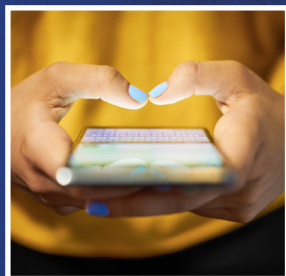


BEHAVIORAL HEALTH

Resource Guide



Crisis Telephone & Text Resources

Jackson County/Northwest Connections	888-552-6642
24/7/365 Crisis Call Center	775-784-8090; Text "ANSWER" to 839863
Adolescent Suicide Hotline	800-621-4000
National Institute of Mental Health	888-826-9438
National Council on Problem Gambling	800-522-4700
Christian Suicide Hotline	888-667-5947
Crisis Text Line	Text "HOME" or "HOPELINE" to 741741
First Call for Help	800-362-8255; 800-362-8255 (TTY)
Gay & Lesbian National Hotline	888.THE.GLNH; 888-843-4564
Girls & Boys Town National Hotline	800-448-3000
Homeless Veterans Hotline	877-424-3838
National Hopeline Network	800-SUICIDE; 800-784-2433; 800-784-2432 (Spanish hotline)
Lifeline	800-273-8255; 888-628-9454 (Spanish); 800-799-4889 (TTY)
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 Helpline	855-427-2736
National Sexual Assault Hotline	800-656-HOPE
National Youth Crisis Hotline	800-442-HOPE; 800-442-4673
Trevor's Project (LGBTQ)	866-488-7386
TrevorText (Friday 6 a.m.-1 a.m. ET)	Text "TREVOR" to 202-304-1200
Veterans Crisis Line	Text 838255
Tomah VA Veteran's Crisis	800-273-8255 press 1
Veterans Crisis/Suicide Hotline	800-273-TALK; 800-273-8255; 800-799-4889 (TTY)

Online Crisis Chat & Other Online Resources

AA Online	http://aa-intergroup.org/
Calm	https://www.calm.com/
IMAlive	www.imalive.org
Lifeline Crisis Chat	https://suicidepreventionlifeline.org/chat/
Mantherapy	http://mantherapy.org/
PTSD Coach Online	https://www.ptsd.va.gov/apps/ptsdcoachonline/default.htm
Safe Space	https://safespace.org/suicide-prevention/
TrevorChat	www.thetrevorproject.org/get-help-now/#sm.0000qkkpvdcdqadg5tvh1j1piyd1ys 6 a.m. – 1 a.m. ET
Veterans Chat	www.veteranscrisisline.net/ChatTermsofService.aspx?account=Veterans%20Chat

Local Police Departments / Sheriff's Departments

For emergencies in any jurisdiction: Dial 911

For non-emergency situations, use the following:

Alma Center & Merrilan Police Department	200 N. Church Street Alma Center, WI 101 South Main Street Merrilan, WI	715-964-7211 715-333-5407
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.)
Eau Claire County Sheriff's Department	721 Oxford Ave. #1400 Eau Claire, WI	715-839-4709
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
Osseo Police Department	13712 8th Street Osseo, WI	715-597-2481
Trempealeau County Sheriff's Department	36245 Main Street Whitehall, WI	715-538-4509

Local Medical Clinics

Essential Health Clinic (Women’s Health Center)	25 S. Second Street Black River Falls, WI	800-657-5177
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
Footprints	502 Main Street Black River Falls, WI	715-284-2003
Gundersen Health System	1111 W. Wisconsin Street Sparta, WI	608-269-6731
	505 Gopher Drive Tomah, WI	608-372-4111
Mayo Clinic Health Systems	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

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
Memorial Medical Center	216 Sunset Place Neillsville, WI	715-743-3101
Sacred Heart Hospital	900 West Clairemont Eau Claire, WI	715-717-4121 715-717-4222 Emerg. Dept.
Saint Joseph’s Hospital	611 St. Joseph Avenue Marshfield, WI	715-387-1713

