



**HEALTHY MINDS**  
LIVE WELL LINCOLN

# **Lincoln County Resource Guide**

**Substance Use & Mental Health**



**LIVE WELL  
LINCOLN**  
HEALTHIER TOGETHER

*Please note: The agencies/companies listed are not endorsed, authorized or recommended by Lincoln County, but are provided as a convenience to those who request information only. It is not meant to be an exhaustive or complete list, and there may be other organizations available to provide these services. Lincoln County cannot recommend, endorse or authorize any vendors or providers, nor can we comment on the quality, pricing, or business practices of any vendor or provider. Purchase or receipt of any products or services arranged by consumers with any of these organizations is strictly between the consumer and vendor.*

# Introduction

This guide contains local and regional resources for those seeking assistance with substance use and mental health disorders. It is organized by treatment, clinical counseling, recovery and support options. There are also resources for families and loved ones.

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](http://www.norcen.org)



**24/7 CALL, TEXT, CHAT**



**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.

# Table of Contents

Page #

## Residential Treatment

1

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



## Clinical Counseling

5

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



## Recovery & Support

20

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



## Resources

31

Resources that could aid an individual or family member who is affected by mental health or substance use disorders.



## Hotlines & Websites

35

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.





# **Residential Treatment**



# Residential Treatment

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

## Marathon County

### **ATTIC Correctional Services, Inc. - ACS Clinical Services, LLC**

618 Jackson St., Wausau

Phone: 715-848-3202

Email: [info@correctionalservices.org](mailto:info@correctionalservices.org)

Website: [correctionalservices.org](http://correctionalservices.org)

- Serves adults 17+ who are at risk of re-offending and referred through the Department of Corrections or Marathon County Probation and Parole.

Operating 24/7 on-duty staff.

Residential services, community treatment centers, high risk case management, services, transitional housing services, institution/ correctional center services, outpatient treatment groups, county alternative programs

### **North Central Health Care Crisis Center**

1100 Lake View Dr., Wausau

Phone: 715- 845-4326

Email: [info@norcen.org](mailto:info@norcen.org)

Website: [www.norcen.org](http://www.norcen.org)

- Serves All Ages
- Medicare, Medicaid/BadgerCare, 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.



## Residential Treatment

### **North Central Health Care**

#### **Inpatient Hospital**

1100 Lake View Dr., Wausau

Phone: 715- 845-4326

Email: [info@norcen.org](mailto:info@norcen.org)

Website: [www.norcen.org](http://www.norcen.org)

- Serves Adults
- Medicare, Medicaid/BadgerCare, Private Insurance, Sliding Fee Scale

#### ***Crisis***

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

### **North Central Health Care**

#### **Lakeside Recovery**

#### **Addiction Treatment Center**

1100 Lake View Dr., Wausau

Phone: 715-848-4483 or

715-848-4600

Email: [info@norcen.org](mailto:info@norcen.org)

Website: [www.norcen.org](http://www.norcen.org)

- Serves Adults
- Medicare, Medicaid/BadgerCare, Private Insurance, Sliding Fee Scale

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

### **North Central Health Care**

#### **Youth Stabilization**

1100 Lake View Dr., Wausau

Phone: 715- 845-4326

Email: [info@norcen.org](mailto:info@norcen.org)

Website: [www.norcen.org](http://www.norcen.org)

- Serves Youth and Adolescents
- Medicare, Medicaid/BadgerCare, Private Insurance, Sliding Fee Scale

#### ***Crisis***

24 hour maximum stay for adolescents.



# Residential Treatment

## Oneida County

### **Koinonia Residential Treatment Center**

1991 Winnebago St., Rhinelanders

Phone: 715-362-5745

Website: [koinoniaocs.net](http://koinoniaocs.net)

- Serves Adults
- Private Insurance

16 bed community based residential treatment center. 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

1105 E. Main St., Merrill

1509 N. 4th St., Tomahawk

Phone: 715-842-0944

Toll Free: 800-236-3792

Email: [chd@chdevelopment.org](mailto:chd@chdevelopment.org)

Website: [chdevelopment.org](http://chdevelopment.org)

- Serves Ages 5 & up
- Most Private Insurances, Medicaid/BadgerCare, Private Pay, Financial arrangements are available
- Telehealth Services Available

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

### Peaceful Solutions Counseling

726 E. Second St., Merrill

Phone: 715-675-3458

Email:

[michelle@peacefulsolutions.org](mailto:michelle@peacefulsolutions.org)

Website: [peacefulsolutions.org](http://peacefulsolutions.org)

- Serves Adolescents & Adults
- Private Insurances, Medicaid/BadgerCare, Medicare, Self-Pay, Sliding Scale

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



## Clinical Counseling

### North Central Health Care Outpatient Services

607 N. Sales St., Ste. 309, Merrill

Phone: 715-536-9482

Email: [info@norcen.org](mailto:info@norcen.org)

Website: [www.norcen.org](http://www.norcen.org)

- Serves All Ages
- Medicare, Medicaid/BadgerCare, Private, Sliding Fee Scale
- Telehealth Services Available

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

### Psychological Resource Center

1218 N. 4th St., Ste. 108, Tomahawk

Phone: 715-224-2100

Email: [dkleinf@psychresctr.com](mailto:dkleinf@psychresctr.com)

Website: [psychresctr.com](http://psychresctr.com)

- Serves All Ages
- Most Private Insurance, Self-Pay, Medicaid/BadgerCare, EAPs

Outpatient individual, family, and couple counseling.

