La Crosse Area
Suicide Prevention Initiative

Directory of Mental Health Resources for Suicide Prevention

June 2016
The La Crosse Area Suicide Prevention Initiative and Great Rivers 2-1-1 compiled this guide to help people who are struggling with suicide issues in the La Crosse area.

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Information in this guide is provided by Great Rivers 2-1-1. La Crosse County information is included. For information on resources in other counties contact Great Rivers 2-1-1 by dialing 2-1-1 or (800) 362-8255 (or visit the Web site at www.greatrivers211.org).

MENTAL HEALTH RESOURCES

24-HOUR MENTAL HEALTH CRISIS INTERVENTION RESOURCES

Great Rivers 2-1-1

24-hour 3-Digit Crisis Line .................................................................2-1-1
24-hour Toll Free Crisis Line ............................................................... (800) 362-8255

Internet Web Site: www.greatrivers211.org

Area Served includes: Buffalo, Chippewa, Crawford, Dunn, Eau Claire, Grant, Jackson, La Crosse, Monroe, Pepin, Richland, Trempealeau, and Vernon Counties in Wisconsin; Fillmore, Houston, and Winona Counties in Minnesota; Allamakee, Clayton, Fayette, Howard, and Winneshiek Counties in Iowa

La Crosse County Human Services Department .................................. (608) 784-4357 (784-HELP)

Area Served includes: La Crosse County

Note: Mental health crisis intervention services for La Crosse county; call Great Rivers 2-1-1 for information about other counties

SUICIDE HOTLINES

Great Rivers 2-1-1

24-hour 3-Digit Crisis Line .................................................................2-1-1
24-hour Toll Free Crisis Line ............................................................... (800) 362-8255

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Boys Town National Hotline .............................................................. (800) 448-3000

Internet Web Site: www.boystown.org

• Provides a short-term crisis hotline for children and families experiencing difficulties

Alternate Web Site for Teens: www.yourlifeyourvoice.org HELP VIA ONLINE CHAT AND TEXTING IS AVAILABLE ON THIS WEB SITE

TEXT (available form 4 pm – 1 am daily).................................................................20121

Area Served: Nationwide

HOPELINE – Texting Crisis Line ...............................................................741741

Area Served includes: All of Wisconsin

Note: Texting line only; no phone calls
Kristin Brooks Hope Center – National Hopeline Network ......................................................... (800) 442-4673
Internet Web Site:  www.hopeline.com
- Provides telephone crisis counseling and suicide intervention
Area Served: Nationwide

National Suicide Prevention Lifeline ........................................................................................................ (800) 273-8255
Internet Web Site:  www.suicidepreventionlifeline.org  HELP VIA ONLINE CHAT IS AVAILABLE ON THIS WEB SITE
- Provides a suicide prevention service available to individuals in emotional crisis who are seeking help
Area Served: Nationwide

The Trevor Project Lifeline .......................................................................................................................... (866) 488-7366
Internet Web Site:  www.thetrevorproject.org  HELP VIA ONLINE CHAT ON THIS WEB SITE
Texting Available 3 pm – 7 pm Thursday and Friday.................................Text the word Trevor to 1-202-304-1200
- Suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth
Area Served: Nationwide

You Matter................................................................................................................................................. (800) 273-8255
Internet Web Site:  www.youmatter.suicidepreventionlifeline.org  HELP VIA ONLINE CHAT IS AVAILABLE ON THIS WEB SITE
- Provides help and support for teenagers, college students, and young adults
Area Served: Nationwide

Your Life Iowa – Youth Suicide Prevention Line ...................................................................................... (855) 581-8111
Internet Web Site:  www.yourlifeiowa.org  HELP VIA ONLINE CHAT IS AVAILABLE ON THIS WEB SITE
Texting Available 2 pm – 10 pm Daily........................................................................................................ (855) 895-8398
- Provides telephone crisis counseling and suicide intervention for youth
Area Served: Iowa

Veterans Crisis Line..............................................(800) 273-8255 then press 1,... or send a text message to 838255
Internet Web Site:  www.suicidepreventionlifeline.org  HELP VIA ONLINE CHAT IS AVAILABLE ON THIS WEB SITE
- Provides suicide prevention services to veterans in emotional crisis
Area Served: Nationwide

