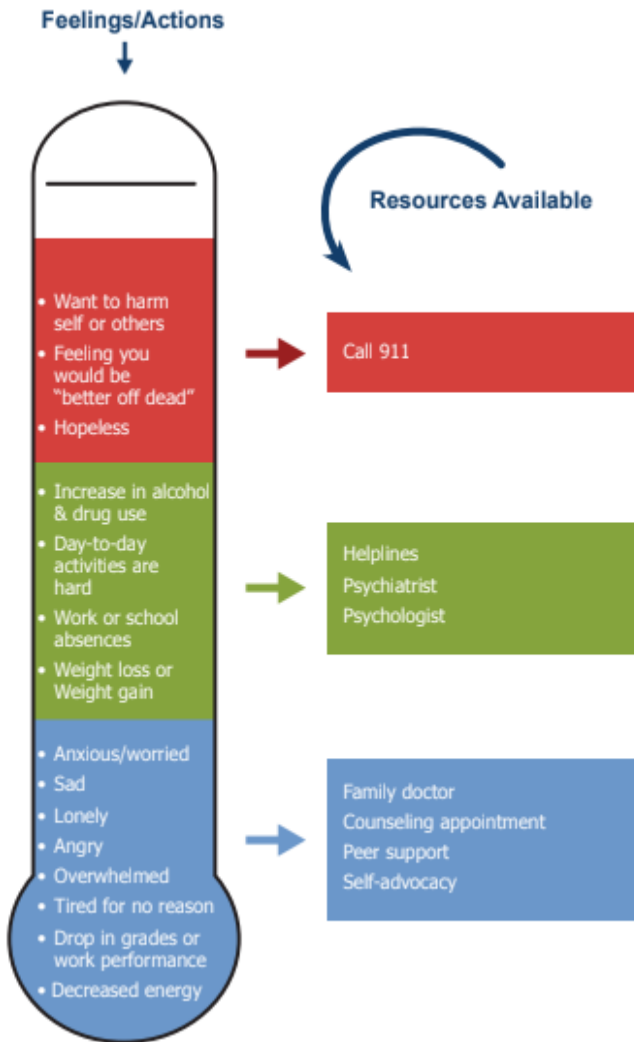


Use the diagram below to decide what kind of help is best for you based on how you feel.

- ➔ Locate the section of the thermometer that best describes your feelings and actions.
- ➔ Contact one of the resources listed on the following pages to get assistance based on your feelings/actions.
- ➔ This mental health wellness check may also be used to assess the wellness of friends, family, co-workers, and others.



Q & A

Q: I don't have insurance.

A: Contact 2-1-1 or the Chippewa Valley Free Clinic at 715-839-8477 for assistance. Check with your local DHS to ask if you are eligible for any low-income programs. Visit healthcare.gov or call (800)318-2596 for more info and/or to apply for insurance through the Marketplace.

Q: I don't know who my insurance covers.

A: Make an appointment with your primary doctor to discuss your concerns and they can assist you with a referral to an appropriate provider.

Or, you can call your insurance provider and ask them about mental health services covered by your plan and how to make an appointment with a provider (therapist AND psychiatrist). You can find contact information for your insurance plan on your monthly bills, insurance card or by searching the internet.

Q: I tried to make an appointment but there is a waiting list.

A: Make an appointment anyway. You can always cancel if you get an earlier appointment somewhere else.

Q: What do I do in the meantime?

A: Dial 2-1-1 (a statewide social service information and referral line) and ask about sliding-scale, reduced cost or free mental health services that your community may offer.

Q: How do I get connected to these types of providers?

A: Contact your primary healthcare provider for a referral or call 2-1-1 and ask for a listing of

Disclaimer

Services listed are not all-inclusive; selection was contingent on accessibility to all members of the community.

This brochure is provided as an information resource only, and is not to be used or relied on for any diagnosis or treatment purposes. This information is not intended to be patient education, does not create any patient-physician relationship and should not be used as a substitute for professional diagnosis and treatment.

