



# Mental Health Crisis Resources

FOR HEALTH

FortHealthCare.com/BehavioralHealth

**JEFFERSON  
COUNTY**  
WISCONSIN

Jefferson County Human Services  
Intake–Crisis: (920) 674-3105  
If you are calling after 5:30pm,  
weekends, or holidays please press  
7 to be connected to the crisis worker  
on call.



Text "HOPELINE" to 741741  
on mobile devices;  
24/7 Resource



24/7 Resources:  
988 Suicide & Crisis Lifeline: Call or Text  
988 OR Lifeline Chat:  
<https://suicidepreventionlifeline.org/chat/>

### Preferred Providers

Provider	Phone	Location	Services Offered
<b>Paquette Center</b>	262-473-0670  Email: <a href="mailto:info@paquette.com">info@paquette.com</a> or <a href="mailto:whitewater@paquette.com">whitewater@paquette.com</a>  Website: <a href="https://paquette.com/contact-us/">https://paquette.com/contact-us/</a> (contact us --> new clients start here --> new client form)	Whitewater	MH, AODA Therapy, Group Treatment, DBT, Psychological Testing and Evaluations Age 5 to Geriatric
<b>Synapse Solutions Mental Health Services</b>	608-580-0031	Janesville	Therapy, ADHD Assessment, Neurological & Psychological Evaluations  Children to Adult
<b>Family Resource</b>	920-261-4100	Watertown	MH, AODA Therapy, ADHD Assessment, Neuropsychological evaluations Age 4 to Adult

### Area Providers

Provider	Phone	Location	Services Offered
<b>Fort HealthCare Center for Behavioral Health</b>  *FHC Primary Care Provider required to be added to waitlist	920-563-9542	Fort Atkinson, Whitewater	MH Therapy Psychiatry, School Based Therapy Age 5 to Adult
<b>The Center</b>	608-274-8294	Fort Atkinson	MH, AODA, Christian Counseling Therapy, Age 5 to Geriatric
<b>Hidden Path Counseling Jill Mallin, Ph.D.</b>	920-397-4015	Fort Atkinson	MH, Eating Disorders, Gender Identity, Therapy Teens and Adults
<b>Thrive Psychology, LLC</b>	920-645-0917	Fort Atkinson	MH Therapy Age 15 to Geriatric
<b>Counseling Outside of the Box, LLC</b>	608-235-7375	Fort Atkinson	MH Therapy <b>(Telehealth appointments only at this time)</b> Age 6 to Adult
<b>Quast Counseling Services</b>	262-607-0070	Fort Atkinson	EMDR, DBT, ACT Age 11-60 (Cannot accept Medicare)
<b>Behavioral Health Clinic</b>	715-842-9500	Fort Atkinson	MH Therapy, Psychological Evals Autism, Learning Disorders, Specialty Evaluations Age 3 to Adult
<b>Laura Mathis, PsyD</b>	920-397-6006 920-547-4770	Palmyra	MH Therapy Kids to Adults <b>(Mon-Thurs daytime hours only)</b>
<b>Restoring Balance Counseling, LLC</b>	920-674-5050	Jefferson	MH Therapy Age 5 to Adult
<b>Jefferson Co. Human Services</b>	920-674-3105 Press option 7 for Crisis Press option 2 for intake	Jefferson	Intake worker will assess and refer for services
<b>Oak Tree Child and Family Services, LLC</b>	608-215-7767, 920-541-3078	Fort Atkinson	MH Therapy Age 2 to Adult + Families; Play Therapy and Sensory Room, Marriage Therapy
<b>Family Resource</b>	920-261-4100	Watertown	MH, AODA Therapy Age 4 to Adult
<b>Family Tree Counseling</b>	608-868-5122	Milton	MH, AODA, Gambling, Marriage Therapy Age 7 to Adult
<b>Directions Counseling</b>	920-262-4800	Watertown	MH, AODA Therapy Age 15 to Adult Psychiatry - Age 18 to Adult
<b>Serenity Mental Health (Cannot accept Medicare)</b>	920-545-4357	Watertown	MH, AODA, Marriage Age 5 and older