### Soul-full Solutions

1104 W. 10th St., Merrill

Phone: 715-805-6111

- Serves Ages 8 & up
- Private Insurances, Medicaid/BadgerCare, 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

Phone: 715-848-5022

Email: [wellbeing901@hotmail.com](mailto:wellbeing901@hotmail.com)

Website: [centreforwellbeing.net](http://centreforwellbeing.net)

- Serves All Ages
- Private Insurances, Medicaid/  
BadgerCare, Medicare, Self-Pay
- Telehealth Services Available

EMDR and eating disorders therapy, psychological evaluations/testing. Mental health and substance use disorder/addiction counseling for individuals and families.

### **Visions Counseling Inc.**

N2355 Smith Rd., Merrill

Phone: 715-551-1970

Email:

[information@visionscounseling.org](mailto:information@visionscounseling.org)

Website: [visionscounseling.org](http://visionscounseling.org)

- Serves Children under 13 &  
Family
- Private Insurances, Medicaid/  
BadgerCare, 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

### **Achieve Center**

520 N. 28th Ave., Wausau

Phone: 715-845-4900 (24/7/365)

Website: [www.uachievecenter.com](http://www.uachievecenter.com)

- Serves All Ages
- Medicare/Medicaid, Private Insurance, Sliding Fee Schedule

Offers therapy in many areas. Specializing in the treatment of developmental and neuropsychological disorders for children and their families.

### **Affiliated Family Psychiatry of Wausau**

2600 Stewart Ave. #270, Wausau

Phone: 715-842-8600

Website: [www.aspirus.org](http://www.aspirus.org)

- Serves All Ages
- Private Insurance, Medicaid/Medicare
- Telehealth Services Available

Inpatient, outpatient and aftercare treatment programs, including 24/7 stress centers with highly experienced mental health specialists well-prepared for an emotional health need.

### **Behavioral Health Clinic, LLC**

630 S. 36th Ave., Wausau

Phone: 715-842-9500

Email: [appointments@bhcwausau.com](mailto:appointments@bhcwausau.com)

Website: [wibehavioralhealth.com](http://wibehavioralhealth.com)

- Serves All Ages
- Private insurance
- Telehealth Services Available

Individual therapy.



## Clinical Counseling

### **Bridge Community Health Clinic Counseling**

1810 N. Second St., Wausau

Phone: 715-848-4884

Email: [info@bridgeclinic.org](mailto:info@bridgeclinic.org)

Website: [bridgeclinic.org](http://bridgeclinic.org)

- Serves All Ages
- Medicare, Medicaid/BadgerCare, Private Insurance, Sliding Fee Schedule

Behavioral health services including counseling, medication management, and psychological testing.

### **Caring Tree Children's Counseling Center**

227400 Rib Mtn. Dr., Ste. D, Wausau

Phone: 715-301-0667

Email: [info@caringtree.us](mailto:info@caringtree.us)

Website: [caringtree.us](http://caringtree.us)

- Serves Ages 18 & Under
- Most Private Insurance, Medicaid/BadgerCare
- Telehealth Services Available

Outpatient counseling. Animal, art and play assisted therapy.



## Clinical Counseling

### **Center for Human Development**

631 Forest St., Wausau

Phone: 715-842-0944 or

800-236-3792

Email: [chd@chdevelopment.org](mailto:chd@chdevelopment.org)

Website: [chdevelopment.org](http://chdevelopment.org)

- Serves Ages 5 & up
- Most Private Insurances, Medicaid/BadgerCare, Private Pay, Financial arrangements
- Telehealth Services Available

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

### **Charis Counseling, LLC**

2620 W Stewart Ave., #310, Wausau

Phone: 715-848-0525 or

715-389-9382

Email: [info@chariscounselingwi.com](mailto:info@chariscounselingwi.com)

Website: [chariscounselingwi.com](http://chariscounselingwi.com)

- Serves Ages 3 & over
- Most insurance accepted
- Employee Assistance Programs
- Telehealth Services Available

Therapy services, educational services, presentation services, conflict resolution and counseling services. Life Coaching available.

### **Children's Advocacy Center of North Central Wisconsin-Children's Wisconsin**

705 S. 24th Ave., Wausau

Phone: 715-848-1457

Website: [childrenswi.org](http://childrenswi.org)

- Serves Children/Adolescents
- Accepts most insurance

Social, emotional and/or behavioral concerns. Experts work with children and teens, as well as, the caregivers, family members and other people important to them.



