

Behavioral Health Resource Guide

Created by _____



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Disclaimer

This resource guide is intended to provide helpful information about services available in and around Jackson County. While every effort has been made to ensure the information is accurate and current at the time of publication, this list is not exhaustive and does not include every available resource. Programs, services, eligibility requirements, contact information, and hours of operation may change without notice. We encourage individuals to contact organizations directly to verify current information and determine the services that best meet their needs.

About Us

The Jackson County Behavioral Health Division is dedicated to providing comprehensive mental health and substance use-related services, as well as services for children with special needs, to the citizens of Jackson County. Services are available for children, youth, and adults through a variety of programs. Services provided are individualized and always confidential. We are proud to serve the citizens of Jackson County and work to improve the quality of life for all Jackson County residents.

Vision Statement

We envision a community in which everyone has the opportunity to reach their optimum quality of life.

Mission Statement

Our mission is to promote optimal wellness through advocacy, education, and comprehensive services for individuals, families, and the Jackson County Community.

Contact Us

715-284-4301 x312
www.bh.jacksoncounty.org

421 County Rd. R
Black River Falls, WI 54615

Programs We Offer

Birth to Three

The Birth to Three Program provides early intervention services for children from birth to age 3 who have developmental delays or disabilities. Support may be available for communication and language development, learning and problem-solving skills, physical development, daily living skills such as eating, sleeping, and toileting, and social-emotional development. Services are provided through a team-based approach that may include a service coordinator, early childhood specialist, speech therapist, occupational therapist, physical therapist, and other professionals as needed. Children may qualify for the program if they have a developmental delay, a diagnosed condition that could affect development, or atypical development that impacts their overall functioning.

Case Management

Behavioral Health Unit staff provide ongoing case management and support services for individuals with significant mental health needs, court-ordered commitments, or substance use disorders. Services may include assessment, service coordination to include residential AODA treatment, recovery planning, and support for wellness and community involvement. Depending on eligibility and available grant funding, service options may be limited.

Crisis Program

Trained Crisis Intervention Professionals are available 24 hours—7 days a week for individuals experiencing a mental health or substance use crisis. Face-to-face and/or telephone response is provided in collaboration with Northwest Connections.

Comprehensive Community Services (CCS)

Comprehensive Community Services (CCS) is a voluntary program for individuals of all ages who need ongoing support for a mental health and/or substance use disorder. CCS is intended for individuals who require a higher level of care and coordination than traditional outpatient services can provide. The program helps participants achieve greater independence, stability, and recovery through individualized treatment and recovery planning, community-based services, and coordinated supports tailored to each person's unique needs and goals.

Behavioral Health Clinic

Outpatient mental health and substance use counseling is provided by licensed therapists. Clients must be a resident of Jackson County. Some insurances are accepted, please contact the Behavioral Health Division to confirm acceptance of your insurance. A sliding fee scale is available for uninsured individuals.

Programs We Offer

Intoxicated Driver Program (IDP)

The Intoxicated Driver Program (IDP) is a court ordered program for individuals convicted of an intoxicated driving offense. Jackson County Behavioral Health partners with Community Counseling Services to provide IDP assessments and develop Driver Safety Plans for Jackson County residents. Assessments may be completed locally at the Jackson County Department of Health and Human Services building or at a Community Counseling Services location. To schedule an assessment or learn more about fees and the assessment process, contact Community Counseling Services at 715-723-1221 or visit their website at www.community-counseling-services.com.

Community Support Program (CSP)

Community Support Program (CSP) is an intensive program for adults with a serious and persistent mental illness who, without this service, may require hospitalization, institutional care, or other restrictive levels of treatment. An interdisciplinary team provides and coordinates services to promote recovery, increase independence, and help individuals remain successful in their community. Services may include psychiatric care, nursing, vocational support, substance use counseling, case management, and daily living skills training.

Coordinated Services Team (CST)

Coordinated Services Team (CST) is a program for children who are involved in multiple systems of care, such as mental health, substance abuse, child welfare, juvenile justice, special education, or developmental disabilities. The child's CST Team includes family members, service providers, and others that work to develop and carry out a coordinated services plan for the child. The result is a Plan of Care that addresses the needs of the child and family with community-based supports.

