



HEALTHY MINDS
LIVE WELL LINCOLN

Lincoln County Resource Guide

Substance Use & Mental Health



Introduction

This guide contains local and regional resources for those seeking assistance with substance use and mental health disorders. There are also resources for families and loved ones.

This guide is organized by resources for treatment, clinical counseling, recovery and support.

The information provided may not be inclusive of all resources. Use this guide as a starting point for getting you or a loved one the help that is needed.

Local Emergency Resources

Call 911 for an Emergency

North Central Health Care

24/7 Emergency Crisis & Suicide Prevention Line

715-845-4326 or 1-800-799-0122

Crisis Support in Lincoln, Marathon and Langlade Counties

www.norcen.org



HEALTHY MINDS
LIVE WELL LINCOLN

Hope • Health • Happiness

This guide is produced by Healthy Minds for Lincoln County.

Contact the Lincoln County Health Department at 715-536-0307 with any updates or additions.

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Residential Treatment



Residential Treatment

Treatment centers are sometimes referred to as “rehab”. They are live-in facilities that may provide crisis services, counseling, therapy and medically monitored treatment.

Marathon County

North Central Health Care Crisis Center

1100 Lake View Dr., Wausau
715- 845-4326

<https://bit.ly/2CS42oB>

- Serves all ages
- Medicare, Medicaid/Badger Care, Private Insurance, Sliding Fee Scale

Crisis

Specialized care 24/7 for urgent mental health, developmental disability or substance abuse needs.

Short term crisis stabilization unit.

Short term respite and support for youth crisis situations.

*Serves Lincoln, Langlade and Marathon counties.

North Central Health Care Inpatient Hospital

1100 Lake View Dr., Wausau
715- 845-4326

<https://bit.ly/2H8jvIM>

- Adults
- Medicare, Medicaid/Badger Care, Private Insurance, Sliding Fee Scale

Crisis

16 bed inpatient hospital that provides psychiatric services, counseling, therapy and detoxification for short-term residents in crisis.

*Serves Lincoln, Langlade and Marathon counties.



Residential Treatment

North Central Health Care Lakeside Recovery Addiction Treatment Center

1100 Lake View Dr., Wausau
715- 848-4483

<https://bit.ly/2CToq8H>

- Adults
- Medicare, Medicaid/Badger Care, Private Insurance, Sliding Fee Scale

21 day program, operated 24/7 in a residential environment that allows individuals to receive medically monitored substance abuse treatment.

*Serves Lincoln, Langlade and Marathon counties.

North Central Health Care Youth Stabilization

1100 Lake View Dr., Wausau
715- 845-4326

<https://bit.ly/2OLcpXM>

- Youth and Adolescents
- Medicare, Medicaid/Badger Care, Private Insurance, Sliding Fee Scale

Crisis

24 hour maximum stay for adolescents.

*Serves Lincoln, Langlade and Marathon counties.

Oneida County

Koinonia Residential Treatment Center

1991 Winnebago St., Rhineland
715-362-5745

koinoniaocs.net

- Serve adults
- Private Insurance

16 bed community based residential treatment center. Provides peer supported environment, monitoring, and treatment.



Clinical Counseling



Clinical Counseling

Clinical counseling is the assessment, diagnosis, treatment and prevention of mental health and substance use disorders. Services may be referred to as inpatient or outpatient treatment, therapy and counseling.

Lincoln County

Center for Human Development

1509 N. 4th St., Tomahawk
631 Forest St., Wausau
715-842-0944 or 800-236-3792
chdevelopment.org
chd@chdevelopment.org

- Ages 5 & up
- Most Private Insurances, Medicaid/Badger Care, Private Pay, Financial arrangements are available

Outpatient behavioral health. Counseling for ADD, anger management, anxiety, attachment disorders, marital problems, pre-marriage preparation, parenting, PTSD and stress management.

Peaceful Solutions Counseling

726 E. Second St., Merrill
741 1st St., Wausau
715-675-3458
peacefulsolutions.org
lee@peacefulsolutions.org

- Adolescents & Adults
- Private Insurances, Medicaid/Badger Care, Medicare, Self-Pay, Sliding Scale

Counseling for abuse, ADHD, anger management, anxiety, depression, personality disorder, self-esteem, PTSD including veterans, spiritual and trauma.