Local Medical Hospitals Continued

Tomah VA Medical Center	500 East Veterans Street Tomah, WI	800-872-8662
Tomah Memorial Hospital	321 Butts Avenue Tomah, WI	608-372-2181
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
	103 South Second Street River Falls, WI	715-235-4537
Fahrman Center-Lutheran Social Services Medically Monitored Treatment Transitional Residential	3136 Craig Rd Eau Claire, WI	715-835-9110
L.E. Phillips Libertas Treatment Center Medically Monitored Inpatient Detox Day Treatment Inpatient Residential Treatment Outpatient Treatment by Prevea Health Relapse Prevention Program	2301 County Highway I Chippewa Falls, WI	715-723-5585
Mayo Clinic Health System-Eau Claire Hospital Medically Monitored Inpatient Detox Mental Health Day Treatment Mental Health-Inpatient Treatment Transitions Program (partial hospitalization)	1221 Whipple Street Eau Claire, WI	715-838-3274
Norwood Health Center Medically Monitored Detox Inpatient Mental Health	1600 North Chestnut Ave Marshfield, WI	715-384-2188
Sacred Heart Hospital Adolescent Mental Health Inpatient Mental Health Inpatient	900 West Clairemont Ave Eau Claire, WI	715-717-4272
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
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)

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 Healthcare Clinic Mental Health	711 West Adams St Black River Falls, WI	715-284-3355
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	505 S. Dewey, #208 Eau Claire, WI	715-832-1678
Coulee Counseling 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	608-519-8906
Enigma Psychological, Inc. Mental Health	919 Fairfax St., #210 Altoona, WI	715-491-7370
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	N7350 US Hwy 12 Black River Falls, WI 1905 S. Central Avenue Marshfield, WI 510 W. 5 th Street Neillsville, WI	715-898-1665

Outpatient Mental Health & Substance Use Treatment Services Continued

Gundersen Health System Behavioral Health Mental Health & Substance Use	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
	601 North Superior Tomah, WI	608-374-3853
	1111 West Wisconsin St. Sparta, WI	608-269-6731
	123-16 th Ave South Onalaska, WI	608-775-2287
	1900 South Ave La Crosse, WI	608-775-2287
Ho-Chunk Nation Behavioral Health Mental Health & Substance Use	W9850 Airport Rd Black River Falls, WI	715-284-9851
	430 Julie Street Suit 2 Tomah, WI	715-284-9551 x5014
Jackson County DHHS Behavioral Health Mental Health & Substance Use	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	2926 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 Star Ave Eau Claire, WI	715-858-4850
	1000 North Oak Ave Marshfield, WI	715-287-5511
Mayo Clinic Health System Mental Health & Substance Use	1221 Whipple St. Eau Claire, WI	715-838-5369
	212 11 th St. South La Crosse, WI	608-392-9555
	895 Dettloff Dr Arcadia, WI	608-323-3373
	191 Theater Rd Onalaska, WI	608-392-5000
	310 West Main St Sparta, WI	608-269-1770
	325 Butts Ave Tomah, WI	608-372-5951

Outpatient Mental Health & Substance Use Treatment Services Continued

Mosaic Counseling Group, LLC Mental Health	3430 Oakwood Mall Drive Eau Claire, WI	715-514-0455
Northwest Directions Mental Health	N6643 County Road A Black River Falls, WI	715-284-1100
Northwest Wisconsin Comprehensive Treatment Center Substance Use	3440 Oakwood Hills Parkway Eau Claire, WI	715-802-2260
Peace of Mind Counseling Mental Health & Substance Use	920 Fillmore St Black River Falls, WI	608-797-5679
Sacred Heart Behavioral Health Clinic/Prevea Health Mental Health & Substance Use	2119 Heights Dr. Eau Claire, WI	715-717-5899
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	715-836-8106
Vantage Point Clinic & Assessment Center Mental Health & Substance Use	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 4000 State Road 16 Valley View Mall Annex La Crosse, WI	608-372-3971 800-872-8662 608-784-3886
Viterbo University Counseling Services Mental Health	Student Development Center 936 Franciscan Way La Crosse, WI	608-796-3825
Western Technical College (WTC) Counseling Services Mental Health	400 7 th St. North La Crosse, WI	608-785-9553

Emergency Shelter

Beacon House Homeless Shelter	Eau Claire, WI	715-834-4357
Bolton Refuge House: Domestic Violence Shelter	Eau Claire, WI Jackson County	715-834-9578 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 x1307
Jackson County Veteran's Service Office	Black River Falls, WI	715-284-0225
New Horizon's Domestic Violence Shelter	La Crosse, WI	608-791-2600
Salvation Army	La Crosse, WI	608-782-6126
Sojourner House	Eau Claire, WI	Intake 7-9 p.m.
Tomah VA Medical Center	Tomah, WI	608-372-3971
Western Dairyland Homeless Program	Eau Claire, WI Independence, WI	800-782-1063 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
Sacred Heart Hospital	900 West Clairmont Avenue Eau Claire, WI	715-717-4300
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