SUICIDE-RELATED WEBSITES

American Association of Suicidology  www.suicidology.org
American Foundation of Suicide Prevention  afsp.org
JED Foundation (suicide prevention among college students)  www.jedfoundation.org
Mental Health America of Wisconsin  www.mhawisconsin.org
SUICIDE RESOURCES FOR SPECIAL POPULATIONS
(Serves Nationwide unless noted)

YOUTH

Boys Town National Hotline……………………………………………………………………………………………………... (800) 448-3000
Internet Web Site: www.boystown.org
- Provides a short-term crisis hotline for children and families experiencing difficulties
Alternate Web Site for Teens: www.yourlifeyourvoice.org HELP VIA ONLINE CHAT AND TEXTING IS AVAILABLE ON THIS WEB SITE
Text VOICE to 20121

National Graduate Student Crisis Line……………………………………………………………………………………………….. (877) 472-3457
Internet Web Site: www.gradresources.org/crisisline
- Provides immediate help for graduate students in crisis

The Trevor Project Lifeline ………………………………………………………………………………………………………………………… (866) 488-7386
Internet Web Site: www.thetrevorproject.org HELP VIA ONLINE CHAT ON THIS WEB SITE
Texting Available 3 pm – 7 pm Thursday and Friday.........................Text the word Trevor to 1-202-304-1200
- Suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth

You Matter……………………………………………………………………………………………………………………………………….. (800) 273-8255
Internet Web Site: www.youmatter.suicidepreventionlifeline.org HELP VIA ONLINE CHAT IS AVAILABLE ON THIS WEB SITE
- Provides help and support for teenagers, college students, and young adults

Youth America Hotline……………………………………………………………………………………………………………………….. (877) 968-8454
Internet Web Site: http://www.yourlifecounts.org/
- Provides a teen-to-teen peer counseling hotline
VETERANS

River Valley Integrated Health Center – Mental Health Clinic………………………………… (800) 827-8662, ext. 63301
  • Outpatient mental health services
Area Served: Allamakee, Clayton, Fayette, Howard, and Winneshiek Counties in Iowa; Fillmore, Houston, and Winona Counties in Minnesota; Buffalo, Chippewa, Crawford, Dunn, Eau Claire, Grant, Jackson, La Crosse, Monroe, Pepin, Richland, Trempealeau, and Vernon Counties in Wisconsin

Veterans Affairs Medical Center – Tomah……………………………………………………………………. (800) 872-8662
Internet Web Site: www.tomah.va.gov
  • Inpatient and outpatient services
  • Medical care, mental health care, substance abuse treatment, dental care, and socialization and support programs
Area Served: Adams, Clark, Crawford, Jackson, Juneau, La Crosse, Lincoln, Marathon, Monroe, Portage, Price, Taylor, Trempealeau, Vernon, Waushara, and Wood Counties in Wisconsin; Houston County in Minnesota

Veterans Crisis Line........ (800) 273-8255 then press 1,................. or send a text message to 838255
Internet Web Site: www.suicidepreventionlifeline.org HELP VIA ONLINE CHAT IS AVAILABLE ON THIS WEB SITE
  • Provides a suicide prevention service available to veterans in emotional crisis who are seeking help

Vet2Vet……………………………………………………………………………………………………………………… (877) 838-2838
Internet Web Site: www.vet2vetusa.org/
  • Provides a veterans’ peer support line

MILITARY FAMILIES

Military OneSource………………………………………………………………………………………………………… (800) 342-9647
Internet Web Site: www.militaryonesource.mil
  • Helps military personnel and deployed civilians and their families to find help with every aspect of military life

SPANISH SPEAKING

Spanish Speaking Hotline - Kristin Brooks Hope Center – National Hopeline Network......... (800) 784-2432
Internet Web Site: www.hopeline.com
  • Provides telephone crisis counseling and suicide intervention for people who speak Spanish
OTHER SPECIAL POPULATIONS

For information about resources for other special populations (individuals with disabilities, senior citizens, Native Americans, members of the Hmong Community, or other special populations) contact Great Rivers 2-1-1 by dialing 2-1-1 or (800) 362-8255 or visit the Web site at www.greatrivers211.org.

