

Counseling

24 Hour Emergency Crisis Hotline

888-552-6642

Immediate crisis services for people having thoughts of suicide

Crisis Text Hotline: 741741

Advocacy & Benefits Counseling for Health

32 North Bassett Street

Madison, WI 53703-2606

(608) 261-6939

800-585-4222

Provides initial health benefits advocacy services to people under age 60. In certain situations, legal services are provided free or on a sliding fee scale for lower income families.

<https://www.safetyweb.org/>

Al-Anon Meetings

888-425-2666

Call for times and locations of meetings in Columbia County.

drdistrict9@area61afg.org

district representative

www.area61afg.org

Alateen

888-425-2666

<https://al-anon.org/al-anon-meetings/find-an-alateen-meeting/>

to find an al-anon meeting.

Alay Health Psychiatry

1001 Cecelia Drive; Suite 200

Pewaukee, WI 53072

(262) 260-9000

www.alayhealthteam.org

Call to set up an appt. or find a clinic near you.

Alcohol and Drug Referral Line

800-821-4357

Alcoholics Anonymous (AA)

(608) 222-8989

Call for times and locations of meetings in Columbia County

<https://mtg.area75.org/meetings.html?dist=31>

Aspen Family Counseling

2639 New Pinery Road; Suite 1

Portage, WI 53901

(608) 742-5020

www.aspenfamilycounseling.com

Brain Injury & Stroke Support Group

Divine Savior Healthcare-Wellness Center

2815 New Pinery Road Suite 4

Portage, WI 53901

(608) 745-9055

3rd Tuesday of each month; 4:00 – 5:00pm.

Breast Cancer Support Group

Divine Savior Healthcare

2817 New Pinery Road, Classroom C

Portage, WI 53901

(608) 745-6289

5:30 – 6:30 1st Tuesday of the month.

Briarpatch Youth Services

2720 Rimrock Road

Madison, WI 53713

(608) 251-1126

800-798-1126

contact@briarpatch.org

<https://youthsos.org/>

Breastfeeding Workshop

Divine Savior Healthcare

2817 New Pinery Road, Café Classroom

Portage, WI 53901

(608) 745-5607 to register or for more information. Free workshop introducing parents-to-be about the latest information on breastfeeding. Topics include proper techniques, what to expect and the benefits of breastfeeding in today's world.

Columbia County Community Support Program (CSP)

Journey Mental Health

1440 East Wisconsin
Portage, WI 53901
(608) 745-9720

CSP (through Journey Mental Health) provides community-based services to adults with severe and persistent mental illness such as schizophrenia, major depression or bipolar disorder.

Columbia County Comprehensive Community Services (CCS)

111 East Mullett Street
Portage WI 53901
(608) 742-9227

CCS assists persons with mental health or substance abuse concerns to identify what he/she needs in order to help increase their ability and enhance their connection to natural supports and community resources.

Compass Counseling

1508 New Pinery Road
Portage, WI 53901
(608) 745-4900
www.compasscounseling.info

Crisis Text Hotline: 741741

Diabetes Support Group

Divine Savior Healthcare
2817 New Pinery Road, Conf Room D
Portage, WI 53901
(608) 745-6289

Disaster Distress Helpline

800-985-5990
It's common to feel anxious after incidents of mass violence. You're not alone.
<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Family Health La Clinica – Behavioral Health Services

400 South Townline Road
Wautoma, WI
800-942-5330
<https://www.famhealth.com/behavioral-health.html>

Foundations Counseling Center LLC

629 River Street Suite C
Belleville, WI 53508
(608) 424-9100
www.foundationscc.com
In-home counseling.

Grief Support Group

Divine Savior Healthcare
2817 New Pinery Road
Portage, WI 53901
(608) 697-0645 Jeri Sutter for dates/times

HA – Heroin Anonymous Meeting

Satori House
530 East Conant Street
Portage, WI 53901
Monday's at 8:00 – meetings are co – ed.

Hope House of South Central Wisconsin

720 Ash Street
P.O. BOX 557
Baraboo, WI 53913
(608) 356-9123 business line 8am-4:30pm
(608) 356-7500 24/7 helpline
Mon-Fri 8:00 AM – 4:30 PM
Toll Free: 800-584-6790 24 – Hour Confidential Helpline
www.hopehousescw.org

Provides shelter and advocacy (e.g. counseling, safety planning, legal assistance, and support groups) to people affected by domestic violence and sexual assault and provides education to community members on these issues in Columbia, Sauk, Marquette, Adams, and Juneau counties.

Innervisions Counseling and Consulting Center

840 State Road 136 Suite 1
Baraboo, WI 53913
(608) 477-9858
<https://innervisionscounseling.com/>

Journey Mental Health Center

1440 East Wisconsin Street
Portage, WI 53901
(608) 745-9720
www.journeymhc.org

Living with Cancer Support Group

United Methodist Church
1804 New Pinery Road
Portage, WI 53901
(608) 742-2281
3rd Monday of each month, 7:00 PM

Lutheran Counseling and Family Services of Wisconsin

800-291-4513
www.lcfswi.org
(LCFS) is a non-profit, state licensed outpatient mental health care agency and adoption service provider.