Clinical Counseling

North Central Health Care

Outpatient Services

607 N. Sales St., Suite 309, Merrill

715-536-9482

213 W. Wisconsin Ave, Tomahawk

715-453-5381

1100 Lake View Dr., Wausau

1225 Langlade Rd, Antigo

<https://bit.ly/2UrXU11>

- Serves all ages
- Medicare, Medicaid/Badger Care, Private Insurance, Sliding Fee Scale

Support and treatment including mental health assessments, individual therapy, groups, and substance abuse assessments.

Psychological Resource Center

1218 N. 4th St, Suite 108 Tomahawk

715-224-2100

psychresctr.com

betty@psychresctr.com

- All Ages
- Most Private Insurance, Self-Pay, Medicaid/Badger Care, EAPs

Outpatient individual, family, and couple counseling.

Soul-full Solutions

1104 W. 10th St., Merrill

715-805-6111

- Ages 8 & up
- Private Insurances, Medicaid/Badger Care, Self-Pay

Counseling for abuse, ADHD, anger management, anxiety, depression, personality disorder, self-esteem, PTSD including veterans, spiritual and trauma.



Clinical Counseling

The Centre for Wellbeing, Inc.

607 Cedar St., Merrill
901 N. 6th St., Wausau
310A N Brown St., Rhinelander
6001 Bus Hwy 51, Schofield
4601 Camp Phillips Rd, Schofield
715-848-5022

centreforwellbeing.net
wellbeing901@hotmail.com

- Private Insurances, Medicaid/
Badger Care, Medicare, Self-Pay

Mental health counseling including Eye Movement Desensitization (EMDR) and eating disorders therapy. Substance use disorder/addiction counseling. Psychological evaluations and testing. Counseling for individuals, couples and families.

Visions Counseling Inc.

N2355 Smith Rd, Merrill
715-551-1970

visionscounseling.org
information@visionscounseling.org

- Children under 13 with family
- Private Insurances, Medicaid/
Badger Care, Medicare, Self-Pay,
Sliding Scale

Outpatient mental health and addiction treatment and recovery. Depression, anxiety, relationship issues, wellness education. Christ centered.



Clinical Counseling

Marathon County

Behavioral Health Clinic, LLC

630 S. 36th Ave, Wausau

715-842-9500

bhcwausau.com

appointments@bhcwausau.com

- All Ages
- Private insurance

Individual therapy.

Caring Tree Children's Counseling Center

501 Division St., Wausau

715-301-0667

caringtree.us

info@caringtree.us

- Ages 18 & Under
- Most Private Insurance, Medicaid/
Badger Care

Outpatient counseling.
Animal, art and play
assisted therapy.

Courage to Change

106 Galvin Rd, Abbotsford

715-223-0480

ccoffice@couragetochangerecovery.net

- Adults, Adolescents & Veterans
- Advocare, Medicaid/Badger Care,
Private Insurance, Non-insured
Rate

Outpatient counseling.
Eye Movement
Desensitization
Reprocessing (EMDR)
therapy offered to
clients that are dealing
with trauma.



Clinical Counseling

Center for Human Development

631 Forest St., Wausau
1509 N. 4th St., Tomahawk
715-842-0944 or 800-236-3792

chdevelopment.org
chd@chdevelopment.org

- Ages 5 & up
- Most Private Insurances, Medicaid/Badger Care, Private Pay, Financial arrangements are available

Outpatient behavioral health. Counseling for ADD, anger management, anxiety, attachment disorders, marital problems, pre-marriage preparation, parenting, PTSD and stress management.

Dix & Gillette Counseling Services, LLP

1720 Merrill Ave. Suite 401, Wausau
715-675-3888

dgcounseling@outlook.com

- Adults, Adolescents & Veterans
- Private Insurance

Mental health and substance abuse counseling.

Elmergreen Associates

114 Grand Ave. Wausau
715-845-7175

elmergreen.org

- All Ages
- Private Insurance, Medicare, Medicaid/Badger Care

A mental health and AODA Clinic providing clinical evaluations, individual, group or family counseling.



Clinical Counseling

North Central Health Care Outpatient Services

1100 Lake View Dr., Wausau
715-848-4600
607 N. Sales St., Suite 309, Merrill
213 W. Wisconsin Ave, Tomahawk
1225 Langlade Rd, Antigo
<https://bit.ly/2UrXU11>

- Serves all ages
- Medicare, Medicaid/Badger Care, Private Insurance, Sliding Fee Scale

Support and treatment including mental health assessments, individual therapy, groups, and substance abuse assessments.

