



MONROE COUNTY MENTAL HEALTH RESOURCE GUIDE

HOTLINES

Northwest Connections (24/7) 1-888-552-6642

24 hour Mental Health and AODA Crisis Line for Monroe County residents. Provides information, support, counseling, and emergency services help to anyone dealing with a mental health crisis.

National Suicide Prevention Lifeline (24/7) 9-8-8

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States in multiple languages. Free and confidential.

Great Rivers 211 (24 hrs/day): 2-1-1 or (800)362-8255* TTY: (866)884-3620 www.greatrivers211.org

Text-Line: To begin, text your zip code to 898211. Texting available Mon-Fri afternoons & evenings.

Online chat Available Mon-Fri 8a.m.-4p.m. Free, confidential community information, recommendations and crisis line services 24 hours a day.

NAMI Helpline (M-F 9am-5pm): 1-800-950-6264

Provides information about mental health issues including: symptoms of mental health conditions, treatment options, local support groups and services, education programs, helping family members get treatment, programs to help find jobs, legal issues (does not provide individual representation).

The Trevor Lifeline: (866)488-7386 www.thetrevorproject.org

TrevorText: Text "START" to 678678.

Online chat: www.thetrevorproject.org/get-help/

Provides crisis intervention and suicide prevention services to LGBTQ+ youth (25 and under). Services are 24/7/365, 100% free & confidential.

Veterans Crisis Line(24/7): 9-8-8, press 1 Veterans Text line: 838255

www.veteranscrisisline.net

Chat: www.veteranscrisisline.net/get-help/chat

Provides free, confidential, 24/7/365 support to all vets, service members, national guard & reserve, and their family members and friends.

Well Badger Resource Center, Formerly Wisconsin First Step (Mon-Fri 7am-6pm): 1-800-642-7837*

www.wellbadger.org

Provides information and connects families and professionals to Family Services (FoodShare, WIC, Wisconsin Works, Childcare Subsidy), Healthcare (BadgerCare Plus, Well Woman, Mental Health Services, Medicaid Disability), Women's Health (Prenatal Health, Ultrasound Providers, Adoption Resources, Family Planning), and Parenting (Birth to Three, Children with Special Needs, Home Visiting, Katie Beckett Ins).

Western Region for Economic Assistance: 1-888-627-0430

Determines eligibility and enrollment for the following programs: Medicaid, FoodShare, FoodShare Employment and Training (FSET) Program, Childcare, Caretaker Supplement (CTS), WHEAP- Energy (Heating) Assistance for Buffalo, Clark, Jackson, La Crosse, Monroe, Pepin, Trempealeau, and Vernon counties.

*Services available in Spanish



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TEXTLINES

Great Rivers 211: Text your zip code to 898211

Texting available Mon-Fri afternoons & evenings. Free, confidential community information, recommendations and crisis line services 24/day.

HOPELINE: Text "HOPELINE" to 741741

HOPELINE Text Line serves anyone in any type of situation, providing them access to free, 24/7 emotional support and information they need via text.

The Trevor Lifeline: Text "START" to 678678

Provides crisis intervention and suicide prevention services to LGBTQ+ youth under 25. All services are 24/7/365, 100% free & confidential.

Veterans Text line: Text 838255

Provides free, confidential, 24/7/365 support to all vets, service members, national guard & reserve, and their family members and friends.

MENTAL HEALTH SERVICES

Gundersen Behavioral Health Clinics*

1111 W. Wisconsin St, Sparta
(608)775-2287

505 Gopher Ave, Tomah
(608)775-2287

Gundersen Behavioral Health La Crosse*

1900 South Avenue, La Crosse
Outpatient Services: (608)775-2287
Inpatient Services:(608)775-3523 / (800)362-9567,ext.53523
Interpreter (Spanish/ASL): (608)782-7300 or (800)362-9567

Mayo Clinic Behavioral Health Clinics*

615 S. 10th St, La Crosse
(608)392-9555

310 W Main St, Sparta
(608)269-4132

325 Butts Ave, Tomah
(608)372-5999

Scenic Bluffs Community Health Center*

238 Front St, Cashton
(608)654-5100
www.scenicbluffs.org

Monroe County Department of Human Services

112 South Court St, Sparta
(608)269-8600

Comprehensive Community Services (CCS) Program

Medicaid benefit program for individuals of all ages who need ongoing services for a mental health condition, substance use disorder, or a dual diagnosis beyond occasional outpatient care, but less than the intensive care provided in an inpatient setting.