Madison Trauma Therapy

4785 Hayes Rd., Suite 201
Madison, WI 53704
(608) 509-9287
<https://madisontrauma.com>
M-F 9:00 AM – 5:00 PM

Medication Assisted Treatment (MAT)

111 East Mullett St, Portage, WI 53901
888-552-6642 – Application & Support.
MAT is a collaborative program developed to provide an innovative approach to treating heroin and opioid prescription drug addiction. The MAT Program will facilitate referrals to medication-assisted treatment, as well as ongoing case management services with heroin and opiate addiction.

Military One Source

Wisconsin Military OneSource Co.
(800) 342-9647
www.militaryonesource.mil
A source of information for military personnel and their families, active or inactive.

Mommy and Me Connections

Divine Savior Healthcare
2817 New Pinery Road, Classroom C
Portage, WI 53901
(608) 745-5696
6:00pm on the 1st Monday of the month
Support group for all mothers, breastfeeding or not, as an opportunity to connect with one another, listen to one another's stories, and build relationships with other mothers in the community.

Narcotics Anonymous

Scenic Bluff Area
866-590-2648
Meeting locations:
<https://scenicbluffsarea.org>

National Child Abuse Hotline

800-4-A-CHILD
800-442-4453
www.childhelp.org/hotline

National Domestic Violence Hotline

800-799-SAFE (7233)
800-787-3224 (TDD)
Live chat available 24/7
www.thehotline.org

National Hope Line Network

Suicide & Crisis Hotline
800-442-HOPE; 800-442-4673
National network hotline for people in crisis and having thoughts of suicide.

**National Institute of Mental Health
Resource Center**

866-615-6464
M-F 8:30am – 5:00pm ET
Provides information and literature on mental illness for professionals and the general public.
www.nimh.nih.gov

National Teen Dating Helpline

866-331-9474
Text: LOVEIS to 866-331-9474
<https://www.loveisrespect.org/>

Northland Mental Health Services

Psychiatry
(608) 296-2139
161 Spring Street
Westfield, WI 53964
(608) 296-2139
<http://www.northlandcommunityservices.com/>

**Pauquette Center for Psychological
Services**

Portage:
2901 Hunters Trail, Portage, WI 53901
(608) 742-5518
Columbus:
1343 Park Avenue, Columbus, WI 53925
(920) 623-5578
Email: info@pauquette.com
www.pauquette.com

The Psychological Center

7617 Mineral Point Rd, Suite 300
Madison, WI 53717
(608) 833-9290
<https://www.tpcmadison.com/>

**SAMHSA’s National Helpline and Referral
Service**

800-662-HELP (4357)
www.samhsa.gov
Free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. Can link the caller to a variety of hotlines that provide treatment referrals 24 hours a day.

Sauk Prairie Recovery

St Vincent de Paul
815 19th Street
Prairie du Sac, WI 53578
(608) 644-0504 ext: 12
Community Activated Recovery Enhancement (CARE) assists individuals to abstain from using alcohol and opioids by using the non-addictive medically assisted treatment medication called Vivitrol. CARE is an integrated system putting each individual at the center of their treatment, which empowers the individual to make better life choices.

Substance Abuse Resources for Wisconsin

800-304-2219
<https://www.addicted.org/drug-rehab-wisconsin.html>

Suicide Loss Support Group

Divine Savior Hospital
2817 New Pinery Rd Classroom C
Portage, WI 53901
(608) 697-0374

Suicide Prevention Lifeline

(800) 273-TALK (8255)

Tellurian

Main Campus

300 Femrite Drive,
Madison, WI 53716
(608) 222-7311
877-661-9051 Tollfree

<http://tellurian.org>

Sauk County Clinic

414 West Broadway; Suite 101
Baraboo, WI 53913
(608) 477-4003

<http://tellurian.org/>

Tellurian UCAN, Inc. is a not-for profit agency that provides a wide array of human services. Services address problems relating to substance abuse and addictions, mental illness, and homelessness.

Tobacco Free Columbia/Dane County Coalition (TFCDC)

210 Martin Luther King Jr. Boulevard; Room 507
Madison, WI 53703

(608) 242-6297 Ryan Sheahan

rsheahan@publichealthmdc.com

TFCDC collaborates with schools on youth prevention, provides organizations with tobacco and nicotine education, and assists property owners with creating smoke-free housing policies.

Transitions Behavioral Health, LLC

In-home counseling

317 DeWitt Street
Portage, WI 53901
(608) 745-1751

www.tbhllc.com

University of Wisconsin Department of Psychiatry

6001 Research Park Boulevard
Madison, WI 53719
(608) 233-3575

Vietnam Veterans Support Group

112 East Edgewater Street
Portage WI 53901
(608) 264-5342 **call ahead due to pandemic restrictions.** Third Wednesday of each month
11:00-1:00 pm.

Warmline

(608) 422-2383

Need someone to talk to? The Warmline is answered by people who have experienced mental health and/or substance use issues and are trained to support people during tough times.

Hours: M-F 4pm – 10pm;

Saturday and Sunday 2pm – 10pm.

Wisconsin Addiction Recovery Helpline

211 or 833-944-4673

Wisconsin Council on Problem Gambling

1585 Allouez Avenue

Green Bay, WI 54311

(920) 437-8888 office

800-426-2535 Crisis Line (24 hours/day)

(850) 888-4673 Text Line

Online Chat: www.wi-problemgamblers.org

The Wisconsin Council on Problem Gambling provides resources, public awareness and education on problem and pathological gambling disorders while maintaining strict neutrality on the issue of legalized gambling.

Wisconsin Poison Center

800-222-1222

www.wisconsinpoison.org