## Clinical Counseling

### Compass Counseling

718 Grand Ave., Schofield

Phone: 715-298-6364

530 Grant Street, Wausau

Phone: 715-845-5493

3704 Weston Ave., Weston

Phone: 715-298-6364

Email:

[tpeterson@compasscounsels.com](mailto:tpeterson@compasscounsels.com)

Website: [compasscounsels.com](http://compasscounsels.com)

- Serves All Ages
- Private Insurance, Medicare, Medicaid/BadgerCare, & Self Pay
- Telehealth Services Available

State certified outpatient mental health and alcohol and other drug abuse (AODA) clinic. Assessments and treatment, including court-ordered, for a wide range of issues and concerns.

### Courage to Change Recovery

106 Galvin Rd., Abbotsford

Phone: 715-223-0480

Website: [facebook/couragetochange](https://facebook.com/couragetochange)

- Serves Adults & Adolescents
- Self-pay, Medicare, BadgerCare/ Medicaid, private insurance, state financial aid, Non-Insured Rates

Providing Counseling Services for: Mental Health and Alcohol and Drug Addiction, EMDR Therapy, Marriage and Family, Adult and Adolescent.

### Dix & Gillette Counseling Services, LLP

Aspirus Behavioral Health

1720 Merrill Ave., Suite 401, Wausau

Phone: 715-675-3888

Email: [dgcounseling@outlook.com](mailto:dgcounseling@outlook.com)

Website: [aspirus.org](http://aspirus.org)

- Serves Adults & Adolescents
- Aspirus Network Insurance
- Telehealth Services Available

Mental health and substance abuse counseling.





## Clinical Counseling

### **Elmergreen Associates**

114 Grand Ave., Wausau

Phone: 715-845-7175

Email: [dennis@elmergreen.com](mailto:dennis@elmergreen.com)

Website: [elmergreen.com](http://elmergreen.com)

- Serves All Ages
- Private Insurance, Medicare, Medicaid/BadgerCare
- Telehealth Services Available

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

### **Evans Counseling, LLC**

2714 Stewart Ave., Wausau

Phone: 715-849-3988

Email: [dockellyevans@msn.com](mailto:dockellyevans@msn.com)

Website: [evanscounseling.net](http://evanscounseling.net)

- Serves All Ages
- Private Insurance, Medicare

Using a humanistic, interpersonal approach to therapy.

### **Lutheran Social Services**

115 N. 6th St., Wausau

Phone: 715-849-3344

Website: [lsswis.org](http://lsswis.org)

- Serves All Ages
- Medicare, Medicaid/BadgerCare, Private Insurance, Self-Pay Plans
- Telehealth Services Available

Individual, couples, group, and family therapy, alcohol and drug assessments and counseling



## Clinical Counseling

### **North Central Health Care Outpatient Substance Abuse Day Treatment**

1100 Lake View Dr., Wausau

Phone: 715-848-4600

Email: [info@norcen.org](mailto:info@norcen.org)

Website: [www.norcen.org](http://www.norcen.org)

- Serves Adults
- Medicare, Medicaid/BadgerCare, Private Insurance, Sliding Fee Scale
- Telehealth Services Available

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

### **North Central Health Care Outpatient Services**

1100 Lake View Dr., Wausau

Phone: 715-848-4600

Website: [www.norcen.org](http://www.norcen.org)

- Serves All Ages
- Medicare, Medicaid/BadgerCare, Private Insurance, Sliding Fee Scale
- Telehealth Services Available

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

### **Northwest Journey**

5655 N. 28th Ave., Wausau

Phone: 715-675-5454

Email: [nwjwausau@nwcgc.com](mailto:nwjwausau@nwcgc.com)

Website: [nwcgc.com](http://nwcgc.com)

- Serves School-Aged/Adolescent
- Private Insurance, Medicaid/BadgerCare, Sliding Fee Scales
- Telehealth Services Available

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



# Clinical Counseling

## Peaceful Solutions Counseling

731 1st St., Ste. 5000, Wausau

Phone: 715-675-3458

Email:

[michelle@peacefulsolutions.org](mailto:michelle@peacefulsolutions.org)

Website: [peacefulsolutions.org](http://peacefulsolutions.org)

- Serves Adolescents & Adults
- Private Insurance, Medicaid, Medicare, Sliding Scale Self-Pay

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

## The Centre for Wellbeing, Inc.

901 N. 6th St., Wausau

4601 Camp Phillips Rd., Weston

Phone: 715-848-5022

Email: [wellbeing901@hotmail.com](mailto:wellbeing901@hotmail.com)

Website: [centreforwellbeing.net](http://centreforwellbeing.net)

- Serves All Ages
- Private Insurances, Medicaid/ BadgerCare, Medicare, Self-Pay
- Telehealth Services Available

Mental health counseling for individuals, couples and families, including EMDR and eating disorders therapy. Substance use disorder/addiction counseling. Psych evaluation/testing.