Community Support Program (CSP)

Medicaid benefit program that provides comprehensive mental health, substance abuse, and case management services to adults diagnosed with a severe and persistent mental health conditions.

*Services available in Spanish



MONROE COUNTY MENTAL HEALTH RESOURCE GUIDE

COUNSELING

BLACK RIVER FALLS

Krohn Clinic

610 W. Adams St, Black River Falls
(715)284-1887

CASHTON

Scenic Bluffs*

238 Front Street, Cashton
(608)654-5100

ELROY/HILLSBORO/WONEWOC

Gundersen St. Joseph's Elroy Clinic*

1705 Omaha Street, Elroy
(608)462-4116

Gundersen St. Joseph's Hillsboro Clinic*

400 Water Ave., Hillsboro
(608)489-8280

Gundersen St. Joseph's Wonewoc Clinic*

301 Railroad Street, Wonewoc
(608)464-3575

LA CROSSE/ONALASKA

Autumn Ridge Counseling

N5560 County Rd ZM, Onalaska
(608)406-4844
www.autumnridgecounseling.com

Driftless Recovery Services

444 Main Street, STE 301, La Crosse
(608)519-5906
www.driftlessrecovery.com

Family & Children's Center

1707 Main Street, La Crosse
(608)785-0001

Garrison Counseling

319 Main Street, Suite 510, La Crosse
(608)796-1114
www.garrisoncounselinglax.com

Gundersen Behavioral Health Clinics*

1900 South Avenue La Crosse, WI 54601 (608)775-2287	123 16th Ave South Onalaska, WI, 54650 (608)775-2287
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Mary Riedel Counseling

505 King St Suite 227 La Crosse
(608)799-1208

Mayo Clinic Behavioral Health Clinics*

212 11th St. S La Crosse, WI, 54601 (608)392-9555	191 Theater Road Onalaska, WI 54650 (608)392-5000
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Nystrom & Associates

201 Main St, STE 500, La Crosse
(608)389-0503
www.nystromcounseling.com

Peace of Mind Counseling

115 5th Avenue South Suite 507, La Crosse
(608)797-5679
www.Pomcounselingllc.com

Stein Counseling

5th Braund Street, Onalaska
(608)509-7370 X222
www.effectivebehavior.com

The Therapy Place

600 North 3rd Street Suite 206, La Crosse
(608)519-5546
www.thetherapyplacelax.com/

*Services available in Spanish



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COUNSELING

SPARTA

AJ Falkers Counseling & Consulting Services

402 S. Black River St, STE 125, Sparta

(608)501-1189

www.ajfalkerscounseling.org

Arrow Behavioral Health Services

128 N Water St, Sparta- Inside Neighborhood

Family Clinic Tues, Thurs, Fri

(608)387-9638

www.abhtomah.com

Gundersen Behavioral Health Clinic*

1111 W. Wisconsin Street, Sparta

(608)269-1588

Janet Nachowicz Counseling*

103 S Water St, STE 5

(608)218-3732

Mayo Clinic Behavioral Health Clinic*

310 W. Main St. Sparta

(608)269-4132

Monroe County Department of Human Services

112 South Court St, Sparta

(608)269-8600

Peace of Mind Counseling

107 East Oak St, Sparta

(608)797-5679

www.Pomcounselingllc.com

Brave Spaces Counseling & Wellness

121 West Franklin St. Sparta

608-615-1023

www.brave-spaces.org/

TOMAH

Arrow Behavioral Health Services

1021 N. Superior Ave. Ste. 13, Tomah

(608)387-9638

www.abhtomah.com

Gundersen Behavioral Health Clinic*

601 N. Superior Avenue, STE 2 Tomah

(608)374-3853

Mayo Clinic Behavioral Health Clinic*

325 Butts Ave., Tomah

(608)372-5999

Trailways Counseling

820 N Superior Ave STE 4 Tomah

(608)886-9023

www.trailwayscounseling.com

VIROQUA

Family and Children's Center

1321 North Main Street, Viroqua

(608)637-7052

Gundersen Behavioral Health*

407 South Main Street, Viroqua

(608)637-3195

Viroqua Counseling and Health Center*

122 W. South Street, Viroqua

(608)637-2511

*Services available in Spanish



MONROE COUNTY MENTAL HEALTH RESOURCE GUIDE

MILITARY & VETERANS MENTAL HEALTH RESOURCES

Make the Connection: An online resource designed to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions to issues affecting their lives.

