

Navigating the Mental Health System in Dane County

A Guide to Resources For Consumers of Mental Health Services and Their Families



National Alliance on Mental Illness

Dane County

This resource guide is produced by NAMI Dane County (National Alliance on Mental Illness), as part of our mission to provide support, education and advocacy for those affected by mental illness.

Disponible en español también

Updated January 2020

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608-249-7188
contact@namidanecounty.org

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www.froemminglaw.com

Hawks Quindel, S.C. -----257-0040

409 East Main St #500, Madison 53703
www.hq-law.com

Hill, Glowacki, Jaeger & Hughes, LLP Law Offices-----244-1354

2010 Eastwood Dr, Ste 201 Madison, 53704
<http://www.hillglowacki.com>

Houser & Osborn-----873-7781

Emily Osborn
301 W. Main St, Stoughton 53589

Murphy, Desmond S.C -----257-7181

33 E. Main St, #500, Madison 53703
www.murphydesmond.com

Neider & Boucher, S.C -----661-4500

Thomas S. Shellander
401 Charmany Dr, Ste. 310, Madison 53719
www.neiderboucher.com

Stafford Rosenbaum LLP -----256-0226

Laura Skilton Verhoff
222 W. Washington Ave, Ste. 900, Madison 53701
www.staffordlaw.com

Estate Planning/ Special Needs Trusts

Following is a list of Dane County attorneys with experience in setting up special needs trusts. Such a trust allows parents to place money in trust for a disabled person without endangering his or her public benefits. Other attorneys who would like to be listed can contact NAMI Dane County contact@namidanecounty.org.

Being listed does not constitute NAMI endorsement. We suggest you ask any attorney you approach to describe his or her experience, and how familiar the attorney is with the requirements of the public benefits program in which your offspring is enrolled. Ask for the names of clients for whom the attorney has set up special needs trusts. Don't be embarrassed to ask about the cost of setting up the trust.

Bear in mind that once a trust is established, the institution handling the trust will charge an annual fee for managing the trust funds. Investigate using the nonprofit Wisconsin Pooled and Community Trusts (WisPACT II). WisPACT is a master trust arrangement established in a cooperative effort by the Wisconsin State Bar Association and aging and disability advocates, including NAMI Wisconsin. WisPACT allows you to assign part or all of your estate for the purpose of providing supplemental funds for your mentally ill dependent after you are gone without endangering his or her eligibility for public benefits (e.g., SSI, Medicaid). For more information, contact:

WisPACT, Inc. -----268-6006
226 Corporate Dr, Madison 53704 www.wispact.org

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LEGAL ACTION OF WISCONSIN, INC -
DANE COUNTY OFFICE -----256-3304
744 Williamson St, Ste. 200, Madison 53715
www.legalaction.org

Free legal services provided to low-income persons and groups in Dane, Jefferson, Columbia, Rock, Dodge and Green Counties in such non-criminal matters as housing, welfare, consumer affairs, Social Security, disability and family law. They do *not* take criminal, traffic, bankruptcy, or fee generating cases.

WISCONSIN OFFICE OF THE COMMISSIONER OF
INSURANCE -----266-3585, 800-236-8517
125 S. Webster St, Madison 53703
oci.wi.gov

STATE PUBLIC DEFENDERS-----266-9150
17 S Fairchild St, Madison 53703
www.wispd.org

State Public Defenders provide legal representation to inmates of state institutions and to individuals who are the subject of civil commitment or protective placement proceedings.

Insurance, Legal Services, Patient Rights

DISABILITY RIGHTS WISCONSIN -----267-0214

131 W. Wilson St, #700, Madison 53703

www.disabilityrightswi.org

Advocacy services for people with disabilities on issues of abuse and neglect, patient rights, deinstitutionalization, long-term care, special education, voting rights, discrimination in employment and housing, barriers to accessibility, SSI managed care, Medicare Part D Helpline, program attorney services to disability benefit specialists, assistive technology, and access to services. They do not provide legal assistance for bankruptcies, traffic tickets, criminal cases or family law issues like child custody, child support or divorce.

EQUAL OPPORTUNITIES COMMISSION-----266-4910

Dept. of Civil Rights

210 Martin Luther King Jr. Blvd, #523, Madison 53703

Enforces the City of Madison Equal Opportunities Ordinance which prohibits discrimination in housing, employment and public accommodations.

LAWYER REFERRAL & INFORMATION

SERVICE (LRIS) -----257-4666

www.wisbar.org/forpublic

A legal assistant will analyze potential legal problems help locate the best source of help. A service of the State Bar of Wisconsin.

Navigating the Mental Health System

The mental health system in Dane County is fragmented and often confusing. It is actually several systems operating side-by-side. Sometimes they overlap; sometimes they operate in isolation from each other. So if you're feeling adrift, having difficulty finding the services you or your loved one needs, you are not alone.

The **private-care system** mainly serves those covered by health insurance or those who can afford to pay for services. This is made up of Health Maintenance Organizations (HMOs), hospitals, and care providers operating on their own.

The **public system** is supported by government funding. For school-age children, some services are available through the school system, and you can inquire about these services from your school's psychologist or counselor. Some additional resources are listed among our resource links below.

The public adult-care system is mainly for those with the lowest resources and highest needs - those who cannot afford private care, those on disability, and those who have run into trouble with the law. Much of this care is provided through Journey Mental Health Center, a nonprofit organization under contract to Dane County. Journey MHC provides some services directly and subcontracts with other nonprofit agencies for services. Unfortunately, funding of Journey MHC usually falls short of meeting the demands of the agency, so it has to give highest priority to the most urgent needs. There are waiting lists for most services. The public system also includes Access Community Health and Public Health Madison and Dane County.

Nonprofit educational, support, and advocacy groups like NAMI (National Alliance on Mental Illness) Dane County offer information, and free or inexpensive support services for those with mental illnesses and their families. NAMI's activities include support groups, classes and seminars, public education, and advocacy for better laws and mental health services. These groups can help you navigate the mental health system.

Many non-profit support services for low-income people in general, such as emergency housing and food, may be useful to persons with a mental illness.

All of these systems are aimed at treating or supporting individuals in the community. A person in crisis may be admitted to a hospital, but area hospitals are not equipped to provide more than temporary care.

Mental illness may lead to use of addictive substances such as tobacco, alcohol, or illegal drugs. The individual may rely on these substances to alleviate symptoms. But alcohol or drugs can make a mental illness worse and more difficult to treat. The illness and the addiction are best treated together, but because of the fragmentation of the health care system, this may be difficult to achieve.