North Central Health Care Outpatient Substance Abuse Day Treatment

1100 Lake View Dr., Wausau
715-848-4600
1225 Langlade Rd, Antigo
<https://bit.ly/2D3ZfQY>

- Adults
- Medicare, Medicaid/Badger Care, Private Insurance, Sliding Fee Scale

Program sessions take place Monday, Tuesday, Thursday and Friday from 9:00 am to 12:15 pm and weekly individual therapy is scheduled as well.

*Serves Lincoln, Langlade and Marathon counties.



Clinical Counseling

Northwest Journey

5655 N. 28th Ave., Wausau
915 Acacia Ln., Rhineland
715-675-5454

nwcg.com

nwjwausau@nwcg.com

- Any School-Aged Child/Adolescent
- Private Insurance, Medicaid/
Badger Care, Sliding Fee Scales

Group therapy, individual and family therapy and case management services for children and adolescents with a primary mental health diagnosis.

Peaceful Solutions Counseling

741 1st St., Wausau
726 E. Second St., Merrill
715-675-3458

peacefulsolutions.org

lee@peacefulsolutions.org

- Adolescents & Adults
- Private Insurances, Medicaid/
Badger Care, Medicare, Self-Pay,
Sliding Scale

Counseling for abuse, ADHD, anger management, anxiety, depression, personality disorder, self-esteem, PTSD including veterans, spiritual and trauma.

Readjustment Counseling for War Zone Veterans

Wausau Vet Center
605 S. 24th Ave, Wausau
715-842-1724

- Veterans
- Free to eligible veterans

Readjustment, PTSD, alcohol and other drugs addiction, job, bereavement counseling for individuals, couples, family and groups.



Clinical Counseling

Stepping Stones

Counseling Center, LLC

219 Ross Ave, Suite 101 Schofield
715-355-4999

<https://bit.ly/2Upf7aw>

- Adults & Adolescents
- Private Insurance, HSA , cash pay

Outpatient clinic for individuals, couples and families. Sex therapy, mediation, discernment counseling, trauma and more.

The Centre for Wellbeing, Inc.

6001 Bus Hwy 51, Schofield
4601 Camp Phillips Rd, Schofield
901 N. 6th St., Wausau
607 Cedar St., Merrill
310A N Brown St., Rhinelander
715-848-5022

centreforwellbeing.net

wellbeing901@hotmail.com

- Private Insurances, Medicaid/
Badger Care, Medicare, Self-Pay

Mental health counseling including Eye Movement Desensitization (EMDR) and eating disorders therapy. Substance use disorder/addiction counseling. Psychological evaluations and testing. Counseling for individuals, couples and families.

True North Counseling and Wellness

500 3rd St., Suite 208-3&4, Wausau
715-370-8863

tncwellness.com

christine@tncwellness.com

- All Ages
- Medicare, Medicaid/Badger Care,
Private insurance, Sliding Fee Scale

Works with a wide range of emotional and behavioral issues providing services that span from therapy for depression and grief counseling to parenting support, couples counseling and beyond.



Clinical Counseling

Oneida County

Ascension Behavioral Health

1020 Kabel Ave., Rhineland
715-361-2805

- Ages 6+
- Private Insurance, Medicaid/
Badger Care, Medicare

Outpatient behavioral health services; therapy, addiction therapy, testing, AODA counseling, inpatient mental health services and psychological therapy for adults.

Cornerstone Psychological Associates, LLC

315 South Oneida Ave. Suite 101,
Rhineland
715-420-1201

<https://bit.ly/2Vcy2CG>

- Ages 5 & Up
- All except WPS , Aspirus Arise

Substance abuse treatment; serves the children of a parent who is affected by substance abuse as well. Outpatient treatment.

Northwest Journey

915 Acacia Ln., Rhineland
5655 N. 28th Ave., Wausau
715-675-5454

nwcgc.com

nwjrhineland@nwcgc.com

- Any School-Aged Child/Adolescent
- Private Insurance, Medicaid/
Badger Care, Sliding Fee Scales

Group therapy, individual and family therapy and case management services for children and adolescents with a primary mental health diagnosis.



