



# MONROE COUNTY MENTAL HEALTH RESOURCE GUIDE

## HOTLINES

### **Northwest Connections (24 hrs/day) 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) 1-800-273-8255 TTY: (800)799-4889 Español: 1-888-628-9454**

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. 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 8:00a.m.-4:00 p.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/](http://www.thetrevorproject.org/get-help/)

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

### **Veterans Crisis Line(24/7): 1-800-273-8255 press 1 Veterans Text line: 838255 www.veteranscrisisline.net**

Chat: [www.veteranscrisisline.net/get-help/chat](http://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



# MONROE COUNTY MENTAL HEALTH RESOURCE GUIDE

## 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\***

111 W. Wisconsin St, Sparta  
(608)269-1588

601 N. Superior Ave, STE 2, Tomah  
(608)374-3853

### **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](http://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](http://www.autumnridgecounseling.com)

#### **Driftless Recovery Services**

444 Main Street, STE 301, La Crosse  
Phone: 608 519-5906  
[www.driftlessrecovery.com](http://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  
<https://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](http://www.nystromcounseling.com)

#### **Peace of Mind Counseling**

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

#### **Stein Counseling**

5th Braund Street, Onalaska  
(608) 509-7370 X222  
<https://effectivebehavior.com/>

#### **The Therapy Place**

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

\*Services available in Spanish



# MONROE COUNTY MENTAL HEALTH RESOURCE GUIDE

## 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

#### **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

### 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  
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](http://www.maketheconnection.net)

### **Monroe County Veteran's Service Office**

202 South K Street, Sparta, WI 54656  
Phone: 608-269-8726  
Website:  
[www.co.monroe.wi.us/departments/veterans-services/](http://www.co.monroe.wi.us/departments/veterans-services/)

### **Tomah VA Medical Center**

500 E. Veterans Street Tomah, WI 54660  
Phone: 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**

4000 State Rd 16, Valley View Mall Annex, La Crosse  
Phone: 608-782-4403 Or 608-782-4403

**Veterans Crisis Line(24/7): 1-800-273-8255**  
press 1

**Text line: 838255**

**Chat: [www.veteranscrisisline.net/get-help/chat](http://www.veteranscrisisline.net/get-help/chat)**  
**[www.veteranscrisisline.net/](http://www.veteranscrisisline.net/)**

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

## 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/](http://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](http://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.





# MONROE COUNTY MENTAL HEALTH RESOURCE GUIDE

## 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):**

**<https://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](http://online.rainn.org/)/Español:**

**[www.rainn.org/es](http://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](http://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

## 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](http://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**

**<https://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/](http://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

\*Services available in Spanish



# MONROE COUNTY MENTAL HEALTH RESOURCE GUIDE

## COMMUNITY GROUPS, SERVICES & PROGRAMS

### **RAVE \* Recovery Avenue**

**1806 State Street La Crosse, WI 54601**

**Hours: Monday: 9am-3pm, T-F: 9am-5pm**

**Phone: 608-785-9615**

**[www.ilresources.org/home-1](http://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/](http://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 <https://www.fscenter.org/> and click on "Program & Retreat Calendar."

## LGBTQ+ RESOURCES

### **The Center: 7 Rivers LGBTQ Connection**

**230 Sixth Street South La Crosse**

**Hours: M-Th 8:00a.m.-8:00p.m., F: 8:00a.m.-noon, Sat: 10a.m.-2:00p.m.**

**Phone: 608-784-0452 Website:**

**<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](http://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](mailto: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.

### **WI Dept of Health Services LGBTQ Health Resources**

<https://www.dhs.wisconsin.gov/lgbthealth/resources.htm>

Provides information on resources available for for LGBTQ people.



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

**For more information, visit [healthymonroecowi.org/chip](http://healthymonroecowi.org/chip)**

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