



“No matter what problems you are struggling with, hurting yourself isn't the answer. Call 1-800-273-TALK (8255) to talk to a counselor at a Lifeline crisis center near you.”

Note: This guide may not include all mental health resources in Lincoln County. This is not intentional. Please contact Lincoln County Health Department (715-536-0307) with any additions or updates.

Sponsored by:



Lincoln County
Mental Health Coalition

An EEO/AA employer, Lincoln County Health Department provides equal opportunities in employment and programming, including Title IX and ADA requirements. Please make requests for reasonable accommodation to ensure equal access to educational programs as early as possible preceding the scheduled program, service or activity.

Feeling sad, depressed or hopeless?

Do you have little interest or pleasure in doing things you normally do?

Not sleeping well?



Mental Health Resource Guide – *Serving Lincoln County*

Anderson and Associates Counseling & Psychologist Services

712 E 2nd St. Merrill WI 54452

Phone: 715-539-8080

Resources offered: Outpatient Mental Health and Alcohol and Other Drug Abuse (AODA) clinic for all types of mental health issues for all ages. Specializing in anxiety and mood disorders, substance abuse and posttraumatic stress.

Credentials: Psychologist, Licensed Professional Counselors, Licensed Clinical Social Workers, Licensed Substance Abuse Counselors

Accepts: Private Insurance, Medicaid, Medicare, Self-Pay, Sliding Scale

Employee Assistance Program (EAP)

Some worksites provide their employees EAP. EAPs provide confidential, short-term counseling services for employees who are experiencing personal problems.



**Share from your heart.
And your story will touch
and heal people's souls.
-Melody Beattie**

HAVEN (Household Abuse Victims Emergency Network)

P. O. Box 32, Merrill, WI 54452.

Monday office hours at Tomahawk Annex.

Phone: 715-536-1300

Resources Offered: Confidential services for domestic abuse & violence, sexual abuse/assault, child abuse & elder abuse. Services: 24-hour crisis line. Emergency transportation. Secure shelter. Advocacy for interpersonal abuse & sexual assault, including assistance with legal process.

Support groups. Referrals and follow up. Community education for all ages.

Credentials: Human Services

Accepts: All services are free and confidential.

Lutheran Counseling Family Services

115 N 6th St.

Wausau, WI 54403

Phone: 715-379-6980

Resources offered: Mental health and abuse services for people of all ages.

Credentials: Licensed Clinical Social Workers (LCSW)

Accepts: Private Insurances, Medicaid, Medicare, Self-Pay, Sliding Scale



Ministry Behavioral Health

1020 Kabel Avenue

Rhineland WI 54501

Phone: 715-361-2805

Resources offered: Outpatient behavioral health services for adults, children and families; therapy; addiction therapy; testing. Inpatient mental health services. Psychological therapy for both adults.

Credentials: Master level therapists, psychiatrists, psychologists, Advanced Practice Nurse Practitioner and Alcohol and Other Drug Abuse (AODA) counselors.

Accepts: Private Insurance, Medicaid, Medicare

**Happiness is not
something ready made.
It comes from your own
actions.**

-Dalai Lama

North Central Health Care

NCHC – Merrill Center

607 N. Sales Street - Suite 309

Merrill, WI 54452

Phone 715-536-9482

NCHC – Tomahawk Office

213 W. Wisconsin Ave

Tomahawk, WI 54487

Phone 715-453-5381

Emergency Crisis and Suicide

Prevention Line (24/7): 715-845-4326

or 1-800-799-0122

Resources offered: Mental health and substance abuse treatment, recovery and support for adolescents and adults.

Therapy and counseling, assessments, evaluations, and medication management services, specialized programs for persistent to severe mental illness.

Credentials: Professional Counselors, Masters Level, Licensed Clinical Social Workers, Clinical Substance Abuse Counselor, Licensed Marriage & Family Therapist

Accepts: Private Insurance, Medicaid, Medicare, Self-Pay, Sliding Scale

Peaceful Solutions Counseling

1720 Merrill Avenue Office

Wausau, WI 54401

Phone: 715-675-3458

Resources offered: Outpatient psychological therapy. Individual, couple, and family therapy. Domestic-violence group therapy. Alcohol and Other Drug Abuse (AODA) counseling.

Credentials: Masters level therapists

Accepts: Private Insurance, Medicaid, Medicare, Self-Pay, Sliding Scale

**“Do what you can, with
what you have, where
you are.”**

- Theodore Roosevelt

Psychological Resource Center

1218 N 4th Street Suite 108

Tomahawk, WI 54487

Phone: 715-224-2100

Resources offered: Family and individual counseling for all ages in: anger issues, anxiety, AODA, ADHD, autistic spectrum disorders, critical incident stress debriefing, depression, divorce loss grief, marital and family conflict, mental health, PTSD, sexual abuse and stress.

Credentials: Psychotherapist and Psychologist

Accepts: Private Insurance

Soul-full Solutions

1104 W. 10th Street

Merrill, WI 54452

Phone: 715-805-6111

Resources Offered: Depression, anxiety, ADHD, Family counseling, individual counseling, spiritual counseling, couple counseling, trauma, abuse counseling, personality disorders, etc...

Credentials: Master Level Licensed Professional Counselor, Master of Social Work

Accepts: Private Insurance, self-pay, Medicaid



Visions Counseling Inc.

N23355 Smith Rd.

Merrill WI 54452

Phone: 715-551-1970

Resources offered:

Outpatient. Mental health and addiction treatment and recovery. Wellness for groups, individuals, couples, and families.

Credentials: Certified Trauma Counselor, Licensed Clinical Social Worker, AODA Counselor

Accepts: Private Insurances, Medicaid, Medicare, Self-Pay, Sliding Scale

**Do a little more each
day than you think you
possibly can.
- Lowell James**