Clinical Counseling

The Centre for Wellbeing, Inc.

310A N Brown St., Rhinelander
607 Cedar St., Merrill
901 N. 6th St., Wausau
6001 Bus Hwy 51, Schofield
4601 Camp Philips Rd., Schofield
715-848-5022

centreforwellbeing.net
wellbeing901@hotmail.com

- Private Insurances, Medicaid/
Badger Care, Medicare, Self-Pay

Mental health counseling including Eye Movement Desensitization (EMDR) and eating disorders therapy. Substance use disorder/addiction counseling. Psychological evaluations and testing. Counseling for individuals, couples and families.

Transitions Center

22 N. Pelham, Rhinelander
715-365-6696

transitionscenter.biz

- Ages 5 & up
- Private Insurance, Sliding Scale, and more; no Medicare

Outpatient, substance abuse treatment, addiction therapy, and marriage and family counseling.



Clinical Counseling

Langlade County

North Central Health Care Outpatient Services

1225 Langlade Rd., Antigo
715-627-6694
607 N. Sales St., Suite 309, Merrill
213 W. Wisconsin Ave., Tomahawk
1100 Lake View Dr., Wausau
<https://bit.ly/2UrXU11>

- Serves all ages
- Medicare, Medicaid/Badger Care, Private Insurance, Sliding Fee Scale

Support and treatment including mental health assessments, individual therapy, groups, and substance abuse assessments.

North Central Health Care Outpatient Substance Abuse Day Treatment

1225 Langlade Rd., Antigo
715-627-6694
1100 Lake View Dr., Wausau
<https://bit.ly/2D3ZfQY>

- Adults
- Medicare, Medicaid/Badger Care, Private Insurance, Sliding Fee Scale

Program sessions take place Monday, Tuesday, Thursday and Friday from 9:00 am to 12:15 pm and weekly individual therapy is scheduled as well.

*Serves Lincoln, Langlade and Marathon counties.



Recovery & Support



Recovery & Support

Recovery and support helps individuals with mental health and substance use disorder manage their conditions successfully.

Lincoln County

AA Meetings—Call before attending to verify date and time.

Grace Lutheran Church 111 W Washington Ave., Tomahawk 715-453-4066	Held with Al-anon on Saturday mornings at 9 am.
Grace House Corner of W Somo Save & 3rd St., Tomahawk 715-453-4066	Held on Wednesdays at noon and Fridays at 7:30 pm.
St. Paul's Lutheran Church 12 E Washington Ave., Tomahawk 715-453-5391	Held at the church on Mondays at 6 pm.
Saint Stephen's United Church of Christ 903 E 2nd St., Merrill 715-536-7322	Held at the church on Fridays at noon.
Depression Support Group Ascension Good Samaritan Hospital 601 S Center Ave., Merrill 715-804-7509	Held on Fridays at noon.



Recovery & Support

<p>Grief Support Group Bell Tower Residence Hall—Lobby 1500 O Day St., Merrill 800-643-4663</p>	<p>Ascension offers grief group held the 2nd Tuesday of every month at 4 pm.</p>
<p>Grief Support Group Trinity Lutheran Church 611 W Main St., Merrill 715-536-5482</p>	<p>Call for information on times.</p>
<p>NAMI Family Support Group NAMI Northwoods 715-432-0180 naminorthwoods.org naminorthwoods@gmail.com • Adults & Veterans</p>	<p>A free confidential peer-led support group for loved ones of individuals living with a mental illness.</p>
<p>North Central Health Care Community Treatment North Central Health Care 607 N. Sales St., Merrill 715-536-9482 https://bit.ly/2InAgvk info@norcen.org • Serves all ages • Medicare, Medicaid/Badger Care, Private Insurance, Sliding Fee Scale</p>	<p>Provides individualized services that are recovery-oriented, flexible, and empowering to youth and adults with high-intensity needs or co-occurring disorders.</p>



Recovery & Support

Marathon County

Al-anon Meeting

Alano Club
711 McClellan St., Wausau

Wednesdays at 1:30 pm.

Ala-teen Meeting

St. Andrew's Church
3200 N Mountain Rd., Wausau

Mondays at 7 pm.

NA Meeting

Mount Calvary Church
503 Schmidt Ave., Rothschild

Tuesdays at 7 pm.

