

## SUPPORT SERVICES AND GROUPS

**NAMI-Southwest Wisconsin—Boscobel..... (608) 485-3211**

All support groups are led by people living well in recovery or are family members who have been trained to meet NAMI's standards. [southwesternwi.wix.com/nami](http://southwesternwi.wix.com/nami)

**WIMA Wisconsin Milkweed Alliance.....(715) 505-5641**

Offers a safe and supportive space for individuals to find understanding and support.

### Crossing Rivers Health

**Survivors of Suicide Loss Support Group.....Dana (563) 329-0560**

3rd Monday of the month from 6:30 pm to 8:00 pm Prairie du Chien

### Grief Support Group

1st Monday of the month at 5:00 PM Prairie du Chien

### Infant Support Group

1st Tuesday of the month at 6:30pm to 7:30pm Prairie du Chien

**Dial 211.....211**

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

**Crawford County Health Navigator..... (608) 326-0229**

## PREVENTION & EDUCATION RESOURCES

**Driftless Region Mental Health Coalition.....**

[www.crawfordcountywi.gov/departments/health/MentalHealthCoalition](http://www.crawfordcountywi.gov/departments/health/MentalHealthCoalition)

Provides suicide prevention education and awareness to community groups.

**Suicide Prevention Corporation of Southwest WI.....[spcicwi@gmail.com](mailto:spcicwi@gmail.com)**

Works to prevent suicide through awareness, education, collaboration and improved access to mental health care. Serves Crawford County.

## PHONE APPS



**HOPE by camh**



**Virtual Hope Box**



**Operation Reach Out**



**Stay Alive**



**A Friend Asks**



**My3**

## Crawford County Area

## Mental Health

## Resources



## SUICIDE & CRISIS RESOURCES

**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

**Text “HOPELINE” to 741741**

Serves anyone, in any type of crisis, providing access to free, 24/7 support and information through text messaging.

**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.

**Alzheimer’s Association 24/7 Helpline.....(800) 272-3900**

**Crawford County Health & Human Services ..... (608) 326-0248**

If you are experiencing a mental health emergency contact Northwest Connections at 1-888-552-6642.

**Solstice Warmline..... (608) 422-2383**

The Warmline is a non-clinical, non-emergency service staffed by certified peer specialists; a program of the Solstice House. Available in the evening hours only.

**Uplift WI Peer Support.....(534) 202-5438**

Noon—12AM Connect with peers who have had similar experiences.

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

Online resources for videos, podcasts, online programs, articles and more.

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

## COUNSELING AND MENTAL HEALTH FACILITIES

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

**Mayo Clinic Health System - Prairie du Chien.....(608) 392-9555**  
Full range of mental health and addiction services for all ages.

### 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.

### Crossing Rivers Behavioral Health –

**Prairie du Chien .....(608) 357-2525**  
Full range of mental health and TeleHealth Psychiatric services

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

**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.

**Southwest Behavioral Services—Platteville..... (608) 637-2511**  
Outpatient mental health to help people of all ages overcome life's challenges. Inpatient geriatric care also available with referral.

### 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, and medical to individuals, couples and families. Our goal is to facilitate care and healing in a positive and caring environment created for individual attention.

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

**Hirsch Clinic — Viroqua..... (608) 637-3174**

**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)**

## GUIDE FOR MENTAL HEALTH RESOURCES

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

Online resources for videos, podcasts, apps, online programs, articles and providers.