SUPPORT GROUPS

Survivors of Suicide Support Group (La Crosse)................................................................. (608) 633-3135
- For families and friends who have lost a loved one to suicide

Support Group for Families of People with Mental Illness (La Crosse)............................. (608) 779-1554
- For families and friends of the chronically mentally ill and other interested persons
- Sponsored by NAMI (National Alliance for the Mentally Ill) – La Crosse

Depressed Anonymous (La Crosse)............................................................................... (608) 791-5295 or (608) 794-4393
- For individuals who deal with depression

Support Group for Persons with Mental Illness (Viroqua)............................................... (608) 637-8143
- For people with chronic mental illness, their families and friends
- Sponsored by NAMI (National Alliance for the Mentally Ill) – Vernon County

NAMI Support Groups (Winona).................................................................................. (507) 459-3475 or (507) 494-0905
- For adults with mental illness including depression, schizophrenia, bipolar disorder, anxiety disorders, and other mental health problems; also offers a support group for families and friends
- Sponsored by NAMI (National Alliance for the Mentally Ill) – Winona County

Mental Health Related Support Groups for Veterans...................................................... (800) 827-8662, ext. 63301
- Various groups sponsored by River Valley Integrated Health Center

Mental Health Related Support Groups for Veterans...................................................... (608) 782-4403
- Various groups sponsored by La Crosse Vet Center

Wellness Recovery Support Groups (La Crosse)............................................................. (608) 785-9615
- For anyone who has a mental illness, as well as family and friends
- Sponsored by Independent Living Resources
MENTAL HEALTH DROP-IN CENTERS

Coulee Council on Addictions Resource Center ................................................................................................. (608) 784-3939
921 West Avenue, La Crosse
  • Provides a chemical-free social/recreational atmosphere for substance abusers in recovery
Area Served: La Crosse, Monroe, Trempealeau and Vernon Counties in Wisconsin; Houston County in Minnesota

Family and Children’s Center – Viroqua Office – The Other Door ................................................................. (608) 637-7052
1321 North Main Street, Viroqua
  • Provides a chemical-free social/recreational atmosphere for positive networking opportunities
Area Served: Vernon County

Hiawatha Valley Mental Health Center Peer Support Network ........................................................................... (507) 454-4341
252 West Wabasha, Winona
  • Provides a drop center with social and recreational activities
Area Served: Houston, Wabasha, and Winona Counties in Minnesota and Buffalo and La Crosse Counties in Wisconsin

RAVE Mental Health Drop-In Center (Recovery Avenue) .................................................................................. (608) 785-9615
1806 State Street, La Crosse
  • Provides social and recreational activities; staffed by mental health consumers
Area Served: La Crosse County

COUNSELING AND RELATED RESOURCES

There are a number of resources for people who are seeking assistance with life concerns as well as for people who have ongoing mental health concerns. These include:
  • Area counseling agencies providing individual or family counseling regarding a variety of concerns,
  • Agencies providing ongoing mental health and psychiatric management services
  • Department of Human Services in each county

Some of these services are available for free and many agencies offer their services based on a sliding fee scale or can bill Medical Assistance or other insurances. Great Rivers 2-1-1 can provide information about and referrals to these and other supportive services.
Contact Great Rivers 2-1-1 by dialing 2-1-1 or (800) 362-8255 or visit the Web site at www.greatrivers211.org. The Great Rivers 2-1-1 line is available 24 hours/day, 7 days/week including all holidays.
MEDICAL ASSISTANCE PROGRAMS

There are government programs which provide health care coverage (often including mental health care) for low income people. With the implementation of the national Affordable Care Act, many options are changing. For updated information see:

www.healthcare.gov

Wisconsin:

BadgerCare Plus provides coverage for pregnant women, children, individuals and families meeting eligibility criteria. For information or to apply contact:

Maternal and Child Health Hotline................................................................. (800) 722-2295

Or

Visit the Web site at www.badgercareplus.org. This Web site provides information and also allows people to enter the ACCESS Web site where they can check to see if they are eligible for BadgerCare Plus or other assistance programs and apply for any of these programs directly online.

