

## SUPPORT & SELF-HELP

**Survivors of Suicide Loss Support Group..... Dana (563) 329-0560**  
3rd Monday of the month at 6:30 PM - 8:00PM  
River District Hotel Conference room 130 S. Main St. Prairie du Chien

**Grief Support Group ..... (608) 357-2262**  
1st Monday of the month at 5:00 PM Crossing Rivers Health, Prairie du Chien

**Infant Loss Support Group..... (608) 357-2545**  
1st Tuesday of the month at 6:30pm - 7:30pm Crossing Rivers Health, Prairie du Chien

**WIMA Wisconsin Milkweed Alliance..... (715) 505-5641**  
Peer-led, safe and supportive space for individuals to find understanding and support.

**Farmer Support Group..... Search for “Farmer Wellness Program”**  
Department of Agriculture, Trade and Consumer Protection (DATCP) offers farmers and their families free, confidential mental health support and online support groups.

**The Compassionate Friends..... [compassionatefriends.org](http://compassionatefriends.org)**  
Provides comfort, hope and support to families after the death of a child.

**Heads Up Guys..... [headsupguys.org](http://headsupguys.org)**  
Online mental health resources specifically for men.

**What’s Your Grief..... [whatsyourgrief.com](http://whatsyourgrief.com)**  
A place for sharing, support, resources and more. You don’t have to grieve alone.

**211 Wisconsin..... 211**  
Offers information and referrals for substance use, mental health, legal, counseling and support groups.

**Community Health Navigator ..... (608) 326-0229**  
Help individuals find, connect and use mental health resources.

**Dementia Care Specialist ..... (608) 326-0235**  
Assist individuals and families living with dementia to stay active and in their homes.

## PHONE APPS



HOPE by camh



Stay Alive



Operation Reach Out



Virtual Hope Box



A Friend Asks



My3



## Crawford County Area Mental Health Resources



## SUICIDE & CRISIS NUMBERS

**988 Suicide & Crisis Lifeline ..... 988**  
Call or text for 24/7, free and confidential support for anyone experiencing a suicidal, mental health, and /or substance use crisis.

**Veterans Crisis Line.....988 then Press 1 or text 838255**  
Qualified VA responders standing by to help 24/7.

**Crisis Text Line.....Text “HOME” to 741741**  
Free, confidential 24/7 support at your fingertips.

**Crawford County Health & Human Services ..... (608) 326-0248**  
If you are experiencing a mental health emergency contact Northwest Connections at 1-888-552-6642.

**TrevorLifeLine ..... 1-866-488-7386 or text “START” to 678678**  
A crisis intervention and suicide prevention phone service for LGBTQ young people available 24/7. Text service is available Monday through Friday, between 2pm – 9pm.

*If you are experiencing a life-threatening mental health crisis, CALL 911*

## HELPLINES

**Farmers Wellness Line.....(888) 901-2558**  
Free, confidential and immediate support any day, anytime.

**Teen Line: .....Call (800) 852-8336 or text “TEEN” to 839863**  
Talk to trained teen listeners who provide support and hope to any struggling teen.

**Solstice Warmline..... (608) 422-2383**  
A non-clinical, non-emergency service staffed by certified peer specialists; Available in the evening hours only.

**Alzheimer’s Association 24/7 Helpline.....(800) 272-3900**  
Free service offering support for people with dementia, caregivers, family and public.

**National Maternal Mental Health Line....Call/Text (833) TLC-MAMA  
(833) 852 - 6262**  
Free, confidential, 24/ 7 hotline for people who are pregnant or recently had a baby.

## COUNSELING AND MENTAL HEALTH FACILITIES

**Crawford County Health & Human Services..... (608) 326-0248**  
Children and adult counseling, adult psychiatry, and In-home family counseling.

**Crossing Rivers Behavioral Health –  
Prairie du Chien ..... (608) 357-2500**  
Full range of mental health and TeleHealth Psychiatric services.

**Gundersen Behavioral Health -  
Prairie du Chien ..... (608) 326-3380**  
Full range of mental health and addiction services for all ages.

**Viroqua..... (608) 637-3195**  
Full range of mental health and addiction services for all ages.

**Boscobel..... (608) 375-4144**  
Offers behavioral counseling services in collaboration with Gundersen primary care providers in the Family Medicine Clinic. Primary care provider provides a referral.

**Mayo Clinic Health System - Prairie du Chien.....(608) 326-0808**  
Full range of mental health and addiction services for all ages.

**Katrina M. Johnson, LCSW, CTRS – Soldiers Grove..... (608) 553-0279**  
Individual, Families, Couples, Veterans & children 4yo and older; therapy, AODA Prevention, Cognitive Behavioral Therapy (CBT), CBT-Insomnia.

**Rebecca Miller, LLC – Boscobel..... (608) 391-2436**  
Client-centered mental health care to individuals as young as 6 years old.

**Ashley Hady, LLC – Boscobel.....(608) 391-2434**  
Provides outpatient mental health care to patients 16 years and older.

**Scenic Bluffs Community Health Centers—Cashton.... (608) 654-5100**  
Offers assessments and treatments for a variety of behavioral health services.

**Pauquette Center – Richland Center..... (608) 742-4087**  
Provides services for depression, anxiety, addiction, to youth and adults.

**Southwest Behavioral Services—Platteville..... (608) 637-2511**  
Outpatient mental health to help people of all ages overcome life's challenges.

**Gundersen Inpatient Behavioral Health Unit –  
La Crosse.....(608) 775-3523**  
Provides acute mental health services.

**Ridge & Valley Counseling—Viroqua..... (608) 616-0311**  
Specialties include treatment for anxiety, OCD, trauma, perinatal and postpartum mental health, life transitions/adjustments, and depression.

**Family and Children's Center - Viroqua..... (608) 637-7052**  
Full range of mental health services to children, adults and families.

**Viroqua Counseling and Health Center –  
Viroqua ..... (608) 637-2511**  
Private counseling center providing counseling, psychological, & medical to individuals, couples and families.

**Stonehouse—Viroqua..... (608) 638-3332**  
Provides individuals, children, couples, & families with a safe, supportive environment from which to learn coping strategies and tools to build healthy relationships.

**Hirsch Clinic — Viroqua..... (608) 637-3174**  
Behavior healthcare that is integrated into primary care for all ages.

**Northeast Iowa Behavioral Health..... 1 (800) 400-8923**  
Offers immediate crisis counseling and ongoing individual & group counseling for any mental health or substance use issue at numerous locations in Iowa.

**Empower Recovery..... (800) 662-4357**  
Confidential free help from public health agencies to find substance use treatment.

**BetterHelp ..... [www.betterhelp.com](http://www.betterhelp.com)**  
Online therapy platform that connects people to licensed professional counselors.

**Free, 24/7 online platform with expert-vetted  
resources at your fingertips!**

- > Videos
- > Articles
- > Podcasts
- > Apps
- > Personalized Results
- > Local Resources



[crawfordcounty.crediblemind.com](http://crawfordcounty.crediblemind.com)