Children's Long-Term Support (CLTS)

Children's Long-Term Support Waiver (CLTS) serves children with a mental health, physical, and/or developmental disability. The family works with a services coordinator to develop a service plan to meet the needs of the child. Services may include: adaptive aids, daily living skills training, respite, home modifications. CLTS is often combined with the Children's Community Options Program (CCOP) to maximize service opportunities and better meet the needs of the child.

Program Eligibility

Must be a resident of Jackson County. Additional individual program eligibility requirements must be met prior to services being provided. Please contact the Jackson County Behavioral Health Division for details.



Understanding Mental Health Crises

A mental health crisis is any situation in which a person's behavior puts them at risk of hurting themselves or others or prevents them from meeting their basic survival needs (e.g., eating, drinking water, managing their health or well-being, etc.) in such a way that their safety is at risk.

If you or a loved one is experiencing a mental health crisis, please contact the Jackson County Crisis Line, with Northwest Connections, at the number listed below.

Northwest Connections utilizes the least restrictive measures necessary to keep the person and others safe in order to ensure their rights and individual freedoms are upheld, while still meeting their care and support needs. The least restrictive outcomes include one or more of the following:

- Receive information to pass on to the county for follow-up
- Provide resources
- Remain at home independently
- Remain at home independently with stabilization phone calls
- Creation of a community plan with a support person (in a person's home or another support person's home)
- Voluntary admission to an inpatient psychiatric facility
- Emergency detention (involuntary admission to an inpatient psychiatric facility)



