

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.

M-Th 9-5, F 9-1

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

Briarpatch Youth Services

2720 Rimrock Road

Madison, WI 53713

(608) 251-1126

800-798-1126

(608) 245-2550 ext: 1111 Youth Shelter Staff

contact@briarpatch.org

<https://youthsos.org/>

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

Dane County Alliance against Commercial Tobacco

210 Martin Luther King Jr. Boulevard; Room 507
Madison, WI 53703
(608) 242-6297 Ryan Sheahan
rsheahan@publichealthmdc.com
<https://www.publichealthmdc.com/community-initiatives/dane-county-alliance-against-commercial-tobacco>
Collaborates with schools on youth prevention, provides organizations with tobacco and nicotine education, and assists property owners with creating smoke-free housing policies.

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.foundationsccllc.com
In-home counseling.

Hope House of South-Central Wisconsin

Office 720 Ash Street
P.O. BOX 557
Baraboo, WI 53913
(608) 356-9123 business line 8am-4:30pm
(608) 356-7500 24/7 helpline
Resource Center Hours:
Mon-Fri 8:00am-7:00pm; Sat 10:00am-2:00pm
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

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.

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 Dating Abuse Helpline

866-331-9474
Text: LOVEIS to 866-331-9474
<https://www.loveisrespect.org/>
A 24-hour, national resource specifically designed for teens and young adults, accessible by phone or internet. The helpline offers real-time, on-on-one support to those involved in dating abuse relationships as well as concerned friends, parents, teachers, clergy, law enforcement and service providers.

National Domestic Violence Hotline

800-799-SAFE (7233)
800-787-3224 (TDD)
A 24-hour, national, toll-free telephone hotline that provides information and assistance to adult and youth victims of family violence, domestic violence, or dating violence, family and household members, and other persons such as domestic violence advocates, government officials, law enforcement agencies and the general public.

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 8:30a – 5:00pm ET
Provides information and literature on mental illness for professionals and the general public.
www.nimh.nih.gov

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.tpcmaddison.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 Prevention Lifeline

(800) 273-TALK (8255)

Tellurian

Main Campus

300 Femrite Drive,
Madison, WI 53716
(608) 222-7311
877-661-901 Tollfree
<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.

Transitions Behavioral Health, LLC

In-home counseling

317 DeWitt Street
Portage, WI 53901
(608) 745-1751
(608) 566-3644 24 hr. Crisis Line
(608) 745-1751 fax
www.tbhllc.com

University of Wisconsin Department of Psychiatry

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

Vietnam Veterans Support Group

Columbia and Sauk County
215 W Collins St.
Portage, WI 53901
(608) 695-2634
First Monday of the month May-November at 6:00 pm (18:00hrs)

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