www.maketheconnection.net

Monroe County Veteran's Service Office

202 South K Street, Sparta, WI 54656
(608)269-8726

www.co.monroe.wi.us/departments/veterans-services/

Tomah VA Medical Center

500 E. Veterans Street Tomah, WI 54660
(608)372-3971
Toll-Free Phone: 1-800-872-8662

VA River Valley Outpatient Clinic

4000 State Rd 16 Valley View Mall Annex
Phone: (608)784-3886

Behavioral Health services include: individual, group and family counseling, and programs such as QuitSmart Smoking Cessation.

Vet Center

20 Copeland Ave, La Crosse
Phone: (608)782-4403

Veterans Crisis Line(24/7): 988, press 1

Text line: 838255

Chat: www.veteranscrisisline.net/get-help/chat
www.veteranscrisisline.net/

Provides free, confidential, 24/7/365 support to all vets, service members, national guard & reserve, and their family members and friends.

Together with Veterans @ Sparrows Nest

17304 Havenwood Rd, Sparta
(661)400-2318

HO-CHUNK NATION RESOURCES

Ho-Chunk Nation Behavioral Health-Tomah

Mental Health & AODA Counseling

430 Julie Street Suite 2

Phone: (715)284-9851 ext. 5014

Ho-Chunk Health Care Center – Black River Falls

W9855 Airport Rd. Black River Falls

Phone: (715)284-9851/ (888)685-4422

Three Rivers House-La Crosse

724 Main Street, La Crosse, WI 54603

Phone: (608)784-3083

INTIMATE PARTNER VIOLENCE & SEXUAL ASSAULT RESOURCES

Brighter Tomorrows*

**Sparta Office:505 Douglas Street, Sparta
(608)269-7853**

**Tomah Office: 1118 West Veterans St. Tomah
(608)374-6975**

Crisis Line: 1-888-886-2327

All services are free, confidential, voluntary, & accessible. No documentation necessary. Services include: 24 hour crisis line, information and referral, legal advocacy, medical advocacy, personal advocacy, crisis support, safety planning, emotional support, support group, and community education.

*Services available in Spanish



MONROE COUNTY MENTAL HEALTH RESOURCE GUIDE

INTIMATE PARTNER VIOLENCE & SEXUAL ASSAULT RESOURCES

Gundersen Domestic Violence & Sexual Assault Program*

Phone: (608)775-3454

Toll free: (800)362-9567, ext. 53454

24-Hour Crisis Line: (608)775-5950

Toll-free: (800)362-9567, ext. 55950

Provides ongoing support, legal, medical, and human services advocacy, crisis intervention, safety planning, and referrals to community resources, multilingual and multicultural availability, and the Sexual Assault Nurse Examiner program.

Sexual Assault Nurse Examiner (SANE) Program*

www.gundersenhealth.org/services/emergency-urgent-care/sexual-assault-nurse-examiners/

SANE nurses are available to provide objective forensic examinations, education and support to victims (all ages) of sexual assault or domestic violence. For questions or advice, contact a SANE nurse at (608) 775-3128 or call Nurse Advisors at (608) 775-4454. Both are confidential and available 24/7.

New Horizons*

1223 Main St. La Crosse

Office Phone: (608)791-2610

Crisis Line: (608)791-2600 (TTY available)

Toll free: 1-888-231-0066 (TTY available)

www.nhagainstabuse.org

All services are free, confidential, and voluntary. Services include: 24 Hour Crisis Line, Support Groups, Resource Advocacy, Legal Advocacy, Trauma Counseling, Youth & Family Advocacy, Diversity Advocacy, Anti-Human Trafficking, and Community Education and Awareness.

Safe Path -Mayo Clinic Health System*

800 West Ave S (located in Center for Women's Health), La Crosse

Phone: (608)392-7804 (24/7)

Toll free: 800-362-5454, ext. 7804 (24/7)

Free services available from Safe Path include emotional support, information and referral, individual counseling, medical, and human services advocacy, safety planning, crisis intervention, assistance with access to resources, assistance with applying for crime victims' compensation.

Sexual Assault Nurse Examiner (SANE)

Mayo Clinic Health System provides specially trained Sexual Assault Nurse Examiners (SANEs) to care for people who have been sexually assaulted. They are registered nurses who have received advanced education in the medical-forensic examination of sexual assault victims.