Information compiled in conjunction with ADRC and Eau Claire Healthy Communities

Chippewa Valley YOUTH Mental Health

Resources and Services



EMERGENCY/CRISIS

DIAL: 911

Suicide Hotline 1-800-273-8255

Crisis Text Line Text TALK to 741741

GREAT RIVERS 211

Call **2-1-1**, crisis and information 24/7. Provides free, confidential, community information, referrals and crisis line services.

Northwest Connections 1-888-552-6642

24 hour mental health crisis intervention for Eau Claire, Chippewa and Dunn County (Dunn County only 4pm-8am Monday-Friday, weekends and holidays).

INFORMATION & ASSISTANCE

**Eau Claire County
Department of Human Services**
721 Oxford Avenue, Eau Claire, WI

Intake Line: 715-839-2300

Mental Health case management services and connection to mental health and AODA services in the community.

Eau Claire County ADRC
721 Oxford Avenue, Room 113, Eau Claire
715-839-4735

1-888-338-4636; tty: use Relay (711)

www.eauclaireadrc.org

<http://www.dhs.wisconsin.gov/lcure/adrc>

Provides assistance in identifying community resources and services available for adults with a disability, youth transitioning into adult services, individuals over the age of 60 and their caregivers. Disability Benefit Specialists available to assist with application & appeal process.

COUNSELING SERVICES

School Based Mental Health Services

In-school counseling services by licensed community mental health providers. Contact the school for more information.

Chippewa Valley Free Clinic (715) 839-8477
1030 Oakridge Drive, Eau Claire
Mental Health Appointment Clinic: 2nd & 4th Thursday each month 5-8pm, by appointment only.

Caillier Clinic (715) 836-0064
2620 Stein Boulevard, Eau Claire

Clinic for Christian Counseling (715) 832-1678
505 S. Dewey Street, Ste. 208, Eau Claire

First Things First Counseling (715) 832-8432
2519 N. Hillcrest Pkwy, Ste. 201, Altoona

L.E. Phillips Libertas Center (715) 723-5585
2661 Co. Hwy I, Chippewa Falls
AODA & Mental Health Treatment Services

Marriage & Family Health Services
2925 Mondovi Road, Eau Claire (715) 839-8477

Marshfield Clinic (715) 858-4850
Riverside Center, Eau Claire
Outpatient Behavioral Health Counseling

Mayo Health System - Behavioral Health
1221 Whipple Street, Eau Claire
Inpatient (715) 838-3274
Outpatient (715) 838-5369

Mente Salus Psychological Services, LLC
4319 Jeffers Road, Ste. 101, E.C. (715) 839-7240

Mosaic Counseling Group, LLC (715) 514-0455
3430 Oakwood Mall Drive, Ste. 200, Eau Claire

Nat'l. Alliance on Mental Illness (715)450-6484
Support for family and friends of individuals living with a mental illness.

Prevea Behavioral Care (715) 717-5899
2119 Heights Drive, Eau Claire (Prevea)

Supportive Counseling & Therapy, LLC
2153 Eastridge Center, Eau Claire (715) 895-8558

HSHS Sacred Heart Hospital Behavioral Health Inpatient (715) 717-0455
900 Clairemont Ave, Eau Claire

The Healing Place (715) 717-6028
2125 Heights Drive, Eau Claire

The Open Door Clinic (715) 720-1443
130 West Central Street, Chippewa Falls
Serves ages 18 years old and older

Vantage Point Clinic & Assessment Center
2005 Highland Ave, Eau Claire (715) 832-5454



505 S. Dewey Street, Suite # 101, Eau Claire WI,
715-835-7705.

**A Peer-run Mental Health Recovery Center
offering Support and Recovery for adults living
with mental health disorders.**

All services are Free.

Peer to Peer Support and Support Groups
<http://www.wellnessshack.org>