

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).

SCENIC BLUFFS | (608) 654-5100

238 Front St, Cashton

GUNDERSEN BEHAVIORAL HEALTH CLINICS

Sparta: (608) 269-6731 | 1111 W Wisconsin St

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

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 | 310 W Main St

Tomah: (608) 372-5999 | 325 Butts Ave

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

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).

VETERANS CRISIS LINE | DIAL 988, PRESS 1

Support to all veterans, service members, national guard & reserve, and their family members and friends.

NATIONAL SUICIDE PREVENTION HOTLINE DIAL 988

THE TREVOR PROJECT

24/7 CRISIS LINE | (866) 488-7386

Text "START" to 678678

Website: www.thetrevorproject.org



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

(833) 944-4673

24/7 HELPLINE: 211

SUBSTANCE ABUSE AND MENTAL HEALTH HELPLINE (SAMHSA)

24/7 HELPLINE | (800) 662-4357

QUIT LINE

24/7 HELPLINE | (800) 784-8669

Text "READY" to 34191

FIRST BREATH | (608) 269-8666

Public Assistance Programs

FOOD SHARE | (888) 627-0430

WESTERN REGION FOR ECONOMIC ASSISTANCE CONSORTIUM

Website: access.wisconsin.gov

Formerly known as food stamps: help for people with little or no income to buy food.

MEDICAID AND OTHER HEALTH PROGRAMS

(888) 627-0430

Website: access.wisconsin.gov

The State of Wisconsin offers a number of health benefit programs for eligible children, individuals, and families.

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.



Monroe County Resource Guide

Updated March, 2024



Monroe County Health Department Special Supplemental Nutrition Program for Women, Infants & Children (WIC)

315 West Oak Street; Suite B

Sparta, WI 54656

608-269-8671

MonroeCounty.WIC@co.monroe.wi.us

If you have any suggested edits or additions, please call us at (608) 269-8671



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 | Call **9-8-8**

PARENTING AND FAMILY SERVICES

WELL BADGER RESOURCE CENTER | (800) 642-7837

Website: www.wellbadger.org

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

BIRTH TO 3 | (608) 269-8682

An early intervention program for children with developmental delays and disabilities ages birth to 3 and their families.

HEALTHY BEGINNINGS+ | (608) 269-8666

(Prenatal Care Coordination Program)

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

HEAD START | (608) 785-2070

Website: headstartcouleeregion.com

- 2111 West Wisconsin Street, Sparta
- 402 Pine Street, Tomah

Ext. 6
Ext. 7



THE PARENTING PLACE | (608) 784-8125

Sparta and Tomah - by appointment only
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 also available.

CHILDREN AND YOUTH WITH SPECIAL HEALTH CARE NEEDS (CYSHCN)

(800) 400-3678

CHILDREN'S RESOURCE CENTER WEST

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.

CAR SEAT PROGRAM | (608) 269-8666

Issues car seats and child passenger safety for qualifying Monroe County residents.

LUGAR DE REUNION | (608) 654-5100

Scenic Bluffs, Cashton

Programs and services for health, employment, education, and housing for Hispanic families.

DOMESTIC VIOLENCE

NEW HORIZONS | (608) 791-2610

24/7 CRISIS LINE | **(608) 791-2600**

223 Main St, La Crosse

BRIGHTER TOMORROWS

24/7 CRISIS LINE | **(888) 886-2327**

- 505 Douglas St, Sparta | **(608) 269-7853**
- 1118 W Veterans St, Tomah | **(608) 374-6975**

Provides support through a crisis line, resources, referrals, advocacy, community education, safety planning, and group support.

IMMUNIZATIONS

MONROE COUNTY HEALTH DEPARTMENT

(608) 269-8666 | 315 W Oak St, Sparta

Provides immunizations at no cost to children who are uninsured, underinsured (insurance doesn't cover immunizations), or with BadgerCare. It is recommended that your child's doctor be contacted first regarding immunizations.

MENTAL HEALTH



COUNSELING SERVICES

AJ FALKERS COUNSELING & CONSULTING SERVICES | (608) 501-1189

402 S. Black River St, STE 125, Sparta

JANET NACHOWICZ COUNSELING

(608) 218-3732

103 S Water St, STE 5, Sparta

TRAILWAYS COUNSELING | (608) 886-9023

820 N Superior Ave, STE 4, Tomah

PEACE OF MIND COUNSELING | (608) 797-5679

107 E Oak St, Sparta

BRAVE SPACES COUNSELING & WELLNESS

(608) 615-1023

121 W Franklin St, Sparta

ARROW BEHAVIORAL HEALTH SERVICES

(608) 387-9638

1216 Mark Ave, STE 6 Tomah

MONROE COUNTY DEPT. OF HUMAN SERVICES

(608) 269-8600 | 112 S Court St, Sparta

Provides 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.

- Comprehensive Community Services (CCP) Program
- Community Support Program

HO-CHUNK NATION BEHAVIORAL HEALTH

(715) 284-9851 Ext. 5014

Tomah AODA | (608) 372-5202 | 430 Julie St
Mental Health and AODA counseling

VETERANS AFFAIRS MEDICAL CENTER

(608) 372-3971 | 500 E Vetarans St, Tomah

NORTHWEST CONNECTIONS LIFELINE

24/7 CRISIS LINE | **(888) 552-6642**