12 Step AA Companion	Operation Reach Out
AA Big Book & More	Optimism
AA Speakers to Go	Pacifica
Acceptance & Commitment (ACT) Coach	Panic Relief
Acupressure: Heal Yourself	Personal Zen
Anti-Stress Quotes	Positive Activity Jackpot
Anxiety Free	PTSD Coach
Breath2Relax	Quit It 3.0-Stop Smoking
Calm	Quit Pro-Stop smoking
CalmDownNow	Recovery Record-eating disorders
Color Mandala	Relax & Rest Medications
Depression CBT Self-Help Guide	Relax Melodies
eCBT Calm	SAM-Anxiety
FearShrinker-for children with fears	Self-Help for Anxiety Management
GPS for the Soul	Smiling Mind
Happify	Sober Grid
Headspace	Sober Tool-Narcotics Anonymous
Hello Mind	Step Away-Sobriety
How Are You?	Stop Drinking
I Can Be Free	Stop Panic & Anxiety Self-Help
IMQUIT-Quit addiction	Stop, Breathe, Think
Inner Balance	Stress & Anxiety Companion
Insight Timer-meditation	Stress Doctor
Joe & Charlie-AA	Talkspace
Meeting Finder	Taomix
Mindshift	The Worry Box
Moods	Virtual Hope Box
Nature Sounds Relax Sleep	What's Up
One Day at a Time-AA	Worry Watch-Anxiety Journal
Relaxing Nature Sounds & Spa Music	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
Alcoholics Anonymous Call for Dates	Varies	608-784-7560
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 & Ovarian Cancer Support Group-FORCE	Eau Claire	715-579-7492 715-839-3956 800-839-3956
Breast Cancer Support Group Monthly	Eau Claire	715-839-4387
Breast Cancer Support Group-Women Living with Hope Support Group Monthly	Marshfield	715-387-5954
Breast Cancer Support Group-YANAS Monthly	Eau Claire	715-858-4742
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
Depressed Anonymous Weekly	La Crosse	608-791-5295
Depression & Bipolar Support Alliance		Online only
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

Area Support Groups Continued

Dual Recovery Anonymous		Online Only
Eau Claire Area Stroke Support Group Monthly	Eau Claire	715-717-4315
Emotions Anonymous (EA) Weekly	Eau Claire La Crosse	715-214-4640 608-782-9756
Gamblers Anonymous (GA)		Online only
General Support Peer-Led Support Group Mental Illness Call for Dates	Eau Claire	715-855-7705
Grief Support Group Varies	Eau Claire Black River Falls	715-464-5086 715-284-3662
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
National Alliance on Mental Illness (NAMI) Monthly	La Crosse Tomah Eau Claire	608-519-1647 800-924-8416 715-450-6484
National Council on Problem Gambling		800-522-4700
Overeaters Anonymous (OA)	Marshfield	715-387-8117
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	715-717-6025
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	Varies	
SMART Recovery Peer-Led Support Group Addiction Call for Dates	Eau Claire	715-869-4902
SMART Recovery Support Group Call for Dates	Eau Claire	715-855-7705
Spouse Loss Support Group Weekly	Eau Claire	715-717-6028

Area Support Groups Continued

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	
Wisconsin Council on Problem Gambling		715-896-1665
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 County	715-834-9578 24/7 advocacy available
	Jackson County	715-333-2350
	Buffalo County	715-926-6080
Gundersen Health System Domestic Violence & Sexual Assault Program	1900 South Ave La Crosse, WI	800-362-9567 x55950
	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 System	800 West Ave South La Crosse, WI	608-392-7804 800-362-5454 x7804
Family Support Center	21 S Barstow Street Eau Claire, WI	715-830-0188
	Crisis Line	715-723-1138

Peer Run Respite Homes

Iris Place	1213 S. Matthias Street Appleton, WI	920-954-1550 920-815-3217- Warm Line
Solstice House	Madison	608-287-0839 608-244-5077- Warm Line
Monarch House	Menomonie	715-505-5641
Parachute House	Milwaukee	414-383-8921
The R&R House- Veterans Only	Pewaukee	414-276-3122

Drop-In Centers/Peer Run Recovery

RAVE- Recovery Avenue	1806 State Street La Crosse, WI	608-797-1111
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



Jackson County Behavioral Health Resource Guide
Updated July 2021