

A Monroe County Mental Health Resource Guide



YOUR GUIDE TO RESOURCES IN YOUR AREA

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Mental Health

What is it?

Mental health involves emotional and social well-being. It can affect thoughts, actions, and feelings. All ages can be affected by it, and it can interfere with living a happy and meaningful life.

Mental Health Issues are Common

- About 1 in 5 adults in the U.S. (18.5%) experiences mental illness in a given year.
- About 1 in 25 adults in the U.S. (4.2%) experiences a serious mental illness in a given year that greatly interferes with or limits one or more major life activities.
- About 1 in 5 youth aged 13–18 (21.4%) experiences a severe mental disorder at some point during their life. For children aged 8–15, the estimate is 13%.

Stigma

Many people have negative views on mental health illnesses. Don't let those views stop you from seeking help! Mental health illnesses are common, and you are not alone!

RESOURCES

Hotlines

- ***Northwest Connections 1-888-552-6642***
 - 24 hour Mental Health and AODA Crisis Line *for Monroe County residents*
- **National Suicide Prevention Lifeline (24 hrs/day): 1-800-273-8255**
- **Hiawatha Valley Crisis Contact (24 hrs/day): 1-844-274-7472**
- **Northwest Connections (24 hrs/day): 1-888-552-6642**
 - Provides information, support, counseling, and emergency services help to anyone dealing with a mental health crisis
- **Great Rivers 211 – First Call for Help (24 hrs/day): 2-1-1**
 - Free, confidential community information, recommendations and crisis line services 24 hours a day
- **Wisconsin First Step (24 hrs/day): 1-800-642-7837**
 - Helps children and youth by helping families and professionals find a variety of support groups, financial assistance, medical resources, transportation, resources, assistive devices, respite and home health agencies

Texting Line

Text “HOPELINE” to 741741

Offers emotional support and resources for any struggles including issues with relationships, parents, bullying, school, friends, job loss & LGBTQ issues.

IF YOU ARE BEING ABUSED OR NEGLECTED AS A CHILD, CALL MONROE COUNTY CHILD ABUSE AND NEGLECT ACCESS (608) 269-8600

Websites

- **National Alliance on Mental Health:** <http://www.nami.org/>
- **Mental Health America:** <http://www.mentalhealthamerica.net/>
- **Substance Abuse and Mental Health Services Administration:** <http://www.samhsa.gov/>
- **American Academy of Child & Adolescent Psychiatry:** www.aacap.org
- **Helpline.org:** www.helpguide.org

Mental Health Facilities

Gundersen Behavioral Health Clinics

1111 W. Wisconsin Street 601 N. Superior Avenue, Suite 2
Sparta, WI 54656 Tomah, WI 54660
(608) 269-1588 (608) 374-3853

Gundersen Outpatient Behavioral Health

(608) 775-2287

Mayo Clinic Behavioral Health Clinics

310 W. Main St. 325 Butts Ave.
Sparta, WI 54656 Tomah, WI 54660
(608) 269-4132 (608) 372-5999

Scenic Bluffs (Assessment & Treatment)

238 Front Street
Cashton, WI 54619
(608) 654-5100

Hiawatha Valley Mental Health Center

313 4th Street South
La Crosse, WI 54601
(608) 796-1168

Monroe County Department of Human Services

14301 County HWY B,
Sparta, WI 54656
(608) 269-8600

Counseling

Center Point Counseling

210 Airport Road, Suite 103
PO Box 189
Viroqua, WI 54665
(608) 638-7420

Family & Children's Center

1707 Main Street
La Crosse, WI 54601
(608) 785-0001

Peace of Mind Counseling

115 5th Avenue South
Suite 301
Viroqua, WI 54665
(608) 797-5679

Hiawatha Valley Mental Health Center

313 4th Street South
La Crosse, WI 54601
(608) 796-1168

Stein Counseling

5th Braund Street
Onalaska, WI 54665
(608) 509-7370 X222

Veterans Mental Health Resources

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

Veterans Text line: 838255

Website: <https://www.veteranscrisisline.net/>

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text

Tomah VA Medical Center

500 E. Veterans Street Tomah, WI 54660

Phone: 608-372-3971

Toll-Free Phone: 1-800-872-8662

Ho-Chunk Nation Resources

Ho-Chunk Nation Behavioral Health

Mental Health & AODA Counseling

430 Julie Street Suite 2

Tomah, WI 54660

Phone: 715-284-9851 ext. 5014

Community Groups, Services, and Programs

Gundersen Groups and Services:

<http://www.gundersenhealth.org/behavioral-health/adult-services>

- Depression Support Group
- Dialectical Behavior Therapy Skills Training Group
- Support Group for Women Survivors of Sexual Abuse
- Therapy Group for Women Survivors of Sexual Abuse
- Stress Reduction Group
- Lifestyle Balance Group
- Caring Partners Education Group
- Bariatric Support Group

Hiawatha Valley Mental Health Center:

<http://www.hvmhc.org/serving-community-youth-scy-program/>

- Supporting Community Youth Program – for children, adolescents, and/or families of youth struggling with mental health issues

National Alliance on Mental Illness (NAMI) La Crosse:

<http://www.namilacrossecounty.org/>

- NAMI Family to Family Support Group
- Depressed Anonymous
- Wellness Recovery Group
- Women to Women Support Group

National Alliance on Mental Illness (NAMI) Monroe County:

<http://www.namiwisconsin.org/monroe-county>

- NAMI Family-to-Family
- NAMI Peer-to-Peer
- NAMI In Our Own Voice
- NAMI Connection
- NAMI Family Support Group

Monroe County Services:

Aging & Disability Resource Center (*Helps in finding mental health resources*)

Building B:

ADRC of Western Wisconsin
14305 County Hwy B
Sparta, WI 54656
(800) 500-3910

Community Support Program

Family and Children's Center

920 Wisconsin Street
Community Service Center A-19
Sparta, WI 54656
(608) 269-0567

How to Cope:

To help prevent mental health issues try one of these healthy coping skills

- Exercise, listen to music, talk with friends, journal or draw.
- Find a hobby that you enjoy
- Make connections – build relationships with family and friends; get involved in the community

If you are experiencing mental health issues -YOU ARE NOT ALONE!

SEEK HELP! Find a mental health facility, counseling service, or community group in this resource guide that suits you!

If you are in a mental health crisis

CALL A HOTLINE!

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

Mission: *Improve access to mental wellness services and reduce stigma across the generations*

Resource guide created 10/2016; Updated 02/2017