Changing Approaches to Mental Illness

The law no longer permits individuals to be hospitalized without their consent - except in rare cases. The asylums where non-criminal patients could be committed against their will are gone. However, individuals with mental illness who get into trouble with the law may be ordered to undergo treatment or may be institutionalized for shorter or longer periods of time at Mendota Mental Health Institute.

It is possible to force a person to receive treatment if that person poses a threat to others or to themselves, but the legal requirements are fairly strict.

Treatments have changed dramatically over the last 25 years. Years ago, mental illness was widely seen to be caused by poor upbringing, family tensions, or simply lack of character. The main treatment was "talk therapy," where the patient met with a psychiatrist or psychologist over a long period and discussed his or her feelings and thoughts, childhood, family relationships, dreams, etc. The idea was to uncover and deal with the supposed underlying causes of the illness. This type of treatment often was beneficial but could last years and was often not effective in dealing with more acute forms of mental illness.

Mental illness has increasingly come to be seen as a brain disorder like other brain disorders such as Alzheimer's disease.

Criminal Justice System

DANE COUNTY JAIL ----- **284-6100**
115 W Doty St, Madison 53703

DANE COUNTY JUVENILE COURT ----- **283-2925**
210 Martin Luther King Jr Blvd #200, Madison 53703
www.countyofdane.com/juvenilecourt

DANE COUNTY VINE (National Victim Notification Network)
Jail Resources ----- **866-277-7477**

NEHEMIAH CENTER ----- **257-2453**
655 W. Badger Rd., Madison 53713 www.nehemiah.org
Nehemiah provides a wide array of culturally competent and relevant programs to meet the needs of men who are leaving jail or prison.

STATE PUBLIC DEFENDERS ----- **266-9150**
17 S Fairchild St, Madison 53703 www.wisspd.org
Legal representation to inmates of state institutions and individuals subject to civil commitment or protective placement.

VOICES BEYOND BARS ----- **270-9711**
313 West Beltline Hwy, Madison 53713 www.voicesbeyondbars.org
Reentry support groups for former prisoners.

MADISON-AREA URBAN MINISTRY ----- **256-0906**
2115 S Park St, Madison 53713 www.emum.org
Re-entry programs for the formerly incarcerated.

THE DEMETER FOUNDATION ----- **298-3563**
PO Box 259283, Madison 53725 thedemeterfoundation.com
Re-entry programs and advocacy for incarcerated and formerly incarcerated women.

Social Security Income, Social Security, Disability Income, Medicare, and Medicaid

SOCIAL SECURITY ADMINISTRATION -----800-772-1213

6011 Odana Rd, Madison 53719

www.ssa.gov

Complete service of all Social Security, Medicare, and Supplemental Security Income (SSI) programs. Call first for an appointment to file your initial application.

EMPLOYMENT RESOURCES INC -----246-3444

2701 International Ln, # 210, Madison, WI 53704

www.eri-wi.org

Benefits counseling to social security disability beneficiaries

LEGAL ACTION OF WISCONSIN, INC-----256-3304

744 Williamson St, Madison 53703

www.legalaction.org

Free legal services provided to low-income persons and groups in non-criminal matters, including Social Security and disability law.

Attorneys

Following is a list of Dane County attorneys who handle Social Security Disability cases, as listed in the 2007 Yellow Pages.

**Being listed does not constitute NAMI endorsement.* We suggest you ask any attorney you approach to describe his or her experience and ask about costs.

Becker Law Office, S.C-----270-9979

1334 Applegate Rd, Madison 53713

beckerlawoffice.com

Howard S. Goldman -----255-6300

119 Martin Luther King Jr Blvd, #202, Madison 53703

askhowardgoldman.com

Stafford, Neal & Soule, S.C.-----251-6045

5930 Seminole Centre Ct. Ste H, Madison 53711

staffordneal.com

Like Alzheimer's, heart disease, or breast cancer, it seems to have a genetic component and can crop up from generation to generation. Stress, especially traumatic stress, can sometimes trigger mental illness, but often mental illness occurs in people leading happy, ordinary lives.

The person with a mental illness has both physical and mental symptoms. For instance, depression can produce "physical" symptoms like tiredness, vague aches and pains, and loss of weight, along with "mental" symptoms like apathy, feelings of despair or anger, and inability to concentrate.

Modern Treatments for Mental Illness

Medications developed over the past few decades can often effectively treat even severe mental illness. The most publicized medications are lithium for bipolar disorder (manic-depression) and Prozac for depression, but there are many others. A combination of medications may be needed. In some cases, electro-convulsive therapy (ECT) may be useful. Medications and ECT are not effective in all cases, and sometimes have serious side effects, but they have allowed many people to return to their daily routines.

"Talk therapy" is still important in treatment, but the emphasis these days is on helping the person develop coping skills; learning how to deal with anger or fears. The most effective treatment for mental illness seems to be a combination of medication and talk therapy.

The psychiatrist (who has a medical degree) is given the role of diagnosing the illness and prescribing medication, while therapy is handled by a psychologist or social worker. The psychiatrist may see the patient only for 20 minutes once or twice a month (or less often) to check on how the medications are working.

Health insurance usually covers medications but often limits the amount of talk therapy it will cover. NAMI is working to expand insurance coverage for all treatment for mental illness. Research and practical experience show that exercise, good nutrition, and support from family and friends are helpful to recovery. Support groups like those offered by NAMI are helpful for many persons with a mental illness.

NAMI groups are facilitated by persons who themselves have coped with mental illness and know what group members are going through. For some individuals, meditation, prayer, and/or attending religious services can be helpful.

The Role of Families

Family members are often on the front line in dealing with the illness, and many times find themselves confused and unprepared to cope. They need their own lines of support. NAMI provides education for family members through its free classes taught by people who themselves have dealt with mental illness

in loved ones. It offers continuing support through free support groups for spouses, siblings, and parents. These are also facilitated by persons with personal experience of the challenges encountered by family members.

In addition, NAMI offers a Family-to-Family Education Program, a national curriculum for family members of adults with mental illness. NAMI Dane County offers this program twice yearly. There is no charge, but pre-registration is required.

Important things you can do for a loved one with a mental illness include:

- Loving and supporting the efforts of the family member to recover. Just "being there" and holding out hope is important for recovery over the long term.
- Seeing and treating your loved one as an individual, not as an illness.
- Learning as much as you can about the illness to better understand what your loved one is going through and what can help.
- Helping your loved one find the way through the labyrinth of the mental health system.
- Assisting in filling out various forms required for such things as applying for disability.
- Serving as an advocate for your loved one in dealing with the mental health system.
- Keeping records when the loved one is unable to do this.