888-552-6642

**24 Hour Mental Health
and AODA Crisis Line**

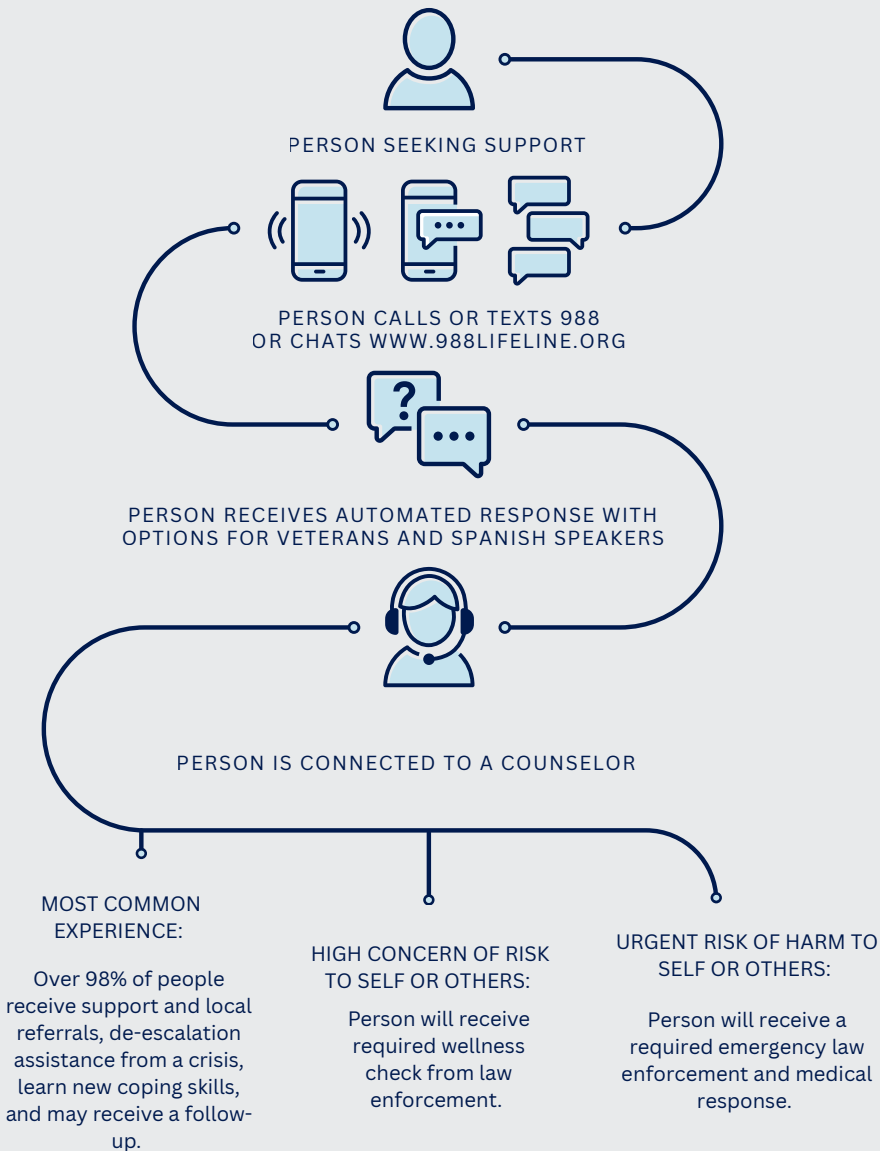
Crisis Phone & Text Resources

Jackson County/Northwest Connections 888-552-6642	Bolton Refuge Domestic Violence Crisis 715-834-9578
National Suicide & Crisis Lifeline 988	National Parent & Youth Helpline 855-427-2736
National Council on Problem Gambling 800-GAMBLER (486-8534) Text: 800GAM	National Sexual Assault Hotline 800-656-4673
Christian Suicide Hotline 844-472-9687	National Youth Crisis Hotline 800-442-HOPE; 800-442-4673
Crisis Text Line Text: "HOME" or "HOPELINE" to 741741 888-628-9454- Spanish line	Trevor's Project Lifeline (LGBTQ) 866-488-7386 Text: START to 678-678
Gay & Lesbian National Hotline 888-843-4564	Tomah VA Veteran's Crisis Dial 988 then press 1 Text: 838255 TTY: 800-799-4889
Boys Town National Hotline 800-448-3000 Text: VOICE to 20121	Veteran's Crisis/Suicide Hotline Dial 988 then press 1 Text: 838255 TTY: 800-799-4889
NAMI Teen & Young Adult Helpline 800-950-6264 Text: Friend to 62640	National Center for Missing & Exploited Children 800-843-5678
Homeless Veterans Hotline 877-424-3838	Parenting Warmline (Children's Wisconsin) 715-284-3001 x2
New Horizon's Domestic Violence Hotline 888-231-0066	National Hopeline Network Suicide Hotline 800-442- HOPE (4673)
Farmer Wellness Helpline (888) 901-2558	Disaster Distress Helpline 1-800-985-5990

Someone to talk to.
Someone to respond.
A safe place for help.



What Happens When You Call **988** | SUICIDE & CRISIS LIFELINE





Warning Signs and Behaviors That May Indicate a Mental Health Crisis

The following behaviors and warning signs may indicate that someone is experiencing a mental health crisis or is at increased risk and may need immediate support. These signs can vary in severity and may appear suddenly or over time.

Changes in Daily Functioning

- Difficulty performing basic self-care (such as bathing, brushing teeth, changing clothes, or grooming)
- Withdrawal from school, work, family, or friends
- Decline in ability to manage daily responsibilities

Emotional and Behavioral Changes

- Dramatic or sudden changes in mood, personality, or behavior
- Increased agitation, restlessness, or emotional intensity
- Verbal threats, aggression, violent behavior, or destruction of property
- Abusive or harmful behavior toward others
- Sudden calmness or cheerfulness following a period of distress or depression

Changes in Thinking or Perception

- Confusion, disorientation, or difficulty thinking clearly
- Paranoia or increased suspicion of others
- Losing touch with reality (psychosis), such as:
 - Hearing or seeing things others do not
 - Strongly held beliefs that are not based in reality
 - Not recognizing familiar people or surroundings
 - Believing they are someone else or have special powers

Risk-Related Behaviors and Statements

- Talking about death, dying, or wanting to “end it all”
- Statements such as “Nothing matters anymore,” “You’ll be better off without me,” or “Life isn’t worth living”
- Giving away personal belongings or putting affairs in order
- Making or updating a will unexpectedly
- Talking as though saying goodbye
- Seeking access to pills, weapons, or other potentially harmful means
- Preoccupation with death or dying

Other Risk Indicators

- Increased use of alcohol or other substances
- History of suicide attempts or self-harm behaviors
- Family or close friend history of suicide or attempts

What to Do When a Mental Health Crisis Is Happening

When someone is experiencing a mental health crisis, the priority is safety, connection, and getting appropriate support. Staying calm and taking clear steps can help reduce escalation and connect the person to help.

