



PUBLIC HEALTH
SAUK COUNTY
Together we thrive



Sauk County Youth Mental Health & Substance Use Resources

Need help for youth struggling with substance use? Start here!

Contact the youth's **primary care provider**. Ask for a referral for substance use or mental health counseling in your network.

If the youth already has a **mental health counselor**, they may be able to complete a substance use assessment.

Call or visit **Sauk County Department of Human Services**
505 Broadway St, 4th Floor, Baraboo, WI 53913
608-355-4200

Tobacco/ Nicotine Cessation Resources

Live Vape Free: Text **VAPEFREE** to **873373**

This is Quitting: Text **DITCHVAPE** to **88709** or visit www.truthinitiative.org/thisisquitting

Wisconsin Tobacco Quit Line: Call or text **1-800-QUIT-NOW** or visit www.quitline.wisc.edu

Mental Health Helplines Sauk County Crisis: 800-533-5692

National Suicide Hotline: Call or text **988**. Chat: www.988lifeline.org

Crisis Text Line: Text **HOME** to **741741**

LGBTQ+ Youth: The Trevor Project: Call **1-866-488-7386** or text **START** to **678-678**.
www.TheTrevorProject.org



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Local Counseling and Treatment Options

Apollo Psychological Services, LLC

608-524-8611 – Reedsburg

Aspen Counseling Services

608-742-5020 – Baraboo and Portage

Bloom Therapy Center

608-405-0981 – Baraboo

Calming Journey's Counseling, S.C.

608-448-6418 – Lake Delton

Collaborative Journey Counseling, LLC

608-477-1484 – Baraboo

Grace Counseling & Family Services

608-562-3976 – Reedsburg

Goodman Behavioral Health Clinic

608-768-4545 – Reedsburg

Innervisions Counseling and Consulting Center

608-477-9858 – Baraboo

Lutheran Social Services Counseling and Clinics

608-355-4103 – Baraboo

Pathway to Wellness Community Clinic

608-643-3663 – Prairie du Sac

Pauquette Center

608-643-3147 – Prairie du Sac

608-356-9055 – Baraboo

608-524-5151 – Reedsburg

Seasons Counseling, LLC

608-448-2497 – Baraboo

The Psychology Clinic

608-448-2799 – Baraboo

608-370-6551 – Prairie du Sac

Therapy Without Walls

608-843-3229 – Reedsburg

**Healthcare agencies that provide
Medication Assisted Treatment (MAT)**

Ho-Chunk Nation Department of

Health: House of Wellness

608-355-1240 – Baraboo

Prairie Clinic

608-643-3351 – Prairie du Sac

Sauk Prairie Healthcare

Emergency Room

608-643-3311 – Prairie du Sac

SSM Health St. Clare Hospital

Emergency Room

608-356-1400 – Baraboo

**Not sure how to find
what you need?
Call Sauk County
Human Services at
608-355-4200.**



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Other Resources

Credible Mind: www.saukcounty.crediblemind.com for mental health resources and assessments

NAMI (National Alliance on Mental Illness) Sauk County: 608-355-0378. Call for support groups for individuals and loved ones

Sauk County UW Extension Resource Guide: www.co.sauk.wi.us/uwextension for a directory of local resources for a wide variety of concerns

Outside of Sauk County: Call 211 for referrals to services www.211wisconsin.communityos.org

12-Step meetings:

- Al-Anon for Teens www.al-anon.org/newcomers/teen-corner-alateen
- Nar-Anon for Teens www.nar-anon.org/narateen-committee
- SMART Recovery program www.smartrecovery.org/teens
- Alcoholics Anonymous www.aa.org
- Narcotics Anonymous www.na.org

Harbor Recovery Center: Text 608-697-7163 – Portage. Support for individuals and loved ones

Public Health Vending Machine at SSM Health St. Clare Emergency Room

Free Narcan Nasal Spray, Deterra medication disposal kits, and Mental Health & Substance Use Resource bag available 24/7/365.

Something missing from this guide? Please let us know!

Public Health Sauk County

608-355-3290

505 Broadway, 3rd Floor, Baraboo, WI 53913

p4psauk@saukcountywi.gov