HOSPITALITY HOUSE -----257-2534

1490 Martin St., Madison 53713

A multipurpose daytime resource center for employment, housing and eviction prevention for homeless and low-income persons.

YAHARA HOUSE -----280-4700

802 E. Gorham, 53703

www.mhcdc.org/yaharahouse

A membership-based program for adults with mental illness. Members contribute time and skills in a friendly, businesslike environment while becoming re-integrated into the community. Provides vocational training, transitional employment, case management and medication services.

YWCA Empowerment Center -----257-1436 ext. 3

2040 S Park St, Madison 53713

www.ywcamadison.org

Career counseling, resume development, interview training, and support groups. Specializes in working with women - particularly displaced homemakers and low-income women.

Hmong Resources

KAJSIAB HOUSE -----280-4760

3518 Memorial Dr., Madison 53704

journeymhc.org

For Hmong families to express their culture, increase their understanding of living in the US, and receive mental health help.

FREEDOM, INC. -----416-5337

1810 S. Park St, Madison 53713

freedom-inc.org

Healthy community programs for the Hmong population.

UNITED ASIAN SERVICES OF WI -----256-6400

312 N Third St, Madison 53704

Helps refugees to become self-sustaining and integrated into the US while preserving their cultural heritages and identities.

Job Training and Employment

CHRYSALIS, INC -----256-3102
1342 Dewey Ct, Madison 53703 www.workwithchrysalis.org
Provides work services for adults experiencing mental illnesses. There is no fee for Dane County residents.

DANE COUNTY JOB CENTER -----242-4900
1819 Aberg Ave, Madison 53704 www.danejobs.com
Career counseling, job training, veteran's assistance, job postings

DIVISION OF VOCATIONAL REHABILITATION-----242-4800
1801 Aberg Ave, Madison 53704 www.dwd.state.wi.us/dvr
The Wisconsin DVR provides a range of employment services to individuals with disabilities.

EMPLOYMENT AND TRAINING ASSOCIATION-----242-7402
1819 Aberg Ave, Madison 53704
Helps find employment for food stamp eligible only clients. Helps dislocated workers and homemakers determine eligibility.

EQUAL OPPORTUNITIES COMMISSION -----266-4910
210 Martin Luther King Jr. Blvd, Room 523, Madison 53703
www.cityofmadison.com/dcr/commeoc.cfm
Enforces the City of Madison Equal Opportunities Ordinance which prohibits discrimination in housing, employment and public accommodations

GOODWILL INDUSTRIES OF SOUTH-CENTRAL WISCONSIN, INC. -----246-3140
1302 Mendota St, Madison 53714 www.goodwillscwi.org
Vocational and residential services to people with disabilities and other special needs. Group homes for adults with serious mental illness.

GREATER WI AGENCY FOR AGING RESOURCES -----242-4928
Training and employment program for older adults.

WI SENIOR EMPLOYMENT PROGRAM (WISE) -----242-4928
Employment training program for low-income, unemployed individuals aged 55 and older.

- Where the family can afford it, providing financial assistance, housing, etc. if the ill person is unable to be self-supporting. If the loved one is this ill, he or she may be eligible for disability benefits.
- Advocating for better laws, fairer insurance, and increased funding for research into causes and treatments through organizations like NAMI.

None of these mean the family must be a "punching bag" for abusive or other damaging behavior brought about by the illness. Families should set reasonable, clear boundaries for behavior in the home. Since each family's situation is different, no one set of guidelines applies to all.

Resources

Consumers of mental health services and their families have a variety of needs. We hope this resource guide can help you in finding assistance.

A valuable source of information is **United Way 2-1-1**. Simply dial 211. (608-246-4357 from outside Dane County or from a cell phone.) United Way can help guide you to appropriate resources.

We strive to be accurate but cannot be responsible for mistakes or outdated information.

If you find mistakes or know of other resources you feel should be listed, please contact NAMI Dane County at 608-249-7188 or contact@namidanecounty.org.

NAMI Dane County Programs

NAMI DANE COUNTY -----249-7188

2059 Atwood Ave. Madison, 53704

www.namidanecounty.org

contact@namidanecounty.org.

NAMI Dane County is a nonprofit, grassroots organization funded by grants, donations, and membership dues. All programming is free and open to the public.

Support Groups are held in the Anderson United Way Building, 2059 Atwood Ave., Madison. All support groups are peer-led and open to the public. There is no charge and pre-registration is not required.

Connecting Support Group: For adults living with a mental illness.

Family Support Group: For family and friends of adults living with a serious mental illness.

Bipolar/ Depression Support Group: For people living with a mood disorder.

Women's Depression/ Anxiety Support Group: For women experiencing depression and/or anxiety.

Program Meetings

Informational interactive meeting designed for community education and awareness of the issues surrounding mental illness and the stigma involved. Check the website, www.namidanecounty.org for current program information or call NAMI Dane County at (608) 249-7188.

Recreational, Volunteer, and Social Opportunities

Dane County offers many recreational, volunteer, advocacy and social opportunities for the general public. This listing includes those of most interest to consumers and their families.

CORNUCOPIA -----249-7477

2 S. Ingersoll St, Madison 53703

Focuses on the arts as a means to build self-confidence, express feelings and ideas, tell stories, develop skills, educate and enhance lives. Activities range from computer and Internet training and office management to art and writing workshops, field trips, drawing classes, reading, crafts, newsletter production, board training, self-help groups and much more. Serves Dane County adults with psychiatric disabilities and their allies.

NAMI DANE COUNTY ----- 249-7188

2059 Atwood Ave., Madison 53704 www.namidanecounty.org

Support groups, library, newsletter, information and advocacy opportunities for persons with severe mental illness and their families. Volunteers serve on boards and committees, help with clerical tasks, and facilitate support groups and classes. Dane County residency is not required.

OFF THE SQUARE CLUB -----251-6901

4 N. Hancock St, Madison 53703

A daytime Drop-In Center for people living with mental illness, some of which are homeless. Resources include counseling, vocational and recreational opportunities.

UNITED WAY 2-1-1-----211

www.volunteeryourtime.org

Volunteer opportunities with over 300 nonprofit agencies.

Low-Cost or Free Medical Treatment

ACCESS COMMUNITY HEALTH CENTERS -----443-5480

www.accesscommunityhealthcenters.org

Clinics offer free or low-cost medical care. Fees based on income. Accepts Medicare, Medicaid, and private insurance.

Dental appointments ----- 443-5482

Sun Prairie Clinic ----- 825-7100

1270 W Main St., Sun Prairie 53590

Wingra Family Medical Center ----- 263-3111

1102 S Park St., Madison 53715

William T. Evjue Clinic -----204-2680

3434 East Washington Ave, Madison 53704

Joyce & Marshall Erdman Clinic -----230-7450

2202 S. Park St., Madison, 53713

DEAN FOUNDATION-BSP FREE CLINIC ----- 827-2300

2711 Allen Blvd, Middleton 53562

Free secondary health consultations for specific health needs.

PUBLIC HEALTH MADISON AND DANE COUNTY----

266-266-4821

www.publichealthmdc.com

CATHOLIC MULTICULTURAL CENTER-----661-3512

1862 Beld St, Madison, 53713

www.cmcmadison.org

A Parish Nurse can be seen about general health concerns.

TRIANGLE COMMUNITY MINISTRY -----257-8517

755 Braxton Pl. #B109, Madison, 53715 www.triangleministry.com

Reaches out to Triangle Housing residents, providing worship, Bible study, counseling, visitation, nursing care/assistance and other programs.

Educational Classes & Community Presentations

NAMI Dane County educational classes/presentations are taught by trained individuals who have experience living with mental illness, personally or as a caregiver. There is no charge. Pre-registration is required.

NAMI Basics: For parents and other family caregivers of children and adolescents who have either been diagnosed with a mental illness/emotional disturbance or who are experiencing symptoms but have not yet been diagnosed.

Ending the Silence: Introduces high school students to mental illness, stigma, and recovery.

NAMI Family-to-Family: A 12-week educational program for family members and friends of adults with a mental illness.

In Our Own Voice: Two trained speakers share compelling and personal testimonies of living with and overcoming the challenges posed by mental illness.

Peer-to-Peer: A 10-week educational program for consumers with mental illness emphasizing recovery and relapse prevention.

Mental Health & Verbal De-escalation Training: 1-3 hour training on the signs and symptoms of mental illnesses, how to recognize the early warning signs, and available support services in the community. This workshop also provides scenarios that offer specific techniques to help deescalate a mental health crisis in a workplace setting.

Library: The free library is open during office hours 8:30 a.m. – 4:30 p.m. Monday – Friday. Community members are invited to use the library and borrow books, DVDs and videos.

Hearing Voices: A one-hour workshop that simulates auditory hallucinations while participants complete various tasks

Emergency

FIRE, SHERIFF, POLICE, AMBULANCE, RESCUE-----911

DANE COUNTY SHERIFF (Dispatcher) -----266-4948
115 W. Doty Street, Madison WI 53703 www.danesheriff.com

MADISON POLICE DEPARTMENT

(Non-emergency) -----255-2345
211 S. Carroll St., Madison 53703 www.cityofmadison.com/police

UW POLICE DEPARTMENT

(Non-emergency) -----264-2677
1429 Monroe St., Madison 53711 www.uwupd.wisc.edu

CRISIS INTERVENTION -----280-2600

24-hour hotline for mental health crises
Operated by Journey Mental Health Center.

RESPIRE CENTER -----244-5700

24 emergency crisis childcare

NATIONAL SUICIDE PREVENTION LIFELINE

24 hour crisis line -----800-273-8255

NATIONAL HOPELINE NETWORK -----1-800-SUICIDE

24 hour crisis line

Food Pantries That Do Not Need A Referral (cont.)

SOLOMON'S FOOD PANTRY ----- 288-1763
S.S. Morris Community AME Church, 3511 Milwaukee St.

ST. MARK'S LUTHERAN CHURCH ----- 256-8463
605 Spruce St., Madison 53715

ST. VINCENT DE PAUL-----442-7200
2033 Fish Hatchery Road, Madison 53713

SALVATION ARMY ----- 250-2203
3030 Darbo Drive, Madison 53714

SUN PRAIRIE EMERGENCY FOOD PANTRY-----825-3875
18 Rickel Rd, Sun Prairie, 53590 www.sunprairiefoodpantry.com

THE RIVER FOOD PANTRY -----442-8815
2201 Darwin Rd, Madison, 53704 www.riverfoodpantry.org

WIL-MAR NEIGHBORHOOD CENTER -----257-4576
953 Jenifer St., Madison 53703

Other Food Programs

FOODSHARE -----888-794-5556
Provides low income customers with funds to buy food. Benefits distributed via Quest cards that work like debit cards.

MEALS ON WHEELS -----204-0923
602 N Segoe Rd, Madison, 53705
Delivery of hot, noontime meals seven days a week for those unable to prepare their own meals or do grocery shopping.

WIC (WOMEN, INFANTS AND CHILDREN) ----- 267-1111
2230 S. Park St., Madison 53713

Food Pantries

UNITED WAY 2-1-1 -----**211 or 246-4357**
Call for the most current database for resources in Dane County.

COMMUNITY ACTION COALITION -----**246-4730**
1717 N. Stoughton Road, 53704 www.cacscw.org
Many food pantries require a referral from one of these agencies.

Food Pantries That Do Not Need A Referral

ALLIED FOOD PANTRY-----**204-9722**
4619 Jenewein Rd, Madison, 53711
Must live in 53711, 53719, 53713 area zip codes.

BETHEL FOOD PANTRY-----**257-3577**
312 Wisconsin Ave, Madison 53703

CATHOLIC MULTICULTURAL CENTER-----**661-3512**
1862 Beld St., Madison 53713

EAST MADISON COMMUNITY CENTER-----**249-0861**
8 Straubel Court, Madison 53704

GOODMAN COMMUNITY CENTER-----**241-1574**
149 Waubesa St, Madison 53704

GOOD SHEPHERD LUTHERAN CHURCH-----**271-6633**
5701 Raymond Rd. Madison 53711 *Must live in 53711 or 53719*

GRACE EPISCOPAL CHURCH-----**255-5147**
116 West Washington Ave., Madison 53703

LUSSIER FOOD PANTRY -----**833-4979**
55 S. Gammon Road, Madison 53717

MT. ZION BAPTIST CHURCH-----**225-5270**
2019 Fisher St., Madison 53713

Information and Community Resources

UNITED WAY 2-1-1-----**211**
608-246-4357 (from outside Dane County, or on a cell phone)
A service of United Way of Dane County to help individuals or families find the community resources they need in a crisis.

DANE COUNTY HUMAN SERVICES ----- **242-6200**
1202 Northport Drive, Madison 53704 danecountyhumanservices.org

NAMI DANE COUNTY -----**249-7188**
2059 Atwood Ave. Madison, 53704 www.namidanecounty.org

NAMI WISCONSIN -----**268-6000**
4233 W. Beltline Hwy., Madison, 53711 www.namiwisconsin.org

NAMI NATIONAL -----**703-524-7600**
3803 N. Fairfax Dr, Arlington, VA 22206 www.nami.org

AGING & DISABILITY RESOURCE CENTER-----**240-7400**
2865 N. Sherman Ave, Madison, 53704 www.daneadrc.org
Information about services and resources and assistance in finding services to match a person's needs.