Immediate Steps to Take

- Stay with the person if it is safe to do so
- Speak calmly, slowly, and in a non-judgmental tone
- Reduce stimulation (turn off loud music/TV, move to a quieter space if possible)
- Listen without arguing, correcting, or minimizing their experience
- Let them know help is available and they are not alone
- Remove or secure items that could be used for harm if it can be done safely

What to Avoid Doing

- Do not argue, threaten, or raise your voice
- Do not dismiss or minimize their feelings (“just calm down,” “it’s not that bad”)
- Do not leave a person alone if they are at immediate risk of harm
- Do not try to handle a serious crisis without additional support
- Do not make promises to keep thoughts of self-harm secret
- Do not physically intervene unless there is immediate danger and it is safe to do so

Questions You Can Ask

If the person is willing to talk, asking direct and supportive questions can help assess safety and connect them to help:

- “Are you thinking about hurting yourself?”
- “Are you thinking about suicide?”
- “Do you have a plan or access to anything you could use to harm yourself?”
- “How can I support you right now?”
- “Would you be willing to talk to someone with me or call for help together?”
- “What has helped you get through moments like this before?”

Who to Contact

- Local crisis services
- Call 988
- Call 911 if imminent danger exists

If you are unsure, choose safety and call your local crisis line or 911 for support.



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
Veteran's Chat	www.veteranscrisisline.net/get-help-now/chat
The Hopeline	www.thehopeline.com/chat-live

Local Police Departments/Sheriff's Departments

For emergencies in any jurisdiction: Dial 911

For non-emergency situations, use the following:

Alma Center, Merrillan, 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 St. Black River Falls, WI	715-284-9155
Blair Police Department	122 South Urberg Ave. Blair, WI	715-538-4351 608-989-2300 (mess.)

Clark County Sheriff's Department	517 Court St. 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 St. Black River Falls, WI	715-284-5357 (non-emergency)
La Crosse County Sheriff's Department	333 Vine Street La Crosse, WI	608-785-9629
Monroe County Sheriff's Department	112 S Court Street Sparta, WI	608-269-2117
Melrose Police Department	Contracted service with the Jackson County Sheriff's Department in Black River Falls	715-284-5357 x180
Neillsville Police Department	118 W. 5th 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

For more information about the Jackson County Sheriff's Department and access to additional resources, please scan the QR code.



Local Medical Clinics

Ho-Chunk Nation Health Care Center	N6520 Lumberjack Guy Road Black River Falls, WI	715-284-9851
Black River Health *formerly Krohn Clinic *formerly Black River Health Care Clinic	610 W. Adams Street Black River Falls, WI	715-284-4311
Footprints in Time	502 Main Street Black River Falls, WI	715-284-2003
Emplify Health *formerly Gundersen Health System	1111 W. Wisconsin Street Sparta, WI	608-269-6731
	505 Gopher Drive Tomah, WI	608-372-4111
	420 S Peterson Avenue Blair, WI	715-538-4355
	18601 Lincoln Street Whitehall, WI	715-538-4355
	16812 S. Main Street Galesville, WI	608-582-2025
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 8th Street Osseo, WI	715-597-3121
	895 S. Dettloff Drive Arcadia, WI	608-785-0940
La Crosse VA Clinic	4000 State Road 16 Valley View Mall Annex La Crosse, WI	608-785-3886
La Crosse Vet Center	910 2nd Avenue North Onalaska, WI	608-785-4403



*Stop. Take a step back. Observe.
Proceed mindfully.*

Local Medical Hospitals

Black River Health *formerly Black River Memorial Hospital	711 West Adams Street Black River Falls, WI	715-284-5361
Emplify Health	1900 South Avenue La Crosse, WI	608-782-7300
	18601 Lincoln Street Whitehall, WI	715-538-4361
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
	13205 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

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 *formerly Black River Health Care Clinic & Krohn Clinic Mental Health	711 West Adams Street Black River Falls, WI	715-284-3355

Brave Spaces Mental Health Art Therapy Trauma Yoga	605 4 th Street South 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 DBA Empower Mental Health Clinic Children Only Mental Health & Substance Use	2001 S. Central Ave Suite A Marshfield, WI	715-384-2818
Children's Service Society of Wisconsin Mental Health	2004 Highland Ave Eau Claire, WI	715-835-5915
Clinic for Christian Counseling, LLC Mental Health	3410 Oakwood Mall Drive Suite #700 Eau Claire, WI	715-832-1678
Comfortable Connections Mental Health Center, LLC Mental Health	40195 Winsand Drive, Suite 4 Pigeon Falls, WI	301-202-4693
Coulee Recovery Center Substance Use	933 Ferry Street La Crosse, WI	608-784-4177
Counseling Associates, LLC Mental Health & Substance Use	115 5th 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 & Children's Center Mental Health & Substance Use	811 Monitor Street La Crosse, WI	608-785-0001
Gateways Counseling Services, LLC Mental Health & Substance Use Intensive Outpatient Day Treatment Education & Support Groups After Care Relapse Prevention	1905 S. Central Avenue Marshfield, WI 1030 Oak Ride Drive, Unit C Eau Claire, WI	715-898-1665 715-260-6686

Progress is rarely a straight line.

Emplify Health Mental Health & Substance Use Partial Hospitalization Program Medication-Assisted Treatment	505 Gopher Drive Tomah, WI	608-374-3853
	1111 W. Wisconsin Street Sparta, WI	608-269-6731
	123- 16 th Avenue South Onalaska, WI	608-775-2287
	1900 South Avenue La Crosse, WI	608-775-2287
	400 Water Ave. Hillsboro, WI	608-789-8280
	407 S. Main Street Viroqua, WI	608-637-3195
	18601 Lincoln Street Whitehall, WI	715-538-4361
Jackson County DHHS Behavioral Health Mental Health & Substance Use	421 County Road R Black River Falls, WI	715-284-4301
Ho-Chunk Nation Behavioral Health Mental Health & Substance Use	N6520 Lumberjack Guy Rd. Black River Falls, WI	888-685-4422
	430 Julie Street, Suite #2 Tomah, WI	608-372-5202
	724 Main Street La Crosse, WI	608-783-6025
Living Well Christian Family Clinic, LLC Mental Health	575 Lester Ave, Suite #100 Onalaska, WI	608-783-1452
Marriage & Family Health Services Mental Health	2925 Mondovi Road Eau Claire, WI	715-832-0238
	501 South Cherry Ave, #5 Marshfield, WI	715-486-8302
Northwest Journey Mental Health	N6643 County Road A Black River Falls, WI	715-284-1100
Mayo Clinic Health System Mental Health & Substance Use Partial Hospitalization Program Psychiatry Medication Management	611 First Avenue Chippewa Falls, WI	715-838-5369
	1221 Whipple Street Eau Claire, WI	715-838-5369

