

Monroe County Mental Health Resource Guide



YOUR GUIDE TO RESOURCES IN YOUR AREA

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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

To join the coalition or for questions, contact Kayleigh Day, Community Health Educator,
Monroe County Health Department 608-269-8666 or kayleigh.day@co.monroe.wi.us

Resource guide created 10/2016; updated 01/2019

Mental Health

What is it?

“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.”

(Source: Mentalhealth.gov, 2017)

“Caring for the mind is as important and crucial as caring for the body. In fact, one cannot be healthy without the other.”

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 Spanish: 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

Text-Line: To begin, text your zip code to 89821, available Mon-Fri afternoons & evenings

Website: greatrivers211.org (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 conditions 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

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

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

Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth (25 and under).

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

Veterans Text line: 838255

Chat: <https://www.veteranscrisisline.net/get-help/chat>

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

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*

Website: 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.

Text Lines

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.

Available Monday through Friday between 2pm–9pm
Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth under 25.

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

Gundersen Behavioral Health La Crosse*

1900 South Avenue, La Crosse, WI 54601
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*

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

Mayo Clinic Behavioral Health – La Crosse*

212 11th St. S, La Crosse, WI 54601
Outpatient Services: 608-392-9555
Residential Programs: (608) 392-9582
TTY: 855-322-0653
Spanish: 866-322-0653

Scenic Bluffs*

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

112 South Court Street, Sparta, WI 54656
(608) 269-8600

➤ **Comprehensive Community Services (CCS) Program**

Medicaid benefit program for individuals of all ages who need ongoing services for a mental illness, 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 illness

Counseling

Black River Falls

Krohn Clinic

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

Cashton

Scenic Bluffs*

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

Elroy/Hillsboro/Wonewoc

Gundersen St. Joseph's Elroy Clinic*

1705 Omaha Street, Elroy, WI
(608) 462-4116

Gundersen St. Joseph's Hillsboro Clinic*

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

Gundersen St. Joseph's Wonewoc Clinic*

301 Railroad Street, Wonewoc, WI
(608) 464-3575

La Crosse/Onalaska

Driftless Recovery Services

444 Main St., STE 301, La Crosse, WI
Phone: 608 519-5906
www.driftlessrecovery.com

Family & Children's Center

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

Garrison Counseling

319 Main Street, Suite 510, La Crosse, WI
(608) 796-1114

Gundersen Behavioral Health Clinics*

1900 South Avenue, La Crosse, WI
(608)775-2287

123 16th Avenue S., Onalaska, WI

(608) 775-2287

Hiawatha Valley Mental Health Center

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

Mary Riedel Counseling

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

Mayo Clinic Behavioral Health Clinics*

212 11th St. S, La Crosse, WI
608-392-9555

191 Theater Road, Onalaska, WI

608-392-5000

Peace of Mind Counseling

115 5th Ave S STE 507, La Crosse, WI
(608) 797-5679

Stein Counseling

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

The Therapy Place

600 North 3rd St. Suite 206 La Crosse, WI
608-519-5546

Sparta

Gundersen Behavioral Health Clinic*

1111 W. Wisconsin Street, Sparta, WI
(608) 269-1588

Mayo Clinic Behavioral Health Clinic*

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

Monroe County Department of Human Services

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

Tomah

Gundersen Behavioral Health Clinic*

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

Mayo Clinic Behavioral Health Clinic*

325 Butts Ave., Tomah, WI
(608) 372-5999

Viroqua

Family and Children's Center

1321 North Main Street, Viroqua, WI
(608) 637-7052

Gundersen Behavioral Health*

407 South Main Street, Viroqua, WI
(608) 637-3195

Viroqua Counseling and Health Center*

122 W. South Street, Viroqua, WI
(608) 637-2511

Military & Veterans Resources

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

Text line: 838255

Chat:

<https://www.veteranscrisisline.net/get-help/chat>

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

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

Monroe County Veteran's Service Office

202 South K Street, Sparta, WI

Phone: 608-269-8726

Website:

<http://www.co.monroe.wi.us/departments/veterans-services/>

Tomah VA Medical Center

500 E. Veterans Street Tomah, WI

Phone: 608-372-3971

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

VA River Valley Outpatient Clinic

2600 State Road, La Crosse, WI

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, WI

Phone: 608-782-4403 or 608-782-4403

Ho-Chunk Nation Resources

Ho-Chunk Nation Behavioral Health-Tomah

Mental Health & AODA Counseling

430 Julie Street Suite 2, Tomah, WI

Phone: 715-284-9851 ext. 5014

Ho-Chunk Health Care Center - Black River Falls

W9855 Airport Rd. Black River Falls, WI

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

Three Rivers House-La Crosse

724 Main Street, La Crosse, WI

Phone: (608) 784-3083

Domestic Violence/Sexual Assault Resources

Brighter Tomorrows*

Sparta Office: 505 Douglas Street Sparta, WI **Phone:** 608.269.7853

Tomah Office: 1118 West Veterans Street Tomah, WI **Phone:** 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

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*

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.

<http://www.gundersenhealth.org/services/emergency-urgent-care/sexual-assault-nurse-examiners/>

New Horizons*

1223 Main St. La Crosse, WI **Office Phone:** 608-791-2610

Crisis Line: 608-791-2600 (TTY available) **Toll free:** 1-888-231-0066 (TTY available)

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, WI

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.

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/**Español:** 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): 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, and Programs

Aging & Disability Resource Center of Monroe County

315 West Oak St, Sparta, WI 54656 **Phone:** 608-269-8690 or 888-339-7854

Resource guide: <http://adrcmonroeco.org/key-resources/>

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

The Center: 7 Rivers LGBTQ Connection

230 Sixth Street South La Crosse, Wisconsin 54601

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

Coulee Recovery Center/Coulee Council on Addictions

933 Ferry St., La Crosse, WI 54601

Phone: 608-784-4177 **Website:** <http://www.couleecouncil.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, WI 54601

Phone: 608-787-1111 **Toll Free:** 888-474-5745

TTY: 608-787-1148, **Toll Free TTY:** 888-378-2198

Website: <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

RAVE * Recovery Avenue

1806 State Street La Crosse, WI 54601

Hours: M-F: 9:00 am-5:00 pm. 2nd & 4th Sat: Noon – 4: 00 pm

Phone: 608-785-9615

Website: <http://www.ilresources.org/what-we-do/rave-recovery-avenue/>

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.

Support Groups Held at RAVE

Wellness Recovery Group: Wednesdays, 5:00–6:30 PM

Women-to-Women Support Group: Thursdays, 6:00PM

Offers support, strength, care, and empowerment.

National Alliance on Mental Illness (NAMI)

NAMI-La Crosse County

For information, classes/education, visit <https://www.namilacrossecounty.org/>

See website for support group times and locations

NAMI Monroe-Juneau Counties

For information, classes and education, visit <https://namimonroejuneau.org/>

See website for support group times and locations

NAMI Vernon County

For information, classes/education, visit <https://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.”

Coping Strategies

According to Mental Health America, these 10 tools have been proven to help people feel stronger and more hopeful.

- 1. Connect with others:** Lean on a few people who support you, make friends, strengthen relationships or attend a support group.
- 2. Stay positive:** Practice gratitude, write about a positive future, and look for the “silver lining.”
- 3. Get physically active:** Exercise and be active.
- 4. Help others:** Do nice things for others (e.g., carrying in a neighbors groceries), or volunteer.
- 5. Get enough sleep:** Take steps to sleep better, such as setting a regular bedtime, avoiding caffeine before bed, or creating a bedtime routine.
- 6. Create joy and satisfaction:** Find things that make you laugh, engaging in activities that are fun, practice mindfulness.
- 7. Eat well:** Eat a balanced diet
- 8. Take care of your spirit:** Participate in organized religion, meditation, or connect with yourself.
- 9. Develop a wellness toolbox:** Use coping tools such as writing, tackling problems, shifting thinking, or getting support from others.
- 10. Get professional help if you need it:** Mental health providers can provide counseling, therapy, and prescribe medication.

For more information on these 10 tools, visit <http://www.mentalhealthamerica.net/ten-tools>

Or for more information on other coping strategies, visit <https://www.helpguide.org/>

If you or someone you know is feeling especially bad or suicidal, get help right away- call Northwest Connections Monroe County’s 24 hour Mental Health and AODA Crisis Line residents at 1-888-552-6642 or call 911.