Minnesota:

Medical Assistance provides coverage for children and families, pregnant women, senior citizens, and people with disabilities meeting eligibility criteria. MNSure provides coverage for children and families, pregnant women, and adults without children meeting eligibility criteria. In addition there may be other resources to provide some limited medical care coverage assistance for certain populations, including some non-citizens. For information about any of these programs contact the local county or:

Minnesota Department of Human Services................................................. (855) 366-7873

Minnesota Department of Human Services Web site.................................. www.applymn.dhs.mn.gov

Iowa:

Various Medical Assistance programs and HAWK-I provide coverage for eligible populations in Iowa. For information about any of these programs contact the local county or:

Iowa Department of Human Services......................................................... (800) 972-2017

Online Application for State of Iowa Services (OASIS).................................. www.oasis.ia.gov

ADDITIONS HELP

Many health care providers and counseling agencies offer help for addictions. For more information about specific services contact:

Great Rivers 2-1-1......................................................................................... 2-1-1 or (800) 362-8255

Internet Web Site: www.greatrivers211.org
ALCOHOL AND OTHER DRUGS

Alcoholics Anonymous (AA) La Crosse Area Intergroup......................................................... (866) 491-8004
Internet Web Site: www.aalacrosse.org
- Twelve Step support groups for people with alcoholism

Alcoholics Anonymous (national hotline)......................................................................................... (212) 870-3400
Internet Web Site: www.aa.org
- Twelve Step support groups for people with alcoholism

Al-Anon Family Groups (national hotline)...................................................................................... (888) 425-2666
Internet Web Site: www.al-anon.alateen.org
- Twelve Step support groups for families and friends of people with alcoholism

Cocaine Anonymous World Service Office..................................................................................... (800) 347-8998
Internet Web Site: www.ca.org
- Provides confidential assistance, information and referral, education and services to people of all ages dealing with cocaine and other mind-altering substances

Coulee Council on Addictions (La Crosse).................................................................................... (608) 784-4177
Internet Web Site: www.couleecouncil.org
- Provides confidential assistance, information and referral, education and services to people of all ages dealing with substance abuse and other addictions
Area Served: La Crosse, Monroe, Trempealeau and Vernon Counties in Wisconsin; Houston County in Minnesota

Family Empowerment Network Information Line........................................................................ (800) 462-5254
Internet Web Site: www.pregnancyandalcohol.org
- Toll free information number for women and the providers who work with women of childbearing age who are looking for information about women and alcohol, alcohol and pregnancy, and related issues

La Crosse County Human Services Department – Integrated Support & Recovery Services...(608) 784-4357
Area Served Includes: La Crosse County
Note: Substance abuse services vary by county; call Great Rivers 2-1-1 for information about other counties.

Narcotics Anonymous (national hotline).......................................................................................... (818) 773-9999
Internet Web Site: www.na.org
- Twelve Step support groups for people with addictions

Substance Abuse and Mental Health Services Administration (SAMHSA)................................. (800) 662-4357
Internet Web Site: www.samhsa.gov
- Helpline and searchable database of substance abuse treatment options
GAMBLING

Gamblers Anonymous (national hotline)........................................................................................................ (855) 222-5542
Internet Web Site:  www.gamblersanonymous.org
• Support groups for people with gambling addictions

Gamblers Anonymous – Gam-Anon La Crosse Area...................................................................................... (608) 784-4177
Internet Web Site:  www.couleecouncil.org/supportgroups.html
• Support groups for people with gambling addictions

Gam-Anon (national hotline)......................................................................................................................... (718) 352-1671
Internet Web Site:  www.gam-anon.org
• Information and support for families and friends of people with gambling addictions

Iowa Gambling Treatment Program.................................................................................................................. (800) 238-7633
Internet Web Site:  www.1800betsoff.org

Minnesota Problem Gambling Helpline........................................................................................................... (800) 333-4673
Internet Web Site:  www.getgamblinghelp.com

National Council on Problem Gambling....................................................................................................... (800) 522-4700
Internet Web Site:  www.ncpgambling.org

Wisconsin Council on Problem Gambling.................................................................................................... (800) 426-2535
Internet Web Site:  www.wi-problemgamblers.org