Mayo Clinic Health System Cont.	2403 Stout Road Menomonie, WI	715-233-7891
	331 S. Main Street, Suite H Rice Lake, WI	715-383-5369
	325 Butts Avenue Tomah, WI	608-372-5951
	191 Theater Road Onalaska, WI	608-785-0940
	615 South 10 th Street La Crosse, WI	608-392-9555
	310 West Main Street Sparta, WI	608-269-1770
	13025 Eighth Street Osseo, WI	715-838-5025
Nystrom & Associates Mental Health & Substance Use Psychiatry & Medication Management Psychological Testing	3703 Oakwood Hills Parkway, Suite #100 Eau Claire, WI	534-248-2784
	201 Main Street, Suite #500 La Crosse, WI	608-389-0514
	Vantage Point Clinic 2005 Highland Avenue Eau Claire, WI	715-832-5454
Northwest Wisconsin Comprehensive Treatment Center Substance Use	3440 Oakwood Hills Parkway Eau Claire, WI	888-834-9794
Peace of Mind Counseling Mental Health & Substance Use	920 Fillmore Street Black River Falls, WI	608-397-0192
	2017 West Oak Street Sparta, WI	
	115 5 th Avenue South, Suite #111 La Crosse, WI	
Marshfield Clinic Mental Health	2116 Craig Road Eau Claire, WI	888-896-6232
	1000 North Oak Avenue Marshfield, WI	800-782-8581

Stein Counseling Mental Health	571 Braund Street Onalaska, WI	608-785-7000
La Crosse Vet Center Mental Health	910 2 nd Avenue North Onalaska, WI	608-782-4403 877-927-8387
Tomah VA 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
West Central Wisconsin Behavioral Health Clinic Mental Health & Substance Use Prescribing	N36647 County Road QQQ Whitehall, WI	715-538-9134

Inpatient Mental Health Treatment

Amery Regional Medical Center	Amery, WI	715-268-0060
Emplify	La Crosse, WI	608-775-3523
Aspirus Stevens Point Hospital	Stevens Point, WI	715-346-5645
Granite Hills	West Allis, WI	414-667-4800
Mayo Clinic Health System	Eau Claire, WI	715-838-5025
North Central Health Care	Wausau, WI	715-845-4326
Norwood Health Center	Marshfield, WI	715-384-2188
Roger’s Behavioral Health	Brown Deer, WI Oconomowoc, WI West Allis, WI	414-865-2500 262-646-4411 414-327-3000
Shorewood Behavioral Health	Madison< WI	855-434-4219
St. Agnes Hospital	Fond du Lac, WI	920-926-4290
St. Elizabeth Hospital	Appleton, WI	920-738-2350
Willow Creek Behavioral Health	Green Bay, WI	920-328-1220

A moment for you.

Take one minute to check-in



Take one slow breath.



Relax your shoulders.



Notice your body.



Unclench your jaw.



Drink some water.



Check in with yourself.

Detox Facilities

AMS of WI	Onalaska, WI Oshkosh, WI	608-783-0506 920-232-2332
Ascension Hospital	Appleton, WI Brookfield, WI Mequon, WI Milwaukee, WI Oshkosh, WI Racine, WI (2)	920-738-2000 262-785-2000 262-243-7300 414-585-1000 920-223-2000 262-687-4011 262-687-2222
Aspirus Hospital	Stevens Point, WI Wisconsin Rapids, WI	715-346-5000 715-423-6060
Mayo Clinic	Eau Claire, WI	715-838-5025
Emplify Health	Green Bay, WI *Psychiatric Hospital *Behavioral Health La Crosse, WI *Behavioral Health	920-433-3630 920-433-6073 608-782-3000
Miramont Behavioral Health	Middleton, WI *Main Campus Waukesha, WI *Outpatient Services	888-255-5430
Pathways	Kiel, WI	920-894-1374
Rogers Behavioral Health	Oconomowoc, WI West Allis, WI	262-646-4411 414-327-3000
ThedaCare	Berlin, WI Menasha, WI Neenah, WI (2) Oshkosh, WI Shawano, WI Waupaca, WI (2) New London, WI Appleton, WI	920-720-2300
Willow Creek Behavioral Health	Green Bay, WI	920-328-1220
Shorewood Behavioral Health Hospital	Madison, WI	855-548-9164

