

Crisis Lines: 24/7 Access

Suicide and Crisis Lifeline:

call or text 988

live chat @ 988lifeline.org

Wisconsin Milkweed Alliance

Warmline:

715-505-5641

This is a line run by “peers,” generally those who have had their own experiences of trauma.

Veterans Crisis Line:

Dial 988, then press 1

Text 838255

The Trevor Project (LGBTQIA2S+):

1-866-488-7386

Text START to 678-678

Farmer Wellness Helpline:

888-901-2558



For more information on JONAH or our Mental Health Task Force visit



jonahjustice.org



[jonahjustice.org/
mental-health/](http://jonahjustice.org/mental-health/)



[facebook.com/
JONAHCV](https://facebook.com/JONAHCV)

Our Partners:

NAMI Chippewa Valley

Wisconsin Milkweed Alliance

Eau Claire Health Alliance

Health Dunn Right



Mental Health Resources for Rural Wisconsin:

A guide on digital and phone accessibility for support groups, crisis response, virtual counseling and more!

Counseling

Nystrom & Associates - Eau Claire

Online Therapy:

534-444-4562

nystromcounseling.com/service-locations/eau-claire-online-therapy/

Wisconsin Farmers & Family Tele-Counseling:

Contact Farmer Wellness Helpline to schedule or obtain a counseling voucher
888-901-2558

Collaborative Counseling Telehealth Services - Eau Claire:

763-210-9966

collaborativemn.com/counseling-services/telehealth-services

Marriage and Family Health Services Telehealth Therapy - Eau Claire:

715-832-0238

marriageandfamilyhealthservices.com/services

Synergy Therapy Online - Wisconsin

612-642-1355

synergytherapy.com/online-counseling-in-wisconsin/



Crisis Services:

A crisis hotline is a 24/7 phone number to get people free immediate emergency telephone counseling. Professionals provide confidential support for people in distress and crisis resources for you or your loved ones.

Counseling:

Teletherapy, also known as online therapy or e-counseling, involves providing mental health services and support over the internet. Services can be offered through email, text messaging, video conferencing, online chat, messaging, or internet phone.

Support Groups:

Virtual support groups are free, safe spaces to connect with people who have “been there”: substance and alcohol recovery, grief, health struggles, and general mental health. Virtual support groups offer a way to bring those in need of support together, regardless of their location.

Support Groups

NAMI Wisconsin:

Peer Support, Family Support, Family-to-Family, and Speciality Support Groups

namiwisconsin.org/support-and-education/being-together/

Upper Midwest Agricultural Safety and Health Center:

Provide resources to help farmers, farm families, and women in agriculture weather stress. Options include online “coffee” chats, resiliency circles, and resiliency webinars.

<https://umash.umn.edu/resiliency-programs/#WEBINARS>

Online Farmer and Farm Couple Support Groups:

datcp.wi.gov/Pages/AgDevelopment/FarmerMentalHealthWellness.aspx

Larry Winter - Certified Peer Specialist :

715-226-1722

Zoom meeting every
Thursday 6:00-7:00pm

<https://superhumanbeing.net/thursday-zoom-event/>



AODA Resources

Chippewa Valley Recovery:

Zoom and in-person available
Alcoholics Anonymous, Narcotics Anonymous, Gamblers Anonymous, Al-Anon Family Groups, Celebrate Recovery, and SMART Recovery meetings.

<https://chippewavalleyrecovery.org/index.php>

Chippewa Valley Area Of Narcotics Anonymous:

Helpline 1-888-543-0924

<https://chippewavalley-na.org/meetings/>

Alcoholics Anonymous District 05:

715-835-5543

<http://www.district05.org/meetings>

SAMHSA - Substance Abuse and Mental Health Services Administration:

Find a Support Group or Local Program for Mental Health, Drugs, or Alcohol

<https://www.samhsa.gov/find-support/health-care-or-support/support-group-or-local-program>

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Veteran Resources

Charlie Health:

Virtual Intensive Outpatient Program for active military, veterans and their families with personalized treatment programs from home.

bit.ly/3UCm9XT

VA Telehealth:

Video and phone telemental health options. Connect with a local VA provider to learn about their telehealth options.

<https://www.va.gov/find-locations/>

Online Veteran Training:

VA courses are free and confidential. They offer a variety of courses covering: sleep issues, problem-solving skills, anger management, parenting, and other helpful courses.

<https://www.veterantraining.va.gov/>

VA Mental Health App Store:

Mental health support wherever you are, whenever you need it. VA apps help manage PTSD symptoms and stress, learn mindfulness, cope with depression, and more.

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