For updates for the above meetings, call 715-574-5436.

Community Corner Clubhouse

North Central Health Care
811 N. 3rd Ave., Wausau
715-843-1926

www.norcen.org/clubhouse
info@norcen.org

- Adults
- Medicare, Medicaid/Badger Care, Private Insurance, Sliding Fee Scale

Member-based, case management services.

Low cost, supportive, voluntary, no time limit. Helps adults with persistent mental illness and substance in a social and rehabilitative setting.



Recovery & Support

<p>Hope House North Central Health Care 319 N. 3rd Ave., Wausau 715-843-1926 www.norcen.org/hopehouse info@norcen.org</p> <ul style="list-style-type: none">• Adults	<p>Voluntary, time-limited, sober-living, residential recovery program for Clubhouse members.</p>
<p>NAMI Family to Family Education Class NAMI Northwoods 715-432-0180 naminorthwoods.org naminorthwoods@gmail.com</p> <ul style="list-style-type: none">• Adults & Veterans	<p>A 12-week educational program specifically for family members and friends of adults who live with mental illness.</p>
<p>NAMI Family Support Group NAMI Northwoods 715-432-0180 naminorthwoods.org naminorthwoods@gmail.com</p> <ul style="list-style-type: none">• Adults & Veterans	<p>A free confidential peer-led support group for loved ones of individuals living with a mental illness.</p>
<p>Survivors of Suicide Support Group 1000 W Campus Dr., Wausau 715-432-0180 https://bit.ly/2vwHl56</p> <ul style="list-style-type: none">• Adults & Veterans	<p>Give and receive support with others who have dealt with the loss of someone in their lives to suicide.</p>



Recovery & Support

North Central Health Care Community Treatment

North Central Health Care
1100 Lake View Dr., Wausau
715-848-4600

<https://bit.ly/2InAgvk>
info@norcen.org

- Serves all ages
- Medicare, Medicaid/Badger Care, Private Insurance, Sliding Fee Scale

Provides individualized services that are recovery-oriented, flexible, and empowering to youth and adults with high-intensity needs or co-occurring disorders.

Oneida County

AA Meetings—Call before attending to verify date and time.

Calvary Lutheran Church
8632 US Hwy 51 N., Minocqua
715-356-5080

Held on Wednesdays at noon.

Immanuel Lutheran Church
21 W Timber Dr., Rhineland
715-362-5910

Mondays at 7 pm. Also a Al-anon group.

Koinonia
1991 Winnebago Dr., Rhineland
715-362-5745

Held on Tuesdays at 7 pm and Sundays at 10:30 am.

Trinity Lutheran Church
235 N. Stevens St., Rhineland

Fridays at 1 pm. Uses big book for Women. Sundays at 7:30 pm.



Recovery & Support

United Methodist Church 724 Arbutus St., Rhinelander 715-362-2091	Wednesdays at 7pm, Thursdays at 4:30 pm and 7 pm, Saturdays at 5 pm.
NA Meetings —Call before attending to verify date and time.	
Koinonia 1991 Winnebago Dr., Rhinelander 715-362-5745	Held on Mondays at 7 pm.
Trinity Lutheran Church 235 N. Stevens St., Rhinelander 715-362-4258	Saturdays at 6:30 pm.
United Methodist Church 724 Arbutus St., Rhinelander 715-362-2091	Tuesdays at 7:30 pm and Fridays at 9 pm.
Northwoods Survivors of Suicide 1219 W. Phillip Street #304, Rhinelander 715-499-3002 twerrres48@gmail.com • All Ages	Peer support group of people who have lost a loved one that died by suicide.
Self Management and Recovery Group United Methodist Church 724 Arbutus St., Rhinelander	Thursdays at 5pm.



Recovery & Support

Serenity Support

United Methodist Church
724 Arbutus St., Rhinelander
715-362-2091

Tuesdays at 10 am. Will use the book “Serenity: A Companion for Twelve Step Recovery”.

Langlade County

AA Meeting—Call before attending to verify date and time.

United Methodist Church
2034 W. 5th Ave., Antigo
715-623-3802

Held on Wednesdays at 7 pm. This is a closed discussion.

North Central Health Care Community Treatment

North Central Health Care
1225 Langlade Rd., Antigo
715-627-6694

<https://bit.ly/2InAgvk>
info@norcen.org

- Serves all ages
- Medicare, Medicaid/Badger Care, Private Insurance, Sliding Fee Scale

Provides individualized services that are recovery-oriented, flexible, and empowering to youth and adults with high-intensity needs or co-occurring disorders.



Resources



Resources

Resources in Lincoln County that could aid an individual or family member who is affected by mental health or substance use disorder.

Aging and Disability Resource Center of Central Wisconsin

1- 888-486-9545

adrc-cw.org

adrc@adrc-cw.org

- Adults & Veterans
- Serves Lincoln, Langlade, Wood and Marathon Counties

Support options, information and support regarding insurance, nutrition programs, caregiver support, and healthy living programs.

Education

Merrill Adult Diploma Academy

715-536-1431

maps.edu.org

erin.bailey@maps.k12.wi.us

- Ages 17+

High school credit recovery with attainment of a high school diploma or GED certification.

Emergency Rent and Utility Assistance

North Central Community Action Program

715-536-9581

northcentralcap.org

- Adults & Veterans

One months rent and or utility assistance.

HAVEN, Inc.

715-536-1300

haveninc.org

executivedirector@haveninc.org

- All Ages

Domestic violence, sexual assault, child abuse, elder abuse, harassment, stalking, and human/sex trafficking.



Resources

<p>Healthy Minds for Lincoln County Community Coalition 715-536-0307 kristin.bath@co.lincoln.wi.us co.lincoln.wi.us/health</p> <ul style="list-style-type: none">• All Ages Served	<p>Mental health trainings, events, awareness campaigns, resource guides and publications.</p>
<p>Needle Exchange AIDS Resource Center of Wisconsin 1105 Grand Ave., Schofield 715-355-6867 www.arcw.org</p>	<p>LifePoint NEX does clean needle exchange, HIV and Hepatitis C testing available.</p>
<p>Rental Assistance, Employment, Education, and Transportation Forward Services Corporation 715-804-4018 fsc-corp.org hwiltzius@fsc-corp.org</p> <ul style="list-style-type: none">• All Ages Served	<p>EA (Emergency Assistance for Rent/ sometimes utilities), W2 (Welfare to Work), WIOA (Education Program), and WETAP (Transportation Assistance).</p>
<p>Skills Enhancement Program North Central Community Action Program 715-536-9581 northcentral.cap.org</p> <ul style="list-style-type: none">• Adults & Veterans	<p>Paid tuition up to \$900 per semester for certificate program.</p>



Resources

School Mental Health Services Merrill and Tomahawk School Districts	Contact your school's student services office for more information.
Youth Mentoring Big Brothers Big Sisters of Northcentral Wisconsin 715-848-7207 bbbsncw.org mail@bbbsncw.org • Children & Adolescents	Provides children facing adversity with strong and enduring, professionally supported one-to-one relationships that change their lives for the better, forever.
Youth Mentoring & KinsKlub Program Kinship of Tomahawk 715-453-1910 kinshiptomahawk.org kinshiptomahawk@hotmail.com • Ages 5-17	Serves children in the Tomahawk School District, who for a variety of reasons, need a positive role model in their life. KinsKlub Program an afternoon/afterschool program serving youth in the Kinship Program.
Veterans Service Office 801 N. Sales St. Ste. 104, Merrill 213 W. Wisconsin Ave., Tomahawk 715-539-1083 Crisis Line: 1-800-273-8255	Call for office hours.

Connect with local faith-based communities for additional support and resources.



Hotlines & Websites



Hotlines & Websites

Hotlines and organizations that are available in Wisconsin and the U.S. to support individuals and families affected by mental health and substance use disorders.

AA 24 Hour Service Line 08 (Merrill) 10 (Tomahawk)

715-297-8897 or 715-367-7920

Alcohol and Drug Abuse Addiction Hotline

1-800-211-4960

Domestic Violence Hotline

1-800-799-SAFE (7233)

Friendship Line

1-800-971-0016

Hispanic Services Hotline

1-800-942-5330

Hmong Hotline

1-877-740-4392

National Council-Alcoholism & Drug Dependency Hotline

1-800-NCA-CALL (622-2255)

National Human Trafficking Info & Referral Hotline

1-888-373-7888

BeeFree 233-3733 (text)

National Suicide Prevention Lifeline

1-800-273-8255

Quit Smoking Now

1-800-QUIT-NOW (784-8669)

RAINN (Rape and Incest National Network)

1-800-656-HOPE (4673)



Hotlines & Websites

SAMHSA (Substance Abuse and Mental Health Services Administration)

1-800-662-HELP (4357)

Suicide Hotline

1-800-SUICIDE (784-2433)

Trevor Lifeline (Suicide Prevention for LGBTQ Youth)

1-866-488-7386

Youth Crisis Line

1-800-621-4000



Wisconsin Addiction Recovery



Helpline

Call: 211 or 833-944-4673

Text: Your ZIP code to 898211

Go to: AddictionHelpWI.org

free and confidential

A service of 211 Wisconsin and the Wisconsin Department of Health Services.

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NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org



Hotlines & Websites

Al-Anon and Ala-Teen

888-425-2666

al-anon.alateen.org

Alcoholics Anonymous

aa.org

American Addiction Centers Resource

Ready to escape addiction: 1-877-793-4341

drugabuse.com

CADCA (Community Anti-Drug Coalitions of America)

703-706-0560 ext. 256 or ext. 247

cadca.org

Cocaine Anonymous

1-414-445-LIFE (5433) Wisconsin Meetings

ca.org

Directory of Opioid Treatment Centers in Wisconsin

<https://bit.ly/2MHPweu>

MADD (Mothers Against Drunk Driving)

1-877-MADD-HELP (6833-4357) (Victim Hotline)

madd.org

Mental Health America

1-800-969-6642

NAMI (National Alliance on Mental Illness)

1-800-950-6264

nami.org



Hotlines & Websites

NAPAFASA (National Asian Pacific American Families
Against Substance Abuse)

213-625-5795

napafasa.org

Narcotics Anonymous

1-866-590-2651

na.org

Nar-Anon World Services

1-800-477-6291

nar-anon.org

National Alliance for Drug Endangered Children

nationaldec.org

National Institute on Drug Abuse

drugabuse.gov

National Family Partnership

1-305-856-4173 or 1-800-705-8997

nfp.org

NIAAA (National Institute on Alcohol Abuse and
Alcoholism)

niaaa.nih.gov

NIPC (National Inhalant Prevention Coalition)

1-855-704-4400

inhalants.org

Partnership for Drug-Free Kids

1-855-378-4373

drugfree.org



Hotlines & Websites

Rational Recovery Self-Help Network

530-621-4374 or 530-621-2667

rational.org

SADD (Students Against Destructive Decisions)

877-SADD-INC (723-3462) or 508-481-3568

sadd.org

Secular Organizations for Sobriety (SOS)

310-821-8430

secularhumanism.org

SMART Recovery (Self-Management and Recovery Training)

smartrecovery.org

Treatment Coordination and Advocacy

1-888-301-9425

treatmentcoordination.net

What is covered by Medicaid?

Find a rehab that accepts Medicaid: 877-668-9831

Get your treatment covered by Medicaid: 888-365-2740

rehabcenter.net/rehabs-that-accept-Medicaid

Women for Sobriety

215-536-8026

womenforsobriety.org

12Step.org

Information and resources for 12 step programs

12step.org

For additional resources and educational websites,
go to the Healthy Minds for Lincoln County Webpage
<https://bit.ly/31pPxTi>

Things to Remember about Mental Health & Substance Use Disorders

They are Real. Mental illnesses and addictions are just as real and valid as physical illnesses.

It's Not a Personal Weakness. Mental illnesses and addictions, have been determined as brain disorders.

Everyone is Different. Each case is unique, even among the same mental diagnosis or drug; everyone experiences it differently and can develop addictions at different points.

You Can Help Your Family Member or Friend. It is critical for their recovery, that you give them compassion, respect, understanding, encouragement, and support.

You Are Not Alone. 1 in 4 Americans lives with a mental illness. Over 20 million people nationwide suffer from substance use disorder (Source: Centers for Behavioral Health Statistics and Quality).

You Can Fight Stigma. Spread awareness, share your story with others and learn more.

Adapted from National Alliance on Mental Illness
and National Institutes of Health

**If you have updates for future copies, please
contact the Lincoln County Health Department at
715-536-0307 or email
kristin.bath@co.lincoln.wi.us.**

*Every effort has been made to ensure the accuracy of the
information in this book.*

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