<b>Opening Doors Together, LLC</b>	608-630-5696	Lake Mills	MH Therapy (children-Adult) *Advise of dog allergies when booking appointment
<b>Resonating Change, Inc. Venessa Farn</b>	920-376-9854	Lake Mills	MH, AODA Therapy EMDR, Sex Therapy, Transgender Issues, Music Therapy Teens to Adults
<b>Cambridge Counseling</b>	608-423-4700	Cambridge	MH, AODA Therapy Age 7 to Adult
<b>Credence Counseling</b>	262-723-3424	Elkhorn	MH, AODA Therapy Age 7 to Adult
<b>Genesis Counseling</b>	608-757-0404	Janesville	MH Age 5 to Adult
<b>Crossroads Counseling</b>	608-755-5260	Janesville	MH, AODA Therapy & Day Programs Age 5 to Adult
<b>Associates in Psychotherapy</b>	608-752-7255	Janesville	MH, AODA Therapy, DBT & EMDR Age 2 to Adult
<b>Mercy Options</b>	608-756-5555	Janesville	MH, AODA Therapy 14 and older Autism therapy call: 608-756-8226
<b>Mercy Options</b>	608-756-6545	Janesville	IOP, ADT and WINGS Age 18 and Up
<b>Rock County Human Services</b>	608-757-5200 <b>(Accepts Medicaid patients and uninsured)</b>	Janesville	MH, AODA Therapy, IOP All Ages
<b>Morning Star Psychotherapy</b>	262-458-2525	Whitewater	MH, AODA Therapy Couple Therapy and Life Coaching Age 6 to Geriatric
<b>Paquette Center</b>	262-473-0670	Whitewater	MH, AODA Therapy, Group Treatment, DBT, Psychological Testing and Evaluations Age 5 to Geriatric
<b>Walworth County Human Services (Must be a Walworth County resident)</b>	262-741-3200	Whitewater	MH, AODA Therapy, Family Therapy, CSP Age 13 to Adult
<b>Winther Counseling Lab UW-Whitewater</b>	262-472-2842	Whitewater	MH, AODA Therapy Age 5 to Adult <b>(Closed during the Summer; opens September)</b>
<b>Dr. Suzanne L. Popke, Ed.D., LPC</b>	262-490-6067	Whitewater	MH Therapy, Psychological Evals Autism, Learning Disorders Age 3 to Adult
<b>Community Medical Services</b>	608-709-1063	Madison	Addiction treatment, AODA therapy
<b>Madison Psychiatric Associates</b>	608-274-0355	Madison	MH Therapy, Psychiatry, Psychological/Neuropsychological testing

<b>JR Lee Psychotherapy &amp; Performance</b>	608-719-3763 <a href="https://jrleepsych.org">https://jrleepsych.org</a>	Edgerton	CBT-I DOT Substance Abuse Evaluations Injury Recovery & Sport Psychology Assessment, Consulting, and Professional Services
<b>Virtual Therapy-A brighter Day Charity</b>	TEXT "BRIGHTER" to 741741	Virtual	MH Therapy Crisis counselors
<b>Ellie Mental Health</b>	414-667-5809 <a href="http://elliementalhealth.com">elliementalhealth.com</a>	Waukesha Virtual	MH Therapy
<b>Healing Your Mind Counseling</b>	920-542-5044	Fort Atkinson	MH Therapy
<b>Aspire Therapy</b>	608-556-6120 <a href="http://www.AspireWisconsin.com">www.AspireWisconsin.com</a>	Verona East Madison	MH Therapy School aged to 18
<b>Enlightened Ways Therapy</b>	608-299-7669	Beloit	MH Individual, couples, family and group psychotherapy
<b>Nystrom &amp; Associates</b>	651-628-9566	Appleton Eau Claire Green Bay Greenfield Hudson Township La Crosse Madison Oshkosh  Virtual	MH therapy (Individual, marriage/couples, children, and family) DBT, Psychiatry, Psychological testing  Children through adulthood