Substance Use Residential Services

5 Door Recovery	Madison, WI	608-827-9170
Ain Dah Ing	Cameron, WI	715-458-1310
Apricity	Appleton, WI *Casa Clare – Adult Female *Mooring House – Adult Male Neenah, WI	920-731-3981 – Casa Clare 920-739-3235 – Mooring House 920-722-2345
Arbor Place	Menomonie, WI	715-235-4538
ARC Community Services	Madison, WI *Female	608-283-6426
Lutheran Social Services (LSS)	Appleton, WI (2) Barronett, WI *Adult, Male Eau Claire, WI *Adult, Female Eau Claire, WI *Adult, All Green Bay, WI Hudson, WI *Adult, Male Neillsville, WI Waukesha, WI *Adult, Male	920-830-3376 – Appleton 920-730-1028 – Appleton 715-671-0031 – Barronett 715-833-0436 – Eau Claire 715-835-9110 – Eau Claire 920-465-9977 – Green Bay 715-386-3015 – Hudson 715-819-1339 – Neillsville 262-330-8770 – Waukesha
Pathways	Kiel, WI	920-894-1374
Teen Challenge	La Crosse, WI	608-351-2828
Tellurian	Madison, WI	608-222-7311
WisHope Recovery	Waukesha, WI	262-701-7257

The PRISM Program



Connecting LGBTQ+ youth to trained peer specialists for emotional and mental health support & mentorship

Sober Living/Recovery Houses

Apricity	Neenah, WI *Mahalo House – Adult Male Neenah, WI *Apricity Services – Ault, Male/Female	920-722-2345
Beacon House	Fon Du Lac, WI *Female	920-923-3999
COTS	Appleton, WI (2) Oshkosh, WI (2)	920-515-2808 *Appleton, Adult, Male 920-843-7269 *Appleton, Adult, Female *Oshkosh, Adult, Male *Oshkosh, Adult, Female
Driftless Recovery Inc.	La Crosse, WI	608-519-5906 *Adult, Male
DarJune Foundation	Green Bay, WI *Variuos Houses	920-676-9697 darjune.org
EC Sober Living	Eau Claire, WI *Various Houses	800-989-3068 ecsoberliving.com
Hostopi Hoci	Black River Falls, WI	715-284-0764
Jeremy's Place	Madison, WI *Adult, Male	608-222-7311
Madison Recovery	Madison, WI	608-438-3131
Next Chapter	La Crosse, WI	920-559-1210
Ohana House	Neenah, WI	920-722-2345
Ophelia's House	La Crosse, WI	608-785-6399
Our Happy Place	Marshfield, WI	715-600-1207

Oxford *La Crosse, WI – Main Service	Various locations & houses	oxfordhouse.org
Pathways	Beloit, WI (2) *Adult Male & Female Kiel, WI	920-894-1374
Rick House	Eau Claire, WI	715-450-6167
Sophie's Sober House	Bloomer, WI	715-505-2973
WisHope	Fox Creek – Brookfield, WI Lois House – Waukesha, WI Recovery Village – Waukesha, WI The Farm – Waukesha, WI	844-947-4673 wishope.org

Mobile Apps & Tools

For more options, try searching “free mental health apps” in Google.



I am Sober: Assists with identifying triggers, recognizing patterns, and encourages health habits.



Headspace: Offers guided meditations, mindfulness exercises, and sleep content.



Happify: Uses evidence-based intervention from positive psychology and CBT to boost happiness and reduce stress.



Calm: Provides guided meditations, sleep stories, and breathing exercises.



Fabulous: Habit-forming app designed to help users build healthy routines that enhance mental and physical well-being.



Up: Combines cognitive-behavioral and Acceptance and Commitment Therapy (ACT) principles to help users cope with difficult emotions.



MindShift CBT: Offer methods for stress management and resilience building, helping users deal with anxiety.



Recovery 180: Connect with peer recovery coaches, find substance abuse & mental health resources and discover local recovery meetings and sober events.

Area Support Groups

Many support groups offer both in-person and virtual meeting options. Meeting locations, dates, times, and virtual availability may change. We encourage you to visit the organization's website or contact them directly to obtain the most current information and determine the option that best meets your needs.

