

# COUNSELING RESOURCES

## **Aspen Family Counseling**

2639 New Pinery Road, Suite 1  
Portage, WI 53901  
(608) 742-5020  
[www.aspenfamilycounseling.com](http://www.aspenfamilycounseling.com)

## **Compass Counseling**

1508 New Pinery Road  
Portage, WI 53901  
(608) 745-4900  
[www.compasscounseling.info](http://www.compasscounseling.info)

## **Foundations Counseling Center LLC**

(In-home counseling)  
619 River Street, Suite F  
Belleville, WI 53508  
(608) 424-9100  
[www.foundationscc.com](http://www.foundationscc.com)

## **Poynette Counseling and Psychotherapy**

415 N. Main Street, Suite 3  
Poynette, WI 53955  
(608) 635-2146  
(800) 261-9297  
[www.poynettecounseling.com](http://www.poynettecounseling.com)

## **Pauquette Center:**

2901 Hunters Trail  
Portage, WI 53901  
(608) 742-5518  
<http://pauquette.com>

1343 Park Avenue  
Columbus, WI 53925  
(920) 623-5578

## **Affiliated Counseling Center, LLC**

108 N. Lincoln Ave.  
Beaver Dam, WI 53916  
(920) 887-8751  
[www.affiliatedcounselingcenter.net](http://www.affiliatedcounselingcenter.net)

## **Psychiatric Associates**

200 Front St.  
Beaver Dam, WI 53916  
(920) 885-2780

## **New Start (AODA)**

1015 Gammon Lane  
Madison, WI 53719  
(608) 417-8144  
<https://www.unitypoint.org/madison/>

## **Connections Counseling (AODA)**

5005 University Ave Ste 100  
Madison, WI 53705  
(608) 233-2100  
<https://connectionsounseling.com/>

## **Gateway Recovery-UW Health (AODA)**

25 Kessel Ct.  
Madison, WI 53711  
(608) 278-8200

## **Transitions Behavioral Health, LLC (In-home counseling)**

317 DeWitt Street  
Portage, WI 53901  
(608) 745-1751  
[www.tbhllc.com](http://www.tbhllc.com)

## **Samaritan Counseling Center**

109 First Street  
Lodi, WI 53555  
(608) 279-3933  
[www.samaritancounselingcenterwi.org](http://www.samaritancounselingcenterwi.org)

Residents of Columbia County have access to emergency mental health services 24 hours a day.  
24 Hour Mental Health and AODA Crisis Line: Northwest Connections 1-888-552-6642

## **Other Resources**

### **National Youth Crisis Hotline**

1-800-442-HOPE

1-800-448-4663

National Network of hotline for people in crisis and having thoughts of suicide.

### **Hope House**

Office 720 Ash St., PO Box 557, Baraboo, WI 53913

(608) 356-9123

Mon-Fri 8 am-4pm

Toll Free: 1-800-584-6790 Crisis Line- (608) 356-7500

24 hour Confidential Helpline

Provides shelter and advocacy (e.g. counseling, safety planning, legal assistance, support groups) to people affected by domestic violence and sexual assault, and provides education to community members on these issues in Columbia, Sauk, Marquette, Adams and Juneau counties.

### **Runaway and Youth Services**

Lutheran Social Services of Wisconsin and Upper Michigan

24-Hour Helpline~Free and Confidential: 1-855-577-7297

Runaway and Homeless Youth Services (RAYS) serves youth ages 11-17 and their families through crisis intervention, short term counseling, street/community outreach and education, a 24-hour helpline, and temporary shelter, independent living programs for older youth and transitional living services are also available. The RAYS program is strength based and solution focused.

### **Family Resource Center**

2946 Red Fox Run

Portage, WI 53901

(608) 742-8482

(800) 325-5505

### **Helpful Websites**

\*Parenting TIPS for Toddlers to Teens

[www.parenting.com](http://www.parenting.com)

[www.parenting.org](http://www.parenting.org)

[www.parentingteens.about.com](http://www.parentingteens.about.com)

[www.talkingwithkids.org](http://www.talkingwithkids.org)