

SUPPORT & SELF-HELP

<p>Heads Up Guys Online mental health resources specifically for men. Headsupguys.org</p>	<p>Survivors of Suicide Loss Support Group Meets 3rd Monday of the month at 6:30 pm Crossing Rivers Health, Dana (563) 329-0560</p>
<p>The Compassionate Friends Provides comfort, hope and support to families after the death of a child. compassionatefriends.org</p>	<p>Grief Support Group Meets 2nd Tuesday of the month at 5:00 pm Crossing Rivers Health, Call (608) 357-2629</p>
<p>What's Your Grief A place for sharing, support, resources and more. You don't have to grieve alone. whatsyourgrief.com</p>	<p>Infant Loss Support Group Meets 1st Tuesday of the month at 6:30 pm via Zoom Contact Crossing Rivers Health, Call (608) 357-2545</p>
<p>Farmer Support Group Search for "Farmer Wellness Program" Offers farmers and their families free, support and online support groups.</p>	<p>Dementia Care Specialist Assist individuals & families living with dementia to stay active and in their homes. (608) 326-0235</p>
<p>WIMA Wisconsin Milkweed Alliance Non-Profit Offers peer-led, safe and supportive space. (715) 505-5641 milkweedalliance.org</p>	<p>Building Hope Recovery Drop-in Center Offers of peer-focused activities. (608) 380-1048 buildinghopepdc.com</p>
<p>Call 211 Wisconsin Offers information and referrals for substance use, mental health, legal, counseling and support groups.</p>	



Crawford County Area Mental Health Resources



SUICIDE & CRISIS NUMBERS

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

988 Suicide & Crisis Lifeline

Call or Text 988

Veterans Crisis Line

Call 988 Press 1 or
Text 838255

HOPELINE Crisis Text Line

Text
"HOPELINE" to
741741

Crawford County Health & Human Services

(608) 326-0248

Trevor Lifeline

(866) 488-7386 or
Text "START" to
678678

HELPLINES

Alzheimer's Association 24/7 Helpline

(800) 272-3900

Farmers Wellness Line

(888) 901-2558

National Maternal Mental Health Line

Call/Text (833)
TLC-MAMA
(833) 852-6262

Solstice Warmline

(608) 422-2383

Teen Line

(800) 852-8336 or
text "TEEN" to
839863

PHONE APPS



HOPE by camh



Stay Alive



Operation Reach Out



Virtual Hope Box



A Friend Asks



My3

COUNSELING AND MENTAL HEALTH FACILITIES

Ashley Hady, LLC - Boscobel	(608) 391-2434	Rebecca Miller, LLC – Boscobel	(608) 391-2436
Crawford County Health & Human Services	(608) 326-0248	Ridge & Valley Counseling - Viroqua	(608) 616-0311
Crossing Rivers Behavioral Health – Prairie du Chien	(608) 357-2500	Scenic Bluffs Community Health Centers - Cashton	(608) 654-5100
Family and Children’s Center – Viroqua	(608) 637-7052	Senior Life Solutions – Boscobel	(608) 375-6113
Grant Regional Behavioral Health – Lancaster	(608) 723-2143	Southwest Behavioral Services - Platteville	(608) 348-3656
Gundersen Behavioral Health - Prairie du Chien	(608) 326-3380	Steady North - McGregor, IA	(608) 637-3174
Gundersen Behavioral Health - Boscobel	(608) 375-4144	Stonehouse - Viroqua	(608) 638-3332
Gundersen Behavioral Health - Viroqua	(608) 637-3195	Viroqua Counseling and Health Center	(608) 637-2511
Gundersen Inpatient Behavioral Health Unit – La Crosse	(608) 775-3523	Empower Recovery	(800) 662-4357
Hirsch Clinic - Viroqua	(608) 637-3174	BetterHelp	Betterhelp.com
Katrina M. Johnson, LCSW, CTRS – Soldiers Grove	(608) 553-0279		
Mayo Clinic Health System - Prairie du Chien	(608) 326-0808		
Northeast Iowa Behavioral Health	(800) 400-8923		
Pine Counseling - Richland Center	(608) 647-4705	CRAWFORDCOUNTY.CREDIBLEMIND.COM	