## True North Counseling and Wellness

500 3rd St., Ste. 208-3&4, Wausau

Phone: 715-370-8863

Email: [christine@tncwellness.com](mailto:christine@tncwellness.com)

Website: [tncwellness.com](http://tncwellness.com)

- Serves All Ages
- Medicare, Medicaid/BadgerCare, Private insurance, Sliding Fee Scale
- Telehealth Services Available

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

### **Wausau Comprehensive Treatment Center**

210 Washington St., Wausau

Phone: 844-483-9076

Website: [ctcprograms.com](http://ctcprograms.com)

- Serves Adults 18 & older
- Medication-assisted treatment (MAT) for opioid addiction
- Medicare, Medicaid/BadgerCare, Commercial Insurance, Self-Pay

Personalized treatment plan that includes the use of medication, group therapy and individual therapy.

## Oneida County

### **Aspirus Koller Behavioral Health**

1020 Kabel Ave., Rhinelander

Phone: 715-361-2805

Website: [www.aspirus.org](http://www.aspirus.org)

- Serves Ages 6+
- Private Insurance, Medicaid/BadgerCare, Medicare
- Telehealth Services available

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., Ste. 101, Rhinelander

Phone: 715-420-1201

Website: [cornerstonepsychologicalassociates.com](http://cornerstonepsychologicalassociates.com)

- Serves Ages 5 & up
- All except WPS, Aspirus Arise
- Telehealth Services available

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



## Clinical Counseling

### Northwest Journey

915 Acacia Ln., Rhinelander

Phone: 715-365-9735

Email: [nwjrhinelander@nwcgcc.com](mailto:nwjrhinelander@nwcgcc.com)

Website: [nwcgcc.com](http://nwcgcc.com)

- Serves School-Aged/Adolescent
- Private Insurance, Medicaid/BadgerCare, Sliding Fee Scales
- Telehealth Services available

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

### Transitions Center

22 N. Pelham, Rhinelander

Phone: 715-365-6696

Website: [transitionscenter.biz](http://transitionscenter.biz)

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

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

## Langlade County

### Aspirus Antigo Clinic

110 E. 5th Ave., Antigo

Phone: 715-623-2351

Website: [www.aspirus.org](http://www.aspirus.org)

- Serves All Ages
- Private Insurance, Medicaid/BadgerCare, Medicare
- Telehealth Services available

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



## Clinical Counseling

### **North Central Health Care**

#### **Outpatient Services**

1225 Langlade Rd., Antigo

Phone: 715-627-6694

Email: [info@norcen.org](mailto:info@norcen.org)

Website: [www.norcen.org](http://www.norcen.org)

- Serves all ages
- Medicare, Medicaid/BadgerCare, Private Insurance, Sliding Fee Scale
- Telehealth Services Available

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

Phone: 715-627-6694

Website: [www.norcen.org](http://www.norcen.org)

- Serves Adults
- Medicare, Medicaid/BadgerCare, Private Insurance, Sliding Fee Scale
- Telehealth Services Available

Substance abuse day treatment is a six-week structured program for individuals struggling with addiction. Individual therapy appointments are also scheduled weekly.

### **NorthLakes Community Clinic**

524 Bissell St., White Lake

Phone: 715-882-2353

Website: <https://nlccwi.org/>

- Serves All Ages
- Medicare, Medicaid/BadgerCare, Private Insurance, Sliding Fee Scale
- Telehealth Services Available

Offering care that promotes healing, problem-solving and personal growth. Provide mental health counseling, community health workers, and patient financial advocates.



## Clinical Counseling

### **Wetzel-Rasmussen Counseling Services**

W10610 Clinic St., Elcho

Phone: 715-275-3934

Email: [drnat@frontiernet.net](mailto:drnat@frontiernet.net)

Website: [wrctrlight.com](http://wrctrlight.com)

- Serves All Ages
- Medicare, Medicaid/BadgerCare, Private Insurance, Sliding Fee Scale
- Telehealth Services Available

Services are confidential, and tailored to meet each individuals' needs. The consumer is a very active participant in the development of their treatment plan.



## **Recovery & Support**





## Recovery & Support

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

### Lincoln County

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

Grace Lutheran Church

111 W. Washington Ave., Tomahawk

Phone: 715-453-4066

Grace House

108 W. Somo Ave, Tomahawk

Phone: 715-453-4066

St. Paul's Lutheran Church

12 E. Washington Ave., Tomahawk

Phone: 715-453-5391

St. Stephen's United Church of Christ

903 E. 2nd St., Merrill

Phone: 715-536-7322

### Northern Wisconsin AA Online Meetings

Phone: 715-360-4637, Email: [help@northwoodsaa.org](mailto:help@northwoodsaa.org)

Website: [northwoodsaa.org](http://northwoodsaa.org)

Please call, email, or visit website for meeting information.

### Northwoods Al-Anon

Phone: 715-539-6757

Email: [dist15alanon@gmail.com](mailto:dist15alanon@gmail.com)

Website: [www.facebook.com/](http://www.facebook.com/NorthwoodsAlanon)

[NorthwoodsAlanon](http://NorthwoodsAlanon)

Please call, or visit website for meeting information.