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INTIMATE PARTNER VIOLENCE & SEXUAL ASSAULT RESOURCES

National Domestic Violence Hotline*

24/7 Hotline: 1-800-799-7233

TTY: 1-800-787-3224

Online chat (24/7): www.thehotline.org,

Español: El chat en español está disponible todos los días de 12–6 p.m.

Confidential and free of cost, provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Highly trained, experienced advocates to offer compassionate support, crisis intervention information and referral services in more than 200 languages.

National Sexual Assault Telephone Hotline (RAINN)*

24/7 Hotline: 1-800-656-4673

Online chat: online.rainn.org

Español: www.rainn.org/es

Trained staff can provide confidential support and connect you to resources in your area.

Department of Defense's (DoD) Safe Helpline

24/7 Hotline: 877-995-5247

DSN users: 877-995-5247

For those unable to call toll-free or DSN, call 202-540-5962

Chat (24/7): www.online.safehelpline.org or download app

Safe Helpline is the hotline for members of the DoD community affected by sexual assault. It is a completely anonymous, confidential, 24/7, specialized service—providing help and information anytime, anywhere.

*Services available in Spanish

COMMUNITY GROUPS, SERVICES & PROGRAMS

Aging & Disability Resource Center of Monroe County

315 West Oak St, Sparta

(608)269-8690 or 888-339-7854

www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy

The first place to contact for information and assistance relating to aging, disability, mental health or substance abuse.

Coulee Recovery Center

933 Ferry St., La Crosse

(608)784-4177

www.couleerecovery.org

A chemical-free environment with a supportive atmosphere for recovery. Bridging the gap to recovery, awareness about substance abuse, and to a healthier lifestyle.

Independent Living Resources

4439 Mormon Coulee Road, La Crosse

(608)787-1111 Toll Free: 888-474-5745

TTY: (608)787-1148

Toll Free TTY: 888-378-2198

www.ilresources.org

Sparta Location-by appointment only

Works with people of any age & any disability. Services are free to individuals and community members. Services include: information & referral, skills training, advocacy, transition, & peer support.

Monroe Co. Syringe Service Program

128 S. Water St. Sparta

(608)377-2484

Provides sterile syringes, syringe disposal, safe injection supplies, Narcan and OD prevention education. Mobile services available Tuesdays and Thursdays - text 608-686-3821



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COMMUNITY GROUPS, SERVICES & PROGRAMS

RAVE * Recovery Avenue

1806 State Street La Crosse, WI 54601

Hours: Monday: 9am-3pm, Tue-Fri: 9am-5pm

Phone: (608)785-9615

www.ilresources.org/home-1

A drop-in center for adults 18+ staffed by peers in mental health recovery that offers opportunities to its visitors with no obligation or pressure.

National Alliance on Mental Illness (NAMI)

NAMI-La Crosse Vernon

For information, classes/education, visit

www.namilacrossecounty.org

See website for support group times and locations.

Other Area Support Groups

The Franciscan Spirituality Center

Offers various support groups. For

information on current groups, times, and

location, visit www.fscenter.org and click on

"Program & Retreat Calendar."

LGBTQ+ RESOURCES

The Center: 7 Rivers LGBTQ Connection

230 Sixth Street South La Crosse

See website for hours

(608)784-0452

<https://7riverslgbtq.org/>

Offers welcoming space for all people regardless of sexual orientation or gender identification, provide a wide variety of support groups, social events, and advocate for LGBTQ+ friendly policies and legislation.

The Trevor Lifeline: (866)488-7386

TrevorText: Text "START" to 678678. Available Monday through Friday between 2pm-9pm

Website: trevorproject.org (TrevorChat available 7 days/wk. 2-9pm)

Provides crisis intervention and suicide prevention services LGBTQ+ youth (25 and under).

Tomah VA LGBTQ+ Veteran Care

Sierra Phillips LGBTQ+ Veteran Care Coordinator

(608)372-3971 ext. 67783

sierra.phillips@va.gov

Every VA facility has a local LGBTQ+ Veteran Care Coordinator (VCC) who can connect you with services and help you navigate specialized resources.

The PRISM Program

(414)336-7974

prism@mhawisconsin.org

Mental wellness resource for LGBTQ+ youth in Wisconsin.



This guide is brought to you by the Monroe County Mental Health Coalition.

For more information, visit healthymonroecowi.org/partnerships/

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