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 Call for Dates	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	www.dbsalliance.org
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
Chippewa Valley LGBTQ+ Community Center	Eau Claire	715-552-LGBT (5428)
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	www.draonline.org/meetings/#meetings
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	www.gamblersanonymous.org/virtual-meetings/
General Support Peer-Led Support Group Mental Illness Call for Dates	Eau Claire	715-855-7705

Hold Onto Hope	Online Only	www.honorconnor.org/hold-onto-hope/
Healthy Families Western Wisconsin	Children's Wisconsin Black River Falls	www.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
Parkinsons 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
The Center- 7 Rivers LGBTQ Connections	La Crosse	608-784-0452

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	https://www.saa-meetings.org/
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 Only	262-336-9540
Wisconsin Council on Problem Gambling		800-426-2535
Adult Women Survivors of Sexual Abuse Support Group *Call for Dates	La Crosse	608-775-3845
St. Croix Hospice Bereavement Support		855-278-2764 24/7

Domestic Violence & Sexual Assault Resources

Brighter Tomorrows	505 Douglas St Sparta, WI	608-269-7853
	1118 W. Veterans St 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
Wisconsin Coalition Against Sexual Assault	2801 W Beltline Hwy #202 Madison, WI	608-257-1516
Emplify Health 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
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

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**SUICIDE & CRISIS
LIFELINE**

Peer Run Respite Homes

Iris Place	1213 S. Matthias St Appleton, WI	920-815-3217 Warm Line
La Crosse Lighthouse	La Crosse	608-519-1489 (peer support) 608-461-5527 (business line)
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 St La Crosse, WI	608-785-9615
The Wellness Shack, Inc.	505 S. Dewey St Suite 101 Eau Claire, WI	715-855-7705
Cornucopia	2 S. Ingersoll St Suite B Madison, WI	608-249-7477
Coulee Recovery Center	933 Ferry St La Crosse, WI	608-784-4177
The Friendship Connection	117 S. Main St Adams, WI	608-339-6810
Kaleidoscope Center	800 Wilson Ave Room 41 Menomonie, WI	715-231-3055



HOPE Consortium Rapid Response Team

Connecting those who are pregnant and parenting, impacted by substance use, and their families, to resources.

Call or Text:
715-383-5135

Staff are available from 8am-5pm
Monday-Friday to answer
non-emergency questions.

Calls are anonymous and
confidential.

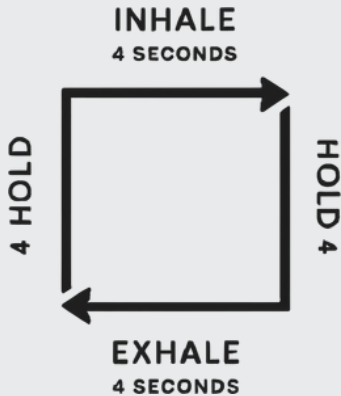
Emergency Housing & Shelter

Family Promise	Beloit, WI Eau Claire, WI	608-363-0683 715-834-4357
House of Hope *youth & families	Green Bay, WI	920-884-6740
Rhymes Shelter Care *Youth	La Crosse, WI	608-062-2992
Salvation Army	Sheboygan, WI Stevens Point, WI La Crosse, WI Madison, WI	920-458-3723 715-341-2437 608-782-6126 608-250-2200
The Lighthouse	La Crosse, WI	608-519-1489
CouleeCap	Sparta, WI	608-269-5021
Better Path	Madison, WI	608-721-4000

COTS	Appleton, WI (2) *male adults Oshkosh, WI (2) *male & female adults	920-515-2808 920-843-7269
Family Promise of the Great Rivers	Sparta, WI	608-487-2745
Freedom House	Green Bay, WI	920-432-4646
Lutheran Social Services (LSS)	Chippewa Falls, WI Green Bay, WI Union Grove, WI	715-726-2541 920-391-4370 262-878-9151
Salvation Army	Sheboygan, WI Stevens Point, WI La Crosse, WI	920-458-3723 715-341-2437 608-782-6126
Sojourner House	Eau Claire, WI	715-514-5556
Western Dairyland *Locations vary	Independence, WI	715-836-7511



Taking slow, controlled breaths can activate your body’s relaxation response, helping to ease feelings of stress or overwhelm.



Hope is always worth holding onto. Reaching out for help is a sign of strength, and no one has to face life's challenges alone. Support is available, recovery is possible, and brighter days can lie ahead.