

Great Rivers 2-1-1

A central access point for people who are seeking referral information or help in times of personal crisis. Great Rivers 2-1-1 is a free, confidential 24/7 helpline to obtain:

Information and assistance for:

Food | Housing | Parenting | Drug/alcohol issues | Mental health issues | Other needs

Crisis line services:

Suicidal thoughts | Domestic violence | Sexual assault | Child abuse | Other crisis situations

- Call 2-1-1 or 800-362-8255
- Text your ZIP code to 898211
- Chat at www.greatrivers211.org
- National Suicide Prevention Lifeline 24/7: 9-8-8



Parenting and Family Services

Well Badger Resource Center 800-642-7837
www.wellbadger.org

Health information specialists available to answer questions regarding a variety of programs for women and young children.

Healthy Beginnings+ 608-269-8666
(Prenatal Care Coordination Program)

Help expecting families get the support they need to have a healthy baby.

The Parenting Place 608-716-4081
From babies to teenagers, the Parenting Place has support, advice, educational courses and workshops to help make your family life enjoyable and fun. A diaper bank is available for any family that needs diapers.

Birth to 3 608-269-8682
An early intervention program for children with developmental delays and disabilities ages birth to 3 and their families.

Children and Youth with Special Health Care Needs (CYSHCN) Regional Center
Western Region 800-400-3678
Promotes quality coordinated care for children and youth through the age of 21.

Cribs for Kids 608-269-8666
Provides education and a safe place for infants to sleep for qualifying Monroe County residents.

Head Start 608-785-2070
2111 West Wisconsin Street, Sparta Ext. 6
402 Pine Street, Tomah Ext. 7

Lugar de Reunion 608-654-5100
Scenic Bluffs, Cashton
Provides programs and services for health, employment, education, and housing for Hispanic families.

Domestic Violence

Brighter Tomorrows 608-269-7853
Crisis Line: 888-886-2327

All services are free, confidential, voluntary, and accessible.

Immunizations

Your child's doctor knows your child's health best. It is recommended that your child's doctor be contacted first regarding immunizations. Additional sources of immunizations include:

Monroe County Health Department
608-269-8666

Provides immunizations at no cost to children who are uninsured, underinsured (insurance doesn't cover immunizations), or with Badger Care.

Public Assistance Programs

Medicaid and Other Health Programs 800-362-2003
The State of Wisconsin offers a number of health benefits programs for eligible children, individuals, and families. For eligibility information, call Medicaid Enrollment Services.

Food Share 888-627-0430
Western Region for Economic Assistance Consortium
Website: access.wisconsin.gov
Services: Formerly known as food stamps; help for people with little or no income to buy food.

Wisconsin Works W-2 855-418-9332
Assists in meeting employment and career goals through guidance and support. Parents of minor children who qualify as low income and meet financial and non-financial criteria.

Alcohol, Smoking and Drug Use Services

Substance use during pregnancy, breastfeeding, and parenting can be dangerous, with a variety of harmful effects on both adults and children. The effects can be short or long term and may be physical, mental, social, emotional, and financial. You are not alone. Many others know what it's like and can help you quit, give you tips, and support you along the way.

Wisconsin Addiction Recovery Helpline

Call 211 or 833-944-4673

Available statewide 24 hours a day, seven days a week.

Substance Abuse and Mental Health Helpline

(SAMHSA) 800-662-4357

Confidential service. Open 24/7/365 days a year.

Quit Line 800-784-8669

www.ctri.wisc.edu/quitline

First Breath 608-269-8666

Mental Health

Monroe County Dept. of Human Services

608-269-8600

Monroe County Dept. of Human Services is a state certified outpatient substance abuse and mental health clinic, providing services to Monroe County residents at a reduced rate or on a sliding fee scale. Outpatient services are either provided at the department or through contracted services. Residential services are only by contract with various providers.

Scenic Bluffs, Cashton: 608-654-5100

Gundersen Behavioral Health Clinics

Sparta: 608-269-1588

Tomah: 608-374-3853

Has specialized day treatment and continuing care programs for heroin/opiate addiction, suboxone and methadone programs, men's and

women's residential treatment programs as well as other levels of outpatient services.

Mayo Clinic Behavioral Health Clinics

Sparta: 608-269-4132

Tomah: 608-372-5999

Provides all levels of outpatient services, suboxone therapy, and men's and women's residential treatment programs.

Ho-Chunk Nation Behavioral Health, Tomah

Mental health and AODA counseling

715-284-9851 ext. 5014

Tomah AODA Services: 608-372-5202

Veterans Affairs Medical Center, Tomah

608-372-3971

Substance abuse services for veterans.

Veterans Crisis Line 800-273-8255, press 1

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

NAMI Helpline 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).

Wisconsin Farm Center 608-224-5012

Provides vouchers for free/confidential mental health services for Wisconsin farm families and farm workers and other support (e.g. financial counseling, mediation, veterinary care expense assistance).

Monroe County Resource Guide



Monroe County Health Department
Special Supplemental Nutrition Program for
Women, Infants & Children (WIC)
315 West Oak Street
Sparta, WI 54656
608-269-8671
MonroeCounty.WIC@co.monroe.wi.us



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