## Recovery & Support

### **Peaceful Hands Al-Anon Family Group**

Ascension Episcopal Church  
218 N. Pier Street, Merrill

Phone: 715-539-0857

Email: [webmaster@area61afg.org](mailto:webmaster@area61afg.org)

Website: [area61afg.org](http://area61afg.org)

Please call, e-mail, or visit website for meeting information

### **GriefShare Group**

Trinity Lutheran Church  
107 N. State St., Merrill  
Phone: 715-536-5482

Call for information on dates and times.

### **NAMI Family Support Group**

NAMI Northwoods

Phone: 715-432-0180

Email: [naminorthwoods@gmail.com](mailto:naminorthwoods@gmail.com)

Website: [naminorthwoods.org](http://naminorthwoods.org)

- Serves Adults

A free confidential peer-led support group for loved ones of individuals living with a mental illness.

### **North Central Health Care Community Treatment**

607 N. Sales St., Merrill

Phone: 715-536-9482

Email: [info@norcen.org](mailto:info@norcen.org)

Website: [norcen.org](http://norcen.org)

- Serves All Ages
- Medicare, Medicaid/BadgerCare, Private Insurance, Sliding Fee Scale

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



## Recovery & Support

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### **O. A. O. B. (Overcoming Addiction Or Bad Habits)**

Deamon's Art/Inked Horizons

1319 E. Main St., Merrill

Phone: 715-203-6683

(Tina Beranek)

Email: [beranektina@aol.com](mailto:beranektina@aol.com)

Website: [https://  
www.facebook.com/  
groups/510549916171518](https://www.facebook.com/groups/510549916171518)

24/7 online resource and support page. Offering resource and daily support in addiction or traumatic life events.

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### **REBOOT Recovery**

Phone: 715-218-3537

(Corey Dornbrack)

Email: [rebootmerrill@gmail.com](mailto:rebootmerrill@gmail.com)

Website: [https://  
rebootrecovery.com/](https://rebootrecovery.com/)

12 week, faith-based, peer-led course empowering everyday people to overcome trauma and embrace a brighter future. Merrill program is for Veterans, First Responders, and their families.



# Recovery & Support

## Marathon County

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

Bridge Street Mission—Celebrate Recovery  
115 W. Bridge St., Wausau  
Phone: 715-409-3506

Church of Nazarene  
1102 N. 1st Ave., Wausau  
Phone: 715-675-7318

East Gate Alliance Church  
2203 E. Becker Rd., Marshfield  
Phone: 715-387-3654

<b>Al-anon Meeting—Alano Club</b>	Please call for meeting information.
711 McClellan St., Wausau Phone: 715-574-5436	
<b>Ala-teen Meeting</b> St. Andrew's Church 3200 N. Mountain Rd., Wausau Phone: 715-574-5436	Please call for meeting information.
<b>Choices at Peaceful Solutions Counseling</b> 731 N. 1st St., Ste. 5000, Wausau Phone: 715-675-3458 Website: <a href="http://peacefulsolutions.org">peacefulsolutions.org</a> <ul style="list-style-type: none"><li>• Serves Teenagers</li><li>• Private Insurances, Medicaid (BadgerCare), Medicare, Self-Pay, Sliding Scale</li></ul>	Comprehensive program for teens who are experiencing problems with alcohol and drugs. Includes family, individual, or group therapy, and works to prevent and reduce the use of alcohol and drugs.



## Recovery & Support

### **Community Corner Clubhouse**

North Central Health Care

811 N. 3rd Ave., Wausau

Phone: 715-843-1926

Email: [info@norcen.org](mailto:info@norcen.org)

Website: [norcen.org/clubhouse](http://norcen.org/clubhouse)

- Serves Adults
- Medicare, Medicaid/BadgerCare, 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 use disorder in a social and rehabilitative setting.

### **Hope House**

North Central Health Care

319 N. 3rd Ave., Wausau

Phone: 715-843-1926

Email: [info@norcen.org](mailto:info@norcen.org)

Website: [norcen.org/hopehouse](http://norcen.org/hopehouse)

- Serves Adults

Voluntary, time-limited, sober-living, residential recovery program for Clubhouse members.

### **NAMI Family to Family Education Class**

NAMI Northwoods

Phone: 715-432-0180

Email: [naminorthwoods@gmail.com](mailto:naminorthwoods@gmail.com)

Website: [naminorthwoods.org](http://naminorthwoods.org)

- Serves Adults

A 12-week educational program specifically for family members and friends of adults who live with mental illness.

### **NAMI Family Support Group**

NAMI Northwoods

Phone: 715-432-0180

Email: [naminorthwoods@gmail.com](mailto:naminorthwoods@gmail.com)

Website: [naminorthwoods.org](http://naminorthwoods.org)

- Serves Adults

A free confidential peer-led support group for loved ones of individuals living with a mental illness.



## Recovery & Support

### **Narcotics Anonymous Meeting “Ask It Basket”**

Mount Calvary Lutheran Church  
503 Schmidt Ave., Rothschild  
Phone: 715-359-4500  
Toll Free: 866-590-2651

Please call for meeting information.

### **Narcotics Anonymous Meeting “Becoming Supernatural”**

First English Lutheran Church  
402 N. 3rd Ave., Wausau  
Phone: 715-842-5727

Please call for meeting information.

### **Narcotics Anonymous Meeting “Learning to Grow”**

Wesley United Methodist Church  
1101 Elm St., Wausau  
Phone: 715-842-3768  
Website: [wesleyumcwausauwi.org](http://wesleyumcwausauwi.org)

Please call for meeting information.

### **Narcotics Anonymous Meeting “Spiritual Gainz”**

Wausau Church of the Nazarene  
1102 N. 1st Ave, Wausau  
Phone: 715-675-7318  
Website: [facebook.com/Wausau-Church-Of-The-Nazarene](https://facebook.com/Wausau-Church-Of-The-Nazarene)

Please call for meeting information.



## Recovery & Support

### **North Central Health Care Community Treatment**

North Central Health Care  
1100 Lake View Dr., Wausau  
Phone: 715-848-4600  
Email: [info@norcen.org](mailto:info@norcen.org)  
Website: [norcen.org](http://norcen.org)

- Serves all ages
- Medicare, Medicaid/BadgerCare, 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.

### **Survivors of Suicide Support Group**

1000 W Campus Dr., Wausau  
Phone: 218-393-9695  
Website: [preventsuicidemarathoncounty.org](http://preventsuicidemarathoncounty.org)

Give and receive support with others who have dealt with the loss of someone in their lives to suicide.

### **Wausau Outstation Veteran's Services**

605 S. 24th Ave., Ste. 24, Wausau  
Phone: 715-842-1724  
Website: [va.gov](http://va.gov)

- Serves Service Members, Veterans & their Families.

Individual/group counseling for grief, military sexual trauma counseling, substance abuse assessment and referral, employment referral and other VA referral services.



# Recovery & Support

## Oneida County

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

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

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

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

Trinity Lutheran Church  
235 N. Stevens St., Rhineland  
Phone: 715-362-4258

United Methodist Church  
724 Arbutus St., Rhineland  
Phone: 715-362-2091

### **Northwoods Al-Anon**

Phone: 715-539-6757  
Email: [dist15alanon@gmail.com](mailto:dist15alanon@gmail.com)  
Website: [www.facebook.com/  
NorthwoodsAlanon](http://www.facebook.com/NorthwoodsAlanon)

Please call or go to  
website for meeting  
information





## Recovery & Support

### **Northwoods Survivors of Suicide**

1219 W. Phillip St., #304,  
Rhineland  
Phone: 715-499-3002  
Email: [twerres48@gmail.com](mailto:twerres48@gmail.com)

Peer support group of people who have lost a loved one that died by suicide.

### **Self Management & Recovery Group**

United Methodist Church  
724 Arbutus St., Rhineland  
Phone: 715-362-2091

Please call for meeting information.

### **Serenity Support**

United Methodist Church  
724 Arbutus St., Rhineland  
Phone: 715-362-2091

Please call for meeting information.

## Langlade County

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

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

Please call for meeting information.

### **Narcotics Anonymous Meeting “Time Is Now”**

Broken Arrow  
1005 5th Ave., Antigo  
Phone: 715-219-1760  
Website: [brokenarrowministries.org](http://brokenarrowministries.org)

Please call for meeting information.



## Recovery & Support

### **North Central Health Care Community Treatment**

North Central Health Care

1225 Langlade Rd., Antigo

Phone: 715-627-6694

Email: [info@norcen.org](mailto:info@norcen.org)

Website: [norcen.org](http://norcen.org)

- Serves all ages
- Medicare, Medicaid/BadgerCare,  
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 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**

Phone: 888-486-9545

Email: [adrc@adrc-cw.org](mailto:adrc@adrc-cw.org)

Website: [adrc-cw.org](http://adrc-cw.org)

- Serves Adults
- 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

Phone: 715-536-1431

Email: [erin.bailey@maps.k12.wi.us](mailto:erin.bailey@maps.k12.wi.us)

Website: [maps.edu.org](http://maps.edu.org)

- Serves 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

Phone: 715-536-9581

Website: [northcentralcap.org](http://northcentralcap.org)

- Serves Adults

One months rent and or utility assistance.

## **HAVEN, Inc.**

Phone: 715-536-1300

Email:

[executivedirector@haveninc.org](mailto:executivedirector@haveninc.org)

Website: [haveninc.org](http://haveninc.org)

- Serves All Ages

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



## Resources

<b>Healthy Minds for Lincoln County</b> Community Coalition Phone: 715-536-0307 Email: <a href="mailto:kristin.bath@co.lincoln.wi.us">kristin.bath@co.lincoln.wi.us</a> Website: <a href="http://co.lincoln.wi.us/health">co.lincoln.wi.us/health</a> • Serves All Ages	Mental health trainings, events, awareness campaigns, resource guides and publications.
<b>Needle Exchange</b> Vivent Health 1105 Grand Ave., Ste. 1, Schofield Phone: 715-355-6867 Website: <a href="http://viventhealth.org">viventhealth.org</a>	LifePoint program provides clean needle exchange, HIV and Hepatitis C testing available.
<b>Rental Assistance, Employment, Education, and Transportation</b> Forward Services Corporation Phone: 715-955-4809 Email: <a href="mailto:bbraun@fsc-corp.org">bbraun@fsc-corp.org</a> Website: <a href="http://fsc-corp.org">fsc-corp.org</a> • Serves All Ages	Offers emergency assistance for rent and sometimes utilities, W2 welfare to work, WIOA education program and transportation assistance.
<b>Skills Enhancement Program</b> North Central Community Action Program Phone: 715-424-2581 Website: <a href="http://northcentralcap.org">northcentralcap.org</a> • Serves Adults	Paid tuition up to \$900 per semester for certificate program.



## 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

Phone: 715-848-7207

Email: [mail@bbbsncw.org](mailto:mail@bbbsncw.org)

Website: [bbbsncw.org](http://bbbsncw.org)

- Serves Ages 6-13

Creates and supports one-to-one mentoring relationships that ignite the power and promise of youth.

### **Youth Mentoring & KinsKlub Program**

Kinship of Tomahawk

Phone: 715-453-1910

Email:

[kinshiptomahawk@hotmail.com](mailto:kinshiptomahawk@hotmail.com)

Website: [kinshiptomahawk.org](http://kinshiptomahawk.org)

- Serves Ages 5-17 in Tomahawk School District

For children who need a positive role model in their life. KinsKlub is an afternoon/afterschool program serving youth in the Kinship Program.

### **Veterans Service Office**

801 N. Sales St., Ste. 104, Merrill

Phone: 715-539-1083

500 Forest St., Wausau

Phone: 715-261-1000

Crisis Line: Dial 988 and press 1 or Text 838255

Call for office hours and more information.

**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.

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### **AA 24 Hour Service**

Phone: 715-503-0880

Website: [www.area74.org](http://www.area74.org)

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### **Al-Anon and AlaTeen**

Phone: 888-425-2666

Website: [area61afg.org](http://area61afg.org)

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### **Alcohol and Drug Abuse Addiction Hotline**

Phone: 800-211-4960

Website: [aawausauwi.org](http://aawausauwi.org)

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### **American Addiction Centers Resource**

Phone: 877-793-4341

Website: [drugabuse.com](http://drugabuse.com)

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### **CADCA (Community Anti-Drug Coalitions of America)**

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

Website: [cadca.org](http://cadca.org)

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### **Cocaine Anonymous**

Phone: 414-445-LIFE (5433) Wisconsin Meetings

Website: [ca.org](http://ca.org)

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### **Critical Incident Stress Services of Wausau**

Phone: 715-848-8444, 24 hours/day

Website: [www.co.marathon.wi.us](http://www.co.marathon.wi.us)

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## Hotlines & Websites

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### **Depression and Bipolar Support Alliance**

Phone: 800-826-3632

Website: [www.dbsalliance.org](http://www.dbsalliance.org)

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### **Directory of Opioid Treatment Centers in Wisconsin**

Phone: 833-944-4673 or 211

Website: [dhs.wisconsin.gov](http://dhs.wisconsin.gov)

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### **Gamblers Anonymous**

Phone: 715-297-5317

Website: [www.gamblersanonymous.org/ga](http://www.gamblersanonymous.org/ga)

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### **Hmong Hotline**

Phone: 877-740-4292

Website: [bbwpcoalition.org](http://bbwpcoalition.org)

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### **Mental Health America**

Phone: 800-969-6642 or 703-684-7722

Website: [mhanational.org](http://mhanational.org)

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### **MADD (Mothers Against Drunk Driving)**

Phone: 877-MADD-HELP (6833-4357) (Victim Hotline)

Website: [madd.org](http://madd.org)

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### **Narcotics Anonymous-By Phone 24/7**

Infinity Marathon Meeting

Phone: 571-456-1845, 8203185#

Website: [nabyphone.org](http://nabyphone.org)

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### **Narcotics Anonymous-North Central Wisconsin Area**

Website: [www.ncwana.org](http://www.ncwana.org)

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### **Narcotics Anonymous—Wisconsin Region**

Phone: 800-240-0276

Website: [wisconsinna.org](http://wisconsinna.org)

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## Hotlines & Websites

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### **Narcotics Anonymous World Services**

Phone: 818-773-9999

Website: [na.org](http://na.org)

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### **Nar-Anon World Services**

Phone: 800-477-6291

Website: [nar-anon.org](http://nar-anon.org)

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### **National Alliance for Drug Endangered Children**

Phone: 720-281-5939 or 641-521-7220

Toll Free 801-550-2305

Website: [nationaldec.org](http://nationaldec.org)

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### **NAMI (National Alliance on Mental Illness)**

Phone: 800-950-6264 (950-NAMI) or Text "NAMI" to 741741.

Website: [nami.org](http://nami.org)

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### **The National Asian Pacific American Families Against Substance Abuse**

Phone: 213-625-5795

Website: [open990.org](http://open990.org)

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### **National Institute on Drug Abuse**

Phone: 301-443-6441

Website: [drugabuse.gov](http://drugabuse.gov)

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### **National Family Partnership**

Phone: 888-474-0008

Website: [nfp.org](http://nfp.org)

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### **National Runaway Safeline**

Phone: 800-RUNAWAY (786-2929)

Website: [1800runaway.org](http://1800runaway.org)

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## Hotlines & Websites

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### **National Council-Alcoholism & Drug Dependency Hotline**

Phone: 800-662-HELP (4357)

Website: [ncadd.us](http://ncadd.us)

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### **National Human Trafficking Info & Referral Hotline**

Phone: 888-373-7888

Text Be Free (233733)

Website: [humantraffickinghotline.org](http://humantraffickinghotline.org)

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### **Overeaters Anonymous**

Phone: 715-212-0413

Website: [www.oa.org](http://www.oa.org)

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### **RAINN (The Rape and Incest National Network)**

Phone: 800-656-HOPE (4673)

Website: [rainn.org](http://rainn.org)

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### **The National Hispanic Family Health Helpline**

Phone: 866-Su Familia

Website: [healthyamericas.org](http://healthyamericas.org)

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### **NIAAA (The National Institute on Alcohol Abuse & Alcoholism)**

Phone: 301-443-3860

Website: [niaaa.nih.gov](http://niaaa.nih.gov)

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### **The National Inhalant Prevention Coalition**

Phone: 207-521-9715

Website: [inhalants.org](http://inhalants.org)

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## Hotlines & Websites

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### **Partnership to End Addiction**

Phone: 212-841-5200 or Text CONNECT to 55753

Website: [drugfree.org](http://drugfree.org)

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### **SADD (Students Against Destructive Decisions)**

Phone: Toll Free 877-SADD-INC (723-3462) or 508-481-3568

Website: [sadd.org](http://sadd.org)

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### **SAMHSA (Substance Abuse & Mental Health Services)**

Phone: 800-662- HELP (4357)

Website: [samhsa.gov](http://samhsa.gov)

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### **Secular Organizations for Sobriety**

Phone: 310-821-8430

Website: [secularhumanism.org](http://secularhumanism.org)

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### **SMART Recovery (Online Addiction Help)**

Phone: 440-951-5357

Website: [smartrecovery.org](http://smartrecovery.org)

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### **12-Step Program Recovery Program Information**

Information and resources for 12 step programs

Website: [12step.org](http://12step.org)

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### **988 - Suicide & Crisis Lifeline**

If you or someone you know is struggling or needs support now, call or text 988 or chat on our Website: [988lifeline.org](http://988lifeline.org)

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### **The Recovery Village**

Online depression guide

Phone: 855-968-3923

Website: [columbusrecoverycenter.com](http://columbusrecoverycenter.com)

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## Hotlines & Websites

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### **Trans Lifeline**

24/7 support for transgender people

Phone: 877-565-8860

Website: [www.translifeline.org](http://www.translifeline.org)

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### **Treatment Coordination and Advocacy**

Phone: 888-301-9425

Website: [treatmentcoordination.net](http://treatmentcoordination.net)

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### **Trevor Lifeline (Suicide Prevention for LGBTQ Youth)**

Phone: 866-488-7386

Website: [thetrevorproject.org](http://thetrevorproject.org)

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### **Wisconsin Tobacco Quit Line (Free Services)**

Phone: 800-784-8669 (English)

Phone: 877-266-3863 (Spanish)

Website: [www.quitline.wisc.edu](http://www.quitline.wisc.edu)

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### **Women for Sobriety**

Phone: 215-536-8026

Website: [womenforsobriety.org](http://womenforsobriety.org)

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### **Youth Crisis Line**

Phone: 800-621-4000

Website: [benefits.gov/benefit/625](http://benefits.gov/benefit/625)

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### **What is covered by Medicaid?**

Find a rehab that accepts Medicaid: Call: 888-979-9592

Get your treatment covered by Medicaid: 800-362-3002

Website: [RehabCenter.net](http://RehabCenter.net)

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## Hotlines & Websites

**988** SUICIDE & CRISIS  
**LIFELINE**

**24/7 CALL, TEXT, CHAT**

Wisconsin Addiction Recovery  
 **Helpline**  
Call **211**

**HOPE Starts Here**

**Call:** 211 or 833-944-4673

**Text:** Your ZIP Code to 898211

**Search:** AddictionHelpWI.org

Available 24 hours-a-day, everyday



For additional resources and educational websites,  
go to the Healthy Minds for Lincoln County Webpage  
<http://welllincoln.org>

# 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 live 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



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

**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](mailto:kristin.bath@co.lincoln.wi.us)**

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