed between 8:00am and 7:00pm, seven days a week



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