ALZHEIMERS & DEMENTIA ALLIANCE OF WI---**888-308-6251**
3330 University Ave #300, Madison 53705 www.alzwisc.org

RAPE CRISIS CENTER -----**251-7273**
2801 Coho St, #301, Madison 53713 danecountyrc.org

RECOVERY DANE -----**237-1661**
A resource center for consumers, family and friends, and professionals, to access information and support.

Help Lines and Peer Support

ALCOHOLICS ANONYMOUS - 24 hour hotline

2000 Engel St, #104, Madison, 53713 ----- 222-8989

www.aamadisonwi.org

Information, meetings and referrals for alcoholics and recovering alcoholics.

AL-ANON FAMILY GROUPS -----258-0314

alanonmadisonwi@gmail.com

Support groups for those with a family member coping with alcohol abuse.

BRIARPATCH YOUTH SERVICES *Help Line:* -----251-1126

2720 Rimrock Rd, Madison, 53713

www.youthsos.org

Crisis intervention and counseling services for homeless, runaway, and at-risk youth.

COMPASSIONATE FRIENDS -----608-213-0263

4411 Monona Dr, Madison, 53716

<http://www.tcfmadisonareachapter.com>

A self-help organization offering friendship and understanding to bereaved parents.

DOMESTIC ABUSE INTERVENTION SERVICES

24 Hr. Crisis/Hotline ----- 251-4445

2102 Fordem Ave, Madison, 53704 www.abuseintervention.org

SMART RECOVERY -----520-0458

<https://www.smartrecoverymadisonwi.org>

“Self-Management and Recovery Training” offers a science-based secular 4-Point Program for gaining abstinence from harmful addictions through free support meetings, face-to-face and online.

DUAL RECOVERY ANONYMOUS -----877-883-2332

www.draonline.org

Free Meal Sites

(Contact agencies for days and times)

SUNSHINE PLACE -----825-3875

18 Rickel Rd. Sun Prairie, 53590

CATHOLIC MULTICULTURAL CENTER -----661-3512

1862 Beld St, Madison, 53713

FIRST LUTHERAN CHURCH -----873-7761

310 E. Washington St, Stoughton, 53589

LUKE HOUSE-----256-6325

310 S. Ingersoll St, Madison, 53703

ST. JAMES LUTHERAN CHURCH-----845-6922

427 S. Main St, Verona

ST. MARK'S LUTHERAN CHURCH -----256-8463

605 Spruce St., Madison 53715

THE RIVER FOOD PANTRY -----442-8815

2201 Darwin Road, Madison 53704

THE SALVATION ARMY -----256-2321

630 E. Washington Ave., Madison 53703 Soup Kitchen, Sat.

WIL-MAR NEIGHBORHOOD CENTER-----257-4576

953 Jenifer St., Madison 53703 Saturday 11:30 a.m. to 12:30 p.m.

Free or Low-Cost Clothing

COMMUNITY CLOTHES CLOSET-----437-6114
102 E. Lincoln, Mt. Horeb, 53572

CAC DANE COUNTY

FREE CLOTHING CENTER-----246-4730
1717 N. Stoughton Rd, Madison, 53704 www.cacscw.org/clothing-center
Men's, women's, children's and infants' clothing available at one free visit per month per household. Open: T-Th 10 a.m. to 3 p.m.

GOODWILL INDUSTRIES OF SOUTH-CENTRAL WISCONSIN, INC. -----246-3140
1302 Mendota St. 53714 www.goodwillscwi.org

Madison East - 2127 East Springs Drive-----246-3147
Madison North - 2901 N. Sherman Ave-----819-8082
Madison West - 4530 Verona Road -----271-4687
Middleton - 6280 Century Ave-----820-1114
Monona - 2501 Royal Ave. -----224-0781
Portage - 2902 American Legion Drive -----745-0616
Fitchburg - 6291 McKee Rd. -----268-5160
Stoughton - 1780 US-51-----205-6870
Sun Prairie - 2111 McCoy Rd -----318-5560

MIDDLETON OUTREACH MINISTRY-----836-7338
3502 Parmenter St, Middleton, 53562
Food pantry, free clothing and furniture program; Good Samaritan emergency aid; services to older people.

ST. VINCENT DE PAUL SOCIETY

Service Center-----257-0919
Thrift Stores: www.svdpmadison.org
1309 Williamson St. -----257-0673
6301 Odana Road -----278-2924
1900 S. Park St. -----250-6370
1509 U.S. Hwy 51/138 Stoughton -----873-3655
213 S. Klein St., Waunakee -----850-6271

MADISON-AREA URBAN MINISTRY (MUM) ---- 256-0906
2115 S. Park St., Suite 2022, Madison, 53713 www.emum.org
Helps returning prisoners access employment, mental health care, housing, and other community services to rebuild a life after imprisonment. Personal and group support.

NAMI DANE COUNTY ----- 249-7188
2059 Atwood Ave. Madison, 53704 www.namidanecounty.org
Peer-led Support Groups. Free of charge, drop in.

NATIONAL SUICIDE PREVENTION LIFELINE
24 hour crisis line -----1-800-273-8255

NATIONAL HOPELINE NETWORK -----1-800-SUICIDE
24 hour crisis line

NARCOTICS ANONYMOUS
Helpline ----- 258-1747, (800) 240-0276
www.badgerlandna.org

CANOPY CENTER -----241-4888
Parent Stress Line 8 a.m. to 10 p.m., daily ----- 1-800-632-8188
2120 Fordem Ave. Ste 110, Madison, 53704

SURVIVORS OF SUICIDE -----280-2435
25 Kessel Ct. Madison, 53711
A self-help group for people who are grieving the death of a loved one by suicide.

RAPE CRISIS CENTER ----- 251-5126
24 hour Crisis Line ----- 251-7273
En Español: La Línea de Ayuda ----- 258-2567
2801 Coho St., Ste 301, Madison 53713

Child, Adolescent, and Family Services

ACCESS COMMUNITY HEALTH CENTERS ----- 443-5480

Clinics offer free or low-cost medical care based on income. Accepts Medicare, Medicaid, and private insurance.
www.accesscommunityhealthcenters.org

Wingra Family Medical Center 1102 S Park St ----- **263-3111**

William T. Evjue Clinic 3434 East Washington Ave ----- **204-2680**

Sun Prairie Clinic 1270 W Main St ----- **825-7100**

BRIARPATCH YOUTH SERVICES *Help Line:* ----- 251-1126

2720 Rimrock Rd, Madison 53704 www.youthsos.org

Free crisis intervention, counseling, transitional living, street outreach, and respite care for homeless, runaway and at-risk teens.

CATHOLIC CHARITIES, INC. ----- 826-8000

702 S. High Point Road, Ste. 209, Madison, 53719

Family, individual, marriage and alcohol/drug abuse counseling.

Provided regardless of race, religion or class.

CENTRO HISPANO ----- 255-3018

810 W. Badger Rd., Madison 53713 www.micentro.org

Social services for the Hispanic community of Dane County.

CHILDREN'S SERVICE SOCIETY OF WISCONSIN----221-3511 1716

Fordem Ave, Madison 53704

Child and Family Counseling

CHILDREN'S THERAPY NETWORK, LLC -----234-5990

639 Struck St, Madison, 53719

A therapy clinic specializing in treating children with Sensory Processing Disorders and Autism Spectrum Disorders, and others.

CONNECTIONS COUNSELING -----233-2100

5005 University Ave, Suite 100, Madison 53705

Strengths based counseling for individuals, couples, and families.

Assistance in Independent Living

ACCESS TO INDEPENDENCE -----242-8484

3810 Milwaukee St., Madison 53714 www.accesstoind.org

Resource and referral information regarding disability topics; advocacy, independent living, skills training, peer counseling.

CARE WISCONSIN -----1-800-963-0035

1617 Sherman Ave., Madison, WI 53708 www.carewisc.org

Health and support care to help older adults live independently.

CONSUMER CREDIT COUNSELING SERVICE OF MADISON FAMILY SERVICE OF DANE COUNTY -----252-1320

128 E. Olin Ave., Madison 53713 www.fsmad.org

Provides free credit counseling, budgeting help, money management programs, credit report counseling.

EAST MADISON-MONONA COALITION OF THE AGING ----- 223-3100

4142 Monona Dr., Madison 53716 emmca.org

Outreach and case management to seniors 55 or older.

ENERGY SERVICES, INC ----- 267-8601

1225 S. Park St, Madison, 53715 www.esiwi.com

Provides heating assistance to low income and elderly households. Call for an appointment.

MADISON-AREA URBAN MINISTRY (MUM) -----256-0906

2115 S. Park St, Madison 53713 www.emum.org

Helps returning prisoners access employment, mental health care, housing, and other community services to rebuild a life after imprisonment. Personal and group support.

Veteran Resources

DRYHOOTCH -----467-8277
2825 University Ave. #2 Madison, 53705 dryhootchwi.org

MADISON VET CENTER -----264-5342
1291 N. Sherman Ave. Madison, 53704
Offers individual and group readjustment counseling, referrals for benefit assistance, substance abuse information and referrals, marital and family counseling, community education, and job counseling.

VETERANS HOSPITAL
William S. Middleton Memorial Veterans Hospital -----256-1901
2500 Overlook Terrace, Madison, 53705 www.madison.va.gov
Mental health services -----280-7084
Offers family support groups, education, health care, mental health screenings, outreach services, benefits consultations, suicide prevention programs.

VETERANS SUICIDE PREVENTION HOTLINE:
(800) 273-8255 Press 1

VETS FOR VETS UW MADISON -----265-4628
veterans.wisc.edu
UW-Madison student organization; counseling referrals & resources

WI DEPARTMENT OF VETERANS AFFAIRS-----800-947-8387
2135 Rimrock Rd, Madison, 53707 www.dva.state.wi.us
Extensive information and links to programs and services.

SERVICE MEMBER SUPPORT DIVISION-----800-292-9464
Provides a three-phase program for veterans and their families.

CAREGIVER SUPPORT-----855-260-3274

COMMUNITY PARTNERSHIPS-----250-6634
1334 Dewey Ct, Madison 53703 risewisconsin.org
Provides family-based services to support children with mental illness.

THE FAMILY CENTER -----663-6154
8025 Excelsior Dr., Madison 53717
A service of Edgewood College. Provides mental health services for individual, couples and families. Sliding fee scale.

HANCOCK CENTER FOR DANCE/ MOVEMENT THERAPY
16 N. Hancock St., Madison, WI 53703 **608-251-0908**
Psychotherapy that incorporates creative and expressive movement to develop healthy self-image, communication skills, and emotional stability. Individual, group, and family sessions.

FAMILY SUPPORT AND RESOURCE CENTER -----237-7630
101 Nob Hill Rd., Ste. 201, Madison 53713 www.fsrcdane.org
Community inclusion program. Provides a variety of supports for Dane County families who have children with disabilities.

JEWISH SOCIAL SERVICES OF MADISON -----442-4081
6434 Enterprise Ln. Madison 53719 www.jsmadison.org
Advocacy, counseling, case management services, financial management, refugee resettlement. The agency serves all residents of Dane County of all ages.

JOINING FORCES FOR FAMILIES -----242-6325
Dane County Dept. of Human Services
Provides voluntary services to youth/families such as information for employment, housing, food, clothing, mental health services, or school assistance.

ALLIED (Cherokee & Toki) ----- 273-6342
BADGER/MAGNOLIA (Cherokee & Jefferson) ---- 261-9764
DEFOREST ----- 846-9603
LEOPOLD/POST ROAD ----- 273-6953
MIDDLETON/WEXFORD RIDGE ----- 842-2108

WI HEIGHTS/CROSS PLAINS ----- 795-2103
OREGON/MCFARLAND/BELLEVILLE----- 835-4188
SOUTHWEST MADISON ----- 273-6622
STOUGHTON/CAMBRIDGE/DEERFIELD ----- 873-2180
SUN PRAIRIE/MARSHALL/COTTAGE GROVE ----- 825-3225
NORTHEAST/ TRAUX (Sherman) ----- 240-2045
RIMROCK/SOUTHDALE ----- 273-6676
SOUTHWEST MADISON ----- 273-6622
VERONA/MT HOREB ----- 848-2108
WAUNAKEE / DANE ----- 849-9093

KATIE BECKETT PROGRAM ----- 288-9808
 A special eligibility process that allows certain children with long-term disabilities to obtain WI Medicaid card.

LUTHERAN SOCIAL SERVICES -----277-0610
 6314 Odana Ct. Madison 53719 www.lsswis.org
 Individual, couples, and family therapy and counseling; Home and community-based services, adoption, and residential services

JOURNEY MENTAL HEALTH CENTER ----- 280-2700
 25, 37 and 49 Kessel Ct. Madison 53711
www.journeymhc.org

Child, Adolescent, Family Services ----- 280-2520
24-hour crisis phone -----280-2600

MERITER HOSPITAL
Adolescent & Child Inpatient Unit ----- 417-8777
 8102 Wellness Way, Madison 53719 www.meriter.com
 Inpatient psychiatric care for adolescents and children.

NEWSTART Adolescent Program -----417-5300
 202 S. Park Street, Madison 53715
 Chemical dependency rehabilitation program.

THE SALVATION ARMY ----- 256-2321
 Shelter and offices: 630 E. Washington Ave., Madison 53703
www.salvationarmydanecounty.org

Gatekeeper for Dane County homeless assistance programs. Shelter for families, shelter for single women, Saturday evening soup kitchen, 30-child capacity day care center, a food pantry, and a mobile/ disaster feeding kitchen.

SETON HOUSE ----- 819-1061
www.svdpmadison.org/seton.html
 Transitional housing for single women and women with children.

TENANT RESOURCE CENTER ----- 257-0006
 1202 Williamson Street, Suite 102, Madison, WI 53703
www.tenantresourcecenter.org
 Free counseling for tenants and landlords about rental rights and responsibilities. Information on state and local rental laws and regulations and lease screening services, mediation services

YWCA -----257-1436
 101 E. Mifflin Street, Madison, 53703 www.ywcamadison.org
 Apartments for single women, emergency shelter for homeless women and families, and education and training to ensure economic security for women

WOMEN IN TRANSITION ----- 244-2046
 2842 Moland St. Madison, 53704
 For women with mental illness. Medication supervision, assistance with ADL and job services

MEN'S DROP-IN SHELTER ----- **255-2960**
116 W. Washington Ave. (Grace Episcopal Church), Madison 53703
Provides nightly shelter, two meals per day, and shower and laundry facilities.

MOVIN' OUT ----- **251-4446 x7**
902 Royster Oaks Dr, Madison 53714 www.movin-out.org
Helps people with disabilities establish and maintain their own homes

PORCHLIGHT, INC. ----- **257-2534**
306 N. Brooks St, Madison 53715 www.porchlightinc.org
Low-cost transitional and permanent housing, counseling, and other resources to homeless persons and those at risk of becoming homeless. Provides single room occupancy (SRO) affordable housing for men and women. Additional support services, counseling, food pantry and loan funds are available to residents.

PORT ST. VINCENT ----- **257-2036**
221 S. Baldwin St, Madison 53703 www.svdpmadison.org/port.html
Emergency shelter & transitional housing for men with mental illness.

HOPE HAVEN CHRIS FARLEY HOUSE ----- **255-5922**
Transitional housing for adult men coming out of AODA treatment.

SAFE HAVEN----- **241-9447**
4006 Nakoosa Trail, Madison 53714
Provides emergency shelter for adult men and women with serious mental illness.

TELLURIAN TRANSITIONAL HOUSING ----- **222-7311**
300 Femrite Dr., Madison, 53716
Transitional housing and services to chronically homeless families and homeless adults with mental illness and/or AODA issues.

CANOPY CENTER-----**241-4888**
Parent Stress Line 6 a.m. to midnight, daily -----**1-800-632-8188**
1457 E. Washington Ave., Suite. 102, Madison, 53703
www.canopycenter.org

Prevention and treatment of child abuse, resources for those affected by incest and abuse. Support groups, counseling, teen activities.

FACE-KIDS ----- **826-8010**
702 S. High Point Rd. Ste 105, Madison 53719
Mental health group services to children for area schools, neighborhood centers, and community agencies.

RESPITE CENTER ----- **244-5700**
2120 Fordem Ave., Madison 53704 www.risewisconsin.org
24-hr. emergency/crisis child care. Child care services (birth through 14) for families in crisis or under stress. Sliding fee scale; no one denied services because of inability to pay.

THE RAINBOW PROJECT ----- **255-7356**
Child and Family Counseling and Resource Clinic
831 E. Washington Ave. Madison 53703 www.therainbowproject.net
Mental health services to young children and their families. Expertise in parent-child relationships and dysfunctional families. Community and parent education training on effects, treatment and prevention of child abuse, neglect, domestic abuse, child sexual abuse and other risk factors and stresses.

WI ALLIANCE FOR INFANT MENTAL HEALTH ----- **442-0360**
133 S. Butler St., Madison 53703
Promotes the healthy social and emotional development of children from birth to age 5.

WISCONSIN FAMILY TIES ----- **267-6888**
16 N. Carroll St., # 230, Madison 53703 www.wifamilyties.org
For families that include children and adolescents with emotional, behavioral and mental disorders.

Adult Mental Health Services

ACCESS COMMUNITY HEALTH CENTERS ----- 443-5480

Clinics offer free or low-cost medical care based on income. Accepts Medicare, Medicaid, and private insurance.

www.accesscommunityhealthcenters.org

ANESIS THERAPY CENTER -----268-6530

Mental health, substance abuse and case management services to individuals, families and couples.

CATHOLIC CHARITIES, INC. ----- 256-2358

702 S High Point Rd #209, Madison, WI 53719 ccmadison.org

Family, individual, and marriage counseling, as well as alcohol and drug abuse treatment.

CENTRO HISPANO ----- 255-3018

810 W. Badger Road, Madison 53713 www.micentro.org

Provides social services to the Dane County Hispanic community.

THE FAMILY CENTER ----- 663-6154

8025 Excelsior Dr. (Sliding Fee Scale)

Mental health services for individuals, couples and families.

FAMILY SERVICES MADISON----- 252-1320

128 E. Olin Ave. Madison 53713 www.fsmad.org

Mental health services for child and family problems, perpetrators and victims of family violence.

JEWISH SOCIAL SERVICES OF MADISON ----- 442-4081

6434 Enterprise Lane, Madison 53719 www.jssmadison.org

Advocacy, counseling, case management services, financial management, refugee resettlement.

PSYCHIATRIC SERVICES-----238-9354

2727 Marshall Ct, Madison, WI 53705 www.psychsvcs.com

Counseling and psychiatry services.

Housing and Shelter

COMMUNITY ACTION COALITION ----- 246-4730

1717 N. Stoughton Rd, Madison 53704 www.cacscw.org

Housing case management, mediation with landlords and referrals.

MADISON COMMUNITY DEVELOPMENT AUTHORITY

HOUSING OPERATIONS -----266-4675

215 Martin Luther King, Jr. Blvd. Rm 120, Madison 53703

www.ci.madison.wi.us/formshousing

Public housing located throughout the city. Program whereby eligible Section 8 participants receive vouchers for rent.

DOMESTIC ABUSE INTERVENTION SERVICES

(DAIS) -----251-4445 or 1-800-747-4045

2102 Fordem Ave. Madison <http://abuseintervention.org>

Emergency shelter for domestic abuse victims and their children.

HOLLY'S HOUSE -----873-1612

1902 Spring Rd. Stoughton WI 53589

Transitional Housing Program for single women with 6 months of sobriety. Must have a referral from a homeless service agency.

HOUSING INITIATIVES -----277-8330

1110 Ruskin St., Madison 53704 www.housinginit.org

Housing resources for homeless people with mental health issues.

HOUSING NAVIGATION -----828-8093

housingnavigation.org

THE ROAD HOME -----294-7998

890 W Wingra Dr, Madison 53715 www.trhome.org

Temporary overnight lodging, meals and other assistance to homeless families with children

MIDWEST CENTER FOR PSYCHOTHERAPY & SEX THERAPY
237-8000
midwestcentertherapy.com
6300 University Ave. #125 Middleton 53562

NEWSTART---Meriter Hospital ----- 417-8144
1015 Gammon Ln, Madison
www.unitypoint.org/madison/newstart-adult-services
Out-patient & in-patient substance abuse care, and detoxification.

TELLURIAN UCAN www.tellurian.org
Alcohol and Drug Abuse Rehabilitation Center ----- 222-7311
300 Femrite Dr. Madison 53716
Detoxification Center ----- 223-3311
2914 Industrial Drive 53713. In-patient alcohol detoxification.
Community Intervention Team ----- 258-3446
1053 Williamson St. 53703. Assessment and case management

LGBTQ+ Resources
nami.org/glb

OUTREACH ----- 255-8582
2701 International Lane, Suite 101, Madison WI 53704
www.lgbtoutreach.org
Peer counseling and support groups for the LGBTQ population.

GSA FOR SAFE SCHOOLS ----- 661-4141
122 E Olin Ave #100, Madison 53713 www.gsafewi.org
Youth leadership and training for educators

GLBT HELP LINE ----- 1-888-340-4528

LGBT YOUTH PEER LINE (4-10pm) ----- 1-800-399-7337

HANCOCK CENTER FOR DANCE/ MOVEMENT
THERAPY -----608-251-0908
16 N. Hancock St., Madison, WI 53703 www.hancockcenter.net
Psychotherapy that incorporates creative and expressive movement to develop healthy self-image, communication skills, and emotional stability. Individual, group, and family sessions.

SANKOFA BEHAVIORAL & COMMUNITY HEALTH---285-9101
1955 W Broadway #105 Monona, 53713
www.sankofabch.org

MENDOTA MENTAL HEALTH INSTITUTE -----301-1000
301 Troy Dr. Madison, 53704
www.dhs.wisconsin.gov/mendota

JOURNEY MENTAL HEALTH CENTER ----- 280-2700
25, 37 and 49 Kessel Ct. Madison, WI 53711
www.journeymhc.org
24-hour crisis line ----- 280-2600
Integrated Treatment ----- 280-2700

MERITER HOSPITAL --Adult Psychiatry Unit ----- 417-5330
1 East - 202 S. Park St., Madison 53715
www.meriter.com/mhs/HOSPITAL/psychiatry.htm
Hospital Switchboard----- 417-6000

OPEN DOOR CENTER FOR CHANGE ----- 827-7220
6502 Grand Teton Plaza #102, Madison, WI 53719
www.opendoorcfc.com

PACT (Program of Assertive Community Treatment) ----- 266-0721
600 Williamson St., Suite A&B, Madison 53703
www.dhs.wisconsin.gov/mendota/programs/pact
Community treatment for adults and adolescents, particularly persons with schizophrenia and/or with a dual diagnosis of a major mental illness and alcohol or drug abuse.

ST MARY'S HOSPITAL--Psychiatry Unit -----258-6697

700 South Park St., Madison 53715

Hospital Switchboard----- 251-6100

UW HOSPITAL -In-Patient Psychiatry ----- 263-7525

600 Highland Avenue, B6/5, Madison 53792

Main Switchboard-----263-6400

VA HOSPITAL

William S. Middleton Memorial Veterans Hospital ----- 256-1901

2500 Overlook Terrace, Madison 53705 www.madison.va.gov

Madison Vet Center ----- 264-5342

1291 N Sherman Ave, Madison 53704 www.madison.va.gov

Readjustment counseling, referrals for benefit assistance, substance abuse help, marital and family counseling, community education, and job counseling.

VA Community Support Program ----- 280-7195

306 N. Brooks St., Madison 53715 www.madison.va.gov

WISPIC (Wisconsin Psychiatric Institute and Clinic) ----- 232-3171

6001 Research Park Blvd., Madison 53719

CONNECTIONS COUNSELING ----- 233-2100

5005 University Ave., Suite 100, Madison 53705

Strengths based counseling for individuals, couples, and families.

ROGERS BEHAVIORAL HEALTH ----- 238-4411

406 Science Drive, Suite 110, Madison 53711 rogersbh.org

Partial hospitalization & therapies for eating disorders, depression & anxiety disorders.

SOAR CASE MANAGEMENT ----- 287-0839

2132 Fordem Ave., Madison 53704

Alcohol/ Drug Abuse Treatment and Support

ALCOHOLICS ANONYMOUS 24-hour hotline ----- 222-8989

2000 Engel St., Suite 104, Madison 53713 www.aamadisonwi.org

Information and meetings for alcoholics and recovering alcoholics.

AL-ANON/ALATEEN FAMILY GROUPS -----258-0314

Support groups for families of people coping with alcohol abuse.

ARC COMMUNITY SERVICES, INC. ----- 278-2300

2001 W. Beltline Hwy, #102, Madison 53713

Drug and alcohol outpatient services for women.

CONNECTIONS COUNSELING ----- 233-2100

5005 University Ave., Suite 100, Madison, WI 53705

connectionsounseling.com

Outpatient AODA and Mental Health services.

PICADA ----- 252-1320

Information, referral and screenings for AODA programs. Community prevention, education training and consultation.

HOPE HAVEN REBOS UNITED, INC ----- 441-0204

3602 Memorial Dr, Madison, WI 53704 www.hopehavenhelps.org

(No one is turned away for lack of funds)

Residential alcohol/ drug treatment center.

LUTHERAN SOCIAL SERVICES ----- 277-0610

6314 Odana Rd. Madison 53719 www.lsswis.org

SMART RECOVERY----- 520-0458

www.madisonSMARTRECOVERY.org

Support meetings for abstinence from harmful addictions.