

1. APOLLO PSYCHOLOGICAL SERVICES

Steven Benish, Ph.D., Licensed Psychologist
1900 N. Dewey Avenue, Reedsburg, WI 53959, Telephone 608-524-8611

Services Provided: Pain management, substance abuse, couple's counseling, family therapy, eating disorder, intelligence testing, psychological consultation, vocational counseling. Serve children, adolescents, adults, and seniors.

Insurance Accepted: Will accept most insurance, Medicaid.

2. ASPEN COUNSELING SERVICES

2639 New Pinery Road, Suite 1, Portage, WI 53901, Telephone 608-742-5020
120 Third Street, Baraboo, WI 53913, Telephone 608-742-5020
MAILING ADDRESS FOR BOTH OFFICES: 2639 New Pinery Road, Suite 1, Portage, WI 53901
Website: <https://www.aspenfamilycounseling.com>

Services Provided: Highly specialized staff of professionals providing a wide range of clinical service with a unