

BEHAVIORAL HEALTH RESOURCE GUIDE

Created by



24 Hour Mental Health &
AODA Crisis Line
1-888-552-6642

Crisis Telephone and Text Resources

Jackson County/Northwest Connections	888-552-6642
National Suicide & Crisis Lifeline	988
National Council on Problem Gambling	800-GAMBLER (486-8534)
	Text: 800GAM
Christian Suicide Hotline	844-472-9687
Crisis Text Line	Text: "HOME" or "HOPELINE" to 741741
	888-628-9454- Spanish line
Gay & Lesbian National Hotline	888-843-4564
Boys Town National Hotline	800-448-3000
	Text: VOICE to 20121
NAMI Teen & Young Adult Helpline	800-950-6264
	Text: Friend to 62640
Homeless Veterans Hotline	877-424-3838
National Hopeline Network Suicide Hotline	800-442- HOPE (4673)
National Domestic Violence Hotline	800-799-7233
New Horizon's Domestic Violence Crisis	888-231-0066
Bolton Refuge Domestic Violence Crisis	715-834-9578
National Parent & Youth Helpline	855-427-2736
National Sexual Assault Hotline	800-656-4673
National Youth Crisis Hotline	800-442-HOPE; 800-442-4673
Trevor's Project Lifeline (LGBTQ)	866-488-7386
	Text: START to 678-678
Tomah VA Veteran's Crisis	Dial 988 then press 1
	Text: 838255
	TTY: 800-799-4889
Veterans Crisis/Suicide Hotline	Dial 988 then press 1
	Text: 838255
	TTY: 800-799-4889
National Center for Missing & Exploited Children	800-843-5678
Parenting Warmline	715-284-3001 x2

Online Crisis Chat & Other Online Resources

988 Lifeline Chat	www.988lifeline.org/chat
AA Online	www.aa-intergroup.org
Calm	www.calm.com
Find Help	www.findhelp.org
IMAlive	www.imalive.org
Mantherapy	www.mantherapy.org

PTSD Coach Online www.ptsd.va.gov/apps/ptsdcoachonline/default.htm

Safe Space www.safespace.org/suicide-prevention/

TrevorChat www.thetrevorproject.org/get-help

Veterans Chat www.veteranscrisisline.net/get-help-now/chat

The Hopeline www.thehopeline.com/chat-live

Local Police Departments/Sheriff's Department

For emergencies in any jurisdiction: Dial 911

For non-emergency situations, use the following:

Alma Center, Merrilan, and Hixton Police Department	Contracted service with the Jackson County Sheriff's Department in Black River Falls	715-284-5357 x180
Black River Falls Police Department	101 South 2nd Street Black River Falls, WI	715-284-9155
Blair Police Department	122 South Urberg Avenue Blair, WI	715-538-4351 608-989-2300 (mess.)
Clark County Sheriff's Department	517 Court Street Neillsville, WI	715-743-3157
Eau Claire County Sheriff's Department	721 Oxford Ave. #1400 Eau Claire, WI	715-839-4709 715-839-4972- Dispatch
Ho-Chunk Nation Police Department	W9598 Hwy 54 Black River Falls, WI	715-284-2658
Jackson County Sheriff's Department	30 North 3rd Street Black River Falls, WI	715-284-5357 Ext. 180
La Crosse County Sheriff's Department	333 Vine Street La Crosse, WI	608-785-9629
Melrose Police Department	Contracted service with the Jackson County Sheriff's Department in Black River Falls	715-284-5357 x180

Monroe County Sheriff's Department	112 S Court Street Sparta, WI	608-269-2117
Neillsville Police Department	118 W. 5 th Street Neillsville, WI	715-743-3122
Osseo Police Department	13712 8th Street Osseo, WI	715-597-2481
Sparta Police Department	711 Pine Street Sparta, WI	608-269-3122
Trempealeau County Sheriff's Department	36245 Main Street Whitehall, WI	715-538-4509

Local Medical Clinics

Ho-Chunk Nation Health Care Center	N6520 Lumberjack Guy Rd Black river Falls, WI	715-284-9851
Krohn Clinic	610 W. Adams Street Black River Falls, WI	715-284-4311
Black River Health Care Clinic	711 W. Adams Street Black River Falls, WI	715-284-3355
Footprints in Time	502 Main Street Black River Falls, WI	715-284-2003
Gundersen Health System	1111 W. Wisconsin Street Sparta, WI 505 Gopher Drive Tomah, WI 420 S Peterson Avenue Blair, WI 54615 18601 Lincoln Street Whitehall, WI	608-269-6731 608-372-4111 715-538-4355 715-538-4355

Mayo Clinic Health System	325 Butts Avenue Tomah, WI	608-372-5951
	310 W. Main Street Sparta, WI	608-269-1770 855-517-7670 (Spanish)
	13025 8 th Street Osseo, WI	715-597-3121
La Crosse VA Clinic	4000 State Road 16 Valley View Mall Annex La Crosse, WI	608-784-3886
La Crosse Vet Center	910 2 nd Avenue North Onalaska, WI	608-782-4403

Local Medical Hospitals

Black River Memorial Hospital	711 West Adams Street Black River Falls, WI	715-284-5361
Gundersen Health System	1900 South Avenue La Crosse, WI	608-782-7300
Mayo Clinic Health System	1221 Whipple Street Eau Claire, WI	715-838-3311
	700 West Avenue South La Crosse, WI	608-785-0940
	310 W. Main Street Sparta, WI	608-269-1770
	13025 8 th Street Osseo, WI	715-597-3121
Marshfield Medical Center	N3708 River Ave Neillsville, WI	715-743-3101
	2116 Craig Road Eau Claire, WI	715-858-4500
	611 N St. Joseph Ave Marshfield, WI	715-387-1713
Tomah VA Medical Center	500 East Veterans Street Tomah, WI	608-372-3971

Tomah Memorial Hospital	501 Gopher Ave Tomah, WI	608-372-2181
Gundersen Tri-County Memorial Hospital	18601 Lincoln Street Whitehall, WI	715-538-4361

Residential Substance Use Treatment & Detox Services

Arbor Place Medically Monitored Treatment Transitional Residential Day Treatment	4076 Kothlow Ave Menomonie, WI	715-235-4537
Bethany Recovery Center Medically Monitored Treatment Specialize in pregnant women & women with infants	1331 Capitol Drive Oconomowoc, WI	262-565-5265
Fahrman Center-Lutheran Social Services Medically Monitored Treatment Transitional Residential	3136 Craig Rd Eau Claire, WI	715-835-9110
Norwood Health Center Medically Monitored Detox Inpatient Mental Health	1600 North Chestnut Ave Marshfield, WI	715-384-2188
Unity House for Men-Gundersen Health System Medically Monitored Treatment Transitional Residential	1918-1924 Miller St. La Crosse, WI	608-775-4753
Unity House for Women-Gundersen Health System Medically Monitored Treatment Transitional Residential	1312 5 th Ave South La Crosse, WI	608-775-4718
Catholic Charities (PKA 5-Door Recovery) Transitional Residential	810 West Olin Ave Madison, WI	608-827-9170
Tellurian Medically Monitored Detox Residential Treatment Day Treatment Outpatient Treatment Program Dual Diagnoses Treatment	Madison, WI	608-222-7311 (Administration) 608-223-3311 (Detox Center) 877-661-9051 (Toll-Free)

Pathways to a Better Life Residential Treatment Sober Living Day Treatment Services	Keil, WI	920-894-1374
WisHope Residential Treatment Sober Living	Waukesha Milwaukee	262-701-7257

Outpatient Mental Health & Substance Use Treatment Services

Addiction Medical Solutions of Wisconsin, Inc. (AMS) Mental Health & Substance Use	9532 East 16 Frontage Road #100 Onalaska, WI	608-783-0506
Black River Health Care Clinic Mental Health	711 West Adams St Black River Falls, WI	715-284-3355
Brave Spaces Mental Health Art Therapy Trauma Yoga	605 4 th Street S La Crosse, WI 121 West Franklin Street Sparta, WI	608-615-1023
Callier Clinic, LTD Mental Health & Substance Use	2620 Stein Boulevard Eau Claire, WI	715-836-0064
Child & Adolescent Psychiatry Consulting Children Only Mental Health & Substance Use	3930 8 th St. South, Suite #101 Wisconsin Rapids, WI 2001 S. Central Ave Suite A Marshfield, WI	715-423-2030 715-384-2818
Children's Service Society of Wisconsin Mental Health	2004 Highland Ave Eau Claire, WI	715-835-5916
Clinic for Christian Counseling, LLC Mental Health	3410 Oakwood Mall Dr, Suite #700 Eau Claire, WI	715-832-1678
Coulee Recovery Center Substance Use	933 Ferry St La Crosse, WI	608-784-4177
Counseling Associates, LLC Mental Health & Substance Use	115 5 th Ave South, #301 La Crosse, WI	608-785-0827

Driftless Recovery Services Mental Health & Substance Use	444 Main St., Suite #301 La Crosse, WI	608-519-5906
Family and Children's Center Mental Health & Substance Use	1707 Main St La Crosse, WI	608-785-0001
Gateways Counseling Services, LLC Mental Health & Substance Use Intensive Outpatient AODA Day Treatment Education & Support Groups After Care Relapse Prevention Group	1905 S. Central Avenue Marshfield, WI 510 W. 5 th Street Neillsville, WI	715-898-1665
Gundersen Health Behavioral Health Mental Health & Substance Use Partial Hospitalization Program Medication- Assisted Treatment	18606 Ervin St. Whitehall, WI	715-538-4361
	35791 Osseo Rd. Independence, WI	715-538-4355
	420 S Peterson Ave Blair, WI	715-538-4355
	505 Gopher Dr. Tomah, WI	608-374-3853
	1111 West Wisconsin St. Sparta, WI	608-269-6731
	123-16 th Ave South Onalaska, WI	608-775-2287
Ho-Chunk Nation Behavioral Health Mental Health & Substance Use	1900 South Ave La Crosse, WI	608-775-2287
	N6520 Lumberjack Guy Rd. Black River Falls, WI	715-284-9851
Jackson County DHHS Behavioral Health Mental Health & Substance Use	430 Julie Street Suit 2 Tomah, WI	715-284-9551 x5014
	421 County Road R Black River Falls, WI	715-284-4301
Krohn Clinic Mental Health	610 West Adams St. Black River Falls, WI	715-284-4311
Living Well Christian Family Clinic, LLC Mental Health	575 Lester Ave, Suite #100 Onalaska, WI	608-783-1452

Marriage and Family Health Services Mental Health	2925 Mondovi Rd Eau Claire, WI	715-832-0238
	501 South Cherry Ave, #5 Marshfield, WI	715-486-8302
Marshfield Clinic Mental Health	2116 Craig Rd Eau Claire, WI	715-858-4500
	1000 Starr Ave Eau Claire, WI	715-858-4850
	1000 North Oak Ave Marshfield, WI	715-287-5511
Mayo Clinic Health Systems Mental Health & Substance Use	1221 Whipple St. Eau Claire, WI	715-838-3311
		608-392-9555
	615 S 10 th St. La Crosse, WI	
		608-323-3373
	895 Dettloff Dr Arcadia, WI	
		608-393-9555
	191 Theater Rd Onalaska, WI	608-269-1770
	310 West Main St Sparta, WI	
		608-372-5951
	325 Butts Ave Tomah, WI	
Northwest Journey Mental Health	N6643 County Road A Black River Falls, WI	715-284-1100
Nystrom Mental Health & Substance Use Psychiatry & Medication Management Psychological Testing	3703 Oakwood Hills Parkway Suite 100 Eau Claire, WI	534-400-2162
	2005 Highland Ave Eau Claire, WI	715-832-5454
	201 Main Street Suite 500 La Crosse, WI	608-389-0503
Northwest Wisconsin Comprehensive Treatment Center Substance Use	3440 Oakwood Hills Parkway Eau Claire, WI	833-400-1272
Peace of Mind Counseling Mental Health & Substance Use	920 Fillmore St Black River Falls, WI	608-389-0192

Stein Counseling Mental Health	571 Braund Street Onalaska, WI	608-785-7000
Triniteam, Inc. Substance Use Halfway House	306 S. Barstow Street Suite 111 Eau Claire, WI	715-836-8118
Vantage Point Clinic & Assessment Center Mental Health & Substance Use Assessments	2005 Highland Ave Eau Claire, WI	715-882-5454
Vet Center-La Crosse Mental Health	20 Copeland Ave La Crosse, WI	608-782-4403 877-927-8387
Veteran's Center (VA)-Tomah Mental Health & Substance Use	500 East Veterans Street Tomah, WI	608-372-3971 800-872-8662
River Valley VA Clinic Mental Health	4000 State Road 16 Valley View Mall Annex La Crosse, WI	608-784-3886

Emergency Shelter

Beacon House Homeless Shelter	Eau Claire, WI	715-834-4357
Bolton Refuge House: Domestic Violence Shelter	807 S. Farwell Street Eau Claire, WI	715-834-9578 24/7 crisis hotline
Jackson County Outreach	508 Olsher Driver Merrillan, WI	715-333-2350
Catholic Charities Warming Center	La Crosse, WI (Nov.1 st -Apr.30 th)	608-782-0710
Ho-Chunk Nation Housing	Tomah, WI	608-374-1225
Hope Gospel Mission	Eau Claire WI	715-552-5566
New Horizon's Domestic Violence Shelter	La Crosse, WI	608-791-2610
Salvation Army	La Crosse, WI	608-782-6126

Sojourner House	Eau Claire, WI	715-514-5556 Intake 7-9 p.m.
Western Dairyland Homeless Program	Eau Claire, WI Independence, WI	715-836-7511 715-985-2391

Voluntary Inpatient Mental Health Treatment Services

Amery Regional Medical Center	230 Deronda Street Amery, WI	715-268-060
Gundersen Health System	1901 Seventh Street La Crosse, WI	608-336-5465
Mayo Clinic Health System	1221 Whipple Street Eau Claire, WI	715-838-3274
North Central Health Care	1100 Lake View Drive Wausau, WI	715-845-4326
Norwood Health Center	1600 Chestnut Avenue Marshfield, WI	715-384-2188
St. Agnes Hospital	430 E. Division Street Fond du Lac, WI	920-926-4290
St. Elizabeth Hospital	1506 S. Oneida Street Appleton, WI	920-738-2350
Ministry St. Michael's Hospital	900 Illinois Avenue Steven's Point, WI	715-346-5645

Helpful Mobile Applications

10% Happier
 12 Step AA Companion
 AA Big Book & More
 AA Speakers to Go
 Acceptance & Commitment (ACT) Coach
 Acupressure: Heal Yourself
 Anti-Stress Quotes
 Anxiety Free

Meeting Finder
 Mindshift
 Moodkit
 Mood Mission
 Mood Tools
 Nature Sounds Relax Sleep
 One Day at a Time-AA
 Relaxing Nature Sounds & Spa Music

Aura
Balance
Bearable
Best for Stress
Better Stop Suicide
Breath2Relax
Calm
CalmDownNow
Color Mandala
Depression CBT Self-Help Guide
eCBT Calm
eMoods
FearShrinker-for children with fears
GPS for the Soul
Happify
Headspace
Hello Mind
How Are You?
I Can Be Free
IMQUIT-Quit addiction
Inner Balance
Inscape
Insight Timer-meditation
Joe & Charlie-AA
Stress Doctor
Talkspace
Taomix
The Worry Box
Todoist

Operation Reach Out
Optimism
Pacifica
Panic Relief
Personal Zen
Positive Activity Jackpot
PTSD Coach
Quit It 3.0-Stop Smoking
Quit Pro-Stop smoking
Recovery Record-eating disorders
Relax & Rest Medications
Relax Melodies
SAM-Anxiety
Sanvello
Self-Help for Anxiety Management
Shine
Smiling Mind
Sober Grid
Sober Tool-Narcotics Anonymous
Step Away-Sobriety
Stop Drinking
Stop Panic & Anxiety Self-Help
Stop, Breathe, Think
Stress & Anxiety Companion
Virtual Hope Box
What's Up
Worry Watch-Anxiety Journal
Sleep Time

Not all applications are available on all mobile devices

Area Support Groups

African American Cultural Alliance of Greater La Crosse Monthly	La Crosse	608-792-3597
Al-Anon See Website for Dates	Black River Falls Sparta	www.al-anon.org
Alateen See Website for Dates	La Crosse	www.al-anon.org
Alcoholics Anonymous Call for Dates	Varies	www.sober.com
Anger Management w/ Gateways Counseling Call for Dates	Varies	715-898-1665
Anxiety & Depression Peer-Led Support Group Call for Dates	Eau Claire	715-855-7705
Anxiety & Depression Support Group Call for Dates	Eau Claire	715-855-7705
Bipolar Disorder Peer-Led Support Group Call for Dates	Eau Claire	715-855-7705
Bipolar Support Group Call for Dates	Eau Claire	715-855-7705
Breast Cancer Support Group-Women Living with Hope Support Group Monthly	Marshfield	715-393-1406
Cancer Help for Any Teenager (CHAT) Call for Dates	Marshfield	800-839-3956
Caregiver Support Groups-Alzheimer's Association Monthly	Black River Falls Eau Claire	715-284-3662 715-491-0880
Celiac Disease Support Group Varies-Eau Claire Monthly-Marshfield	Eau Claire Marshfield	715-858-4212
Children's Lives Include Moments of Bravery (CLIMB) Ages 5-12 years old Call for Dates	Eau Claire	800-839-3956
Common Bonds: In Person Grief Support Group for Widows Separate Groups for Men and Women Call for Dates	Eau Claire	715-464-5086
Depressed Anonymous Weekly	La Crosse	608-406-7990

Depression & Bipolar Support Alliance		Online only
Diabetes Support Group	Black River Falls	715-284-1348
Divorce Recovery Monthly	La Crosse	608-791-5295
Domestic Violence- SAFE/NAMI w/ Gateways Counseling	Varies	715-898-1665
Dual Diagnosis Peer-Led Support Group Mental Illness/Addiction Call for Dates	Eau Claire	715-855-7705
Dual Diagnosis Support Group Call for Dates	Eau Claire	715-855-7705
Dual Recovery Anonymous		Online Only
Eau Claire Area Stroke Support Group Monthly	Eau Claire	715-838-3591
Emotions Anonymous (EA) Weekly	Eau Claire	715-514-4418
Gamblers Anonymous (GA)		Online only
General Support Peer-Led Support Group Mental Illness Call for Dates	Eau Claire	715-855-7705
Hold Onto Hope	Online	https://honorconnor.org/hold-onto-hope/
Healthy Families Western Wisconsin	Children's Wisconsin Black River Falls	https://childrenswi.org/childrens-and-the-community/families-and-clients/parenting-resources/family-resource-centers/black-river-falls-office
HIV Positive Support Group	La Crosse	908-785-9866
I Can Cope Cancer Support Group Monthly	Eau Claire	800-839-3956
Man to Man/Us Too Prostate Cancer Education and Support Group Monthly	Marshfield	800-847-0016
Mental Illness General Support Group Call for Dates	Eau Claire	715-855-7705

Narcotics Anonymous (NA) See website for dates	Black River Falls	www.na.org
National Alliance on Mental Illness (NAMI) Monthly	La Crosse Tomah Eau Claire	608-785-9658 800-236-2988 715-450-6484
National Council on Problem Gambling		800-522-4700
Overeaters Anonymous (OA)	Marshfield	715-387-8117
Parkinson's Support Group	Black River Falls	715-284-7077
Parents Grief Support Group 2x Monthly	Eau Claire	715-717-6028
Positive Parenting/Parenting Between Two Worlds w/ Gateways Counseling Call for Dates	Varies	715-898-1665
Pregnancy & Infant Loss Support Group Monthly	Eau Claire	715-717-6174
Pro-Active Recovery Peer-Led Support Group Mental Illness Call for Dates	Eau Claire	715-855-7705
Schizophrenia Peer-Led Support Group Call for Dates	Eau Claire	715-855-7705
Schizophrenia Support Group Call for Dates	Eau Claire	715-855-7705
Sex Addicts Anonymous (SAA) Call for Dates	Varied	
SMART Recovery Peer-Led Support Group Addiction Call for Dates	Eau Claire	715-855-7705
SMART Recovery Support Group Call for Dates	Eau Claire	715-855-7705
Spouse Loss Support Group Weekly	Eau Claire	715-717-6028
Stepping Stones Through Grief Monthly	Eau Claire	715-717-6028
Suicide Survivor Group 2x Monthly	Eau Claire	715-717-6028
Suicide Survivor Support Line	Eau Claire La Crosse	715-833-6028 608-633-3135
Survivors of Suicide Weekly	La Crosse	608-769-5007

Thinking for Change w/ Gateways Counseling	Varies	715-896-1665
Veteran Support Group	Online	262-336-9540
Wisconsin Council on Problem Gambling		800-426-2535
Women Adult Survivors of Sexual Abuse Support Group Call for Dates	La Crosse	608-775-3845

Domestic Violence & Sexual Assault Resources

Brighter Tomorrows	505 Douglas Street Sparta, WI	608-269-7853
	1118 W. Veteran's Street Tomah, WI	608-374-6975
	Crisis Line	888-886-2327
Bolton Refuge	Eau Claire & Buffalo County	715-834-9578 24/7 crisis hotline
	Jackson County Outreach	715-333-2350
Gundersen Health Systems Domestic Violence & Sexual Assault Program	1900 South Ave La Crosse, WI	608-775-3845
	24 Hour Crisis Line	608-775-5950
	SANE Program	608-775-3128
Wisconsin Coalition Against Sexual Assault	2801 W Beltline Hwy #202 Madison, WI	608-257-1516
New Horizons Shelter & Outreach Centers	La Crosse, WI	608-791-2610
	Whitehall, WI	715-538-2810
	Crisis Line	888-231-0066
	Text Only	608-667-9944
Safe Path – Mayo Clinic Health Systems	800 West Ave South La Crosse, WI	608-392-7804 800-362-5454 x7804
Family Support Center	306 S Barstow St, Ste #101 Eau Claire, WI	715-830-0188
	Crisis Line	715-723-1138

Peer Run Respite Homes

Iris Place	1213 S. Matthias Street Appleton, WI	920-815-3217- Warm Line
La Crosse Lighthouse	La Crosse	908-519-1489- peer support 608-461-5527
Solstice House	Madison	608-244-5077- Warm Line
Monarch House	Menomonie	715-505-5641
Parachute House	Milwaukee	414-877-5918
The R&R House- Veterans Only	Pewaukee	262-336-9540

Drop-In Centers/Peer Run Recovery

RAVE- Recovery Avenue	1806 State Street La Crosse, WI	608-785-9615
The Wellness Shack, Inc.	505 S. Dewey Street Suite 101 Eau Claire, WI	715-855-7705
Cornucopia	2 S. Ingersoll Street Suite B Madison, WI	608-249-7477
Coulee Recovery Center	933 Ferry Street La Crosse, WI	608-784-4177
The Friendship Connection	117 S. Main Street Adams, WI	608-339-6810
Kaleidoscope Center	800 Wilson Ave Room 41 Menomonie, WI	715-231-3055