

PHONE APPS



Virtual Hope Box -

Includes simple tools to help with coping, relaxation, distraction, and positive thinking. You create your own personal virtual box.



Stay Alive -

Is geared toward people that may be having thoughts about suicide, as well as friends and family who may want to help. Includes safety plans.



My3 -

Has you create your own network of support for times when you are struggling. It also includes a safety plan and connects you to resources.



Calm in the Storm -

Tools for coping with the stressors of life. Helps you learn how to identify and manage your stress.



Operation Reach Out -

Focused for military personnel and their families. Provides support, education, resources and help.



A Friend Asks -

Gives warning signs of suicide and step by step instructions and tips of what you should do and say if a friend is having thoughts about suicide.

PREVENTION & EDUCATION RESOURCES

Crawford County Health Department (608) 326-0229

Provides suicide prevention education and awareness to community groups.

Iowa County Suicide Prevention Coalitionspicwi@gmail.com

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

Crawford County

Prevention Team crawfordcountyprevention@gmail.com

Utilize evidence-based material in prevention, safe alternatives to alcohol and drug use, and teaches life skills that can improve all aspects of health.

Sources of Strength (Prairie du Chien School).....(608) 326-3711

Evidence-based prevention for suicide, violence, bullying and substance abuse with peer and adult leaders using the power of connection, hope, help and strength.

Crawford County Area Mental Health Resources



SUICIDE & CRISIS RESOURCES

***{ IF YOU ARE EXPERIENCING A LIFE-THREATENING
MENTAL HEALTH CRISIS, CALL 911 }***

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

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

National Suicide Prevention Lifeline 1-800-273-TALK (8255)

www.suicidepreventionlifeline.org

24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Text “HOPELINE” to 741741

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

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.

Veterans Crisis Line.....1-800-273-TALK (8255)

Press 1 or text 838255

Qualified VA responders standing by to help 24 hours a day, 7 days a week.

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.

Gundersen Inpatient Behavioral Health Unit.....(608) 775-3523

or 1 (800) 362-9567

A 30-bed facility that provides acute mental health services.

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) 326-0808

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 for these services.

Crossing Rivers Behavioral Health –

Prairie du Chien & Fennimore.....(608) 357-2525

Full range of mental health and TeleHealth Psychiatric services

Katrina M. Johnson, LCSW, CTRS –

Soldiers Grove..... (608) 553-0279

Individual, Families, Couples, Veterans & children 4yo and older; Methods: Forgiveness Therapy, Strength Based Therapy, AODA Prevention, Cognitive Behavioral Therapy (CBT), CBT-Insomnia

Family and Children’s Center - www.fcconline.org

Viroqua..... (608) 637-7052

Full range of mental health services to children, adults and families.

Viroqua Counseling and Health Center –

Viroqua (608) 637-2511

www.viroquacounselingandhealthcenter.com

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 the tools to build healthy relationships.

Hirsch Clinic -

Viroqua..... (608) 637-3174

Behavior health services available.

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

Provide outpatient mental health care to patients 16 years and older.

Pauquette Center –

Richland Center..... (608) 742-4087

pauquette.com/locations/richland-center/

Provide services for depression, anxiety, addiction, and so much more to youth and adults.

Northeast Iowa Behavioral Health..... 1 (800) 400-8923

www.neibh.org

Offers immediate crisis counseling and ongoing individual & group counseling for any mental health or substance abuse issue at the following locations: Decorah, Oelwein, Waukon, Elkader, Cresco, Guttenburg, West Union.

SUPPORT SERVICES FOR MENTAL HEALTH

NAMI-Southwest Wisconsin, southwesternwi.wix.com/nami

Boscobel..... (608) 485-3211

Provides free support groups for people living with mental illness and their loved ones. All support groups are led by people living well in recovery or are family members who have been trained to meet NAMI’s standards.

- Support Group for those with mental illness: 1st & 3rd Thursday each month at 7 p.m.
- Support Group for family members/friends: 2nd & 4th Thursday each month at 7 p.m.

Location: St. John’s Lutheran Church, 208 Mary Street, Boscobel, WI