

Resources for You in Polk County and Surrounding Areas

Individual, Family and Group Counseling Resources	
<p><u>Amery Hospital & Clinics-Behavioral Health Center</u> Amery, Clear Lake & Turtle Lake 715-268-8000</p> <p>Mental health counseling, psychological testing and evaluation. Requires a referral from an AHC provider. www.amerymedicalcenter.org</p>	<p><u>Osceola Medical Center</u> Osceola 715-294-2111</p> <p>Mental health counseling for individuals or family. www.myomc.org</p>
<p><u>Aurora Community Services</u> 888-301-5897</p> <p>Provides a full spectrum of individualized services to persons with developmental disabilities, mental health issues, dual diagnoses, and individual counseling services. www.auroraservices.com</p>	<p><u>Peace Tree Counseling, LLC</u> Osceola & River Falls 715-755-2233</p> <p>Wide variety of counseling services for the entire family, including drug and addiction counseling. www.peacetrecounseling.com</p>
<p><u>Families First Counseling</u> Siren, Amery Area In-Home Counseling 715-349-8913</p> <p>Individual and family therapy. Trauma therapy. In home providers.</p>	<p><u>Polk County Behavioral Health</u> Balsam Lake 715-485-8400</p> <p>Provides outpatient mental health counseling including emergency counseling and psychiatric care. www.polkcountybehavioralhealthdept.org</p>
<p><u>Family Therapy Associates LLC</u> St. Croix Falls, New Richmond & Others 715-246-4840</p> <p>Provides counseling and therapy services for individuals, couples and families. www.ftacounseling.com</p>	<p><u>St. Croix Regional Behavioral Health</u> St. Croix Falls, Frederic & Balsam Lake 715-483-0243</p> <p>Mental health services for families, children and adolescents including AODA counseling. Requires a referral from a SCRMC provider. www.scrmc.org</p>
<p><u>Inner Peak Counseling & Consulting</u> Amery 715-994-2776</p> <p>Helping individuals, families, teams and organizations reach new peaks. Counseling & consultation. www.innerpeakcounseling.com</p>	<p><u>Thoen Counseling Services LLC</u> Osceola 612-554-8914</p> <p>All ages. Individual, family and play therapy. Full range of psychological testing. AODA services. www.thoencounseling.com</p>
<p><u>Midwest Psychological Services</u> Hudson 715-381-1980</p> <p>Our team of clinicians provide mental health services for individuals, couples and families in a caring atmosphere. www.midwestpsychological.com</p>	<p><u>Travis Hinze, Ph.D.</u> Osceola, Spooner, Grantsburg 800-994-4693</p> <p>Provides comprehensive psychological evaluations and individual psychotherapy. www.hinzephd.com</p>
<p><u>Northlakes Community Clinic</u> Turtle Lake 715-986-2640</p> <p>Counseling services for children, adolescents, adults, seniors, and veterans. www.northlakesclinic.org/turtle-lake-clinic</p>	<p><u>Western Wisconsin Health</u> Baldwin, Hudson & Roberts 715-684-1111</p> <p>Offering a full range of child, adolescent, individual, family, couples and therapy services. Assessment of mental, cognitive and behavioral health available. www.wvhealth.org</p>
<p><u>Northwest Counseling & Guidance Clinic</u> Amery 715-349-2829</p> <p>Day Treatment and Residential services. www.nwcgc.com</p>	<p><u>Whole Life Services</u> Amery 715-939-1248</p> <p>Counseling services.</p>

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Health Benefits Specialist

Polk County Family Health Benefits Counseling

Great Rivers Consortium

888-283-012

Or Polk County at

715-485-8400

economicsupport@polkcountywi.gov

At the Wisconsin Department of Health Services (DHS), we are dedicated to serving people across the state. We help those who are eligible for benefits through our state and federal programs. These programs include Medicaid, BadgerCare Plus, FoodShare, and others.

National Resources & Hotlines

988 Suicide & Crisis Hotline

Call or text 988

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

SAMHSA's National Hotline

1-800-662-HELP (4357)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

National Alliance on Mental Illness Hotline

1-800-950-NAMI (6264)

Text "HelpLine" to 62640

helpline@nami.org

HelpLine volunteers are working to answer questions, offer support and provide practical next steps regarding mental illness. Monday through Friday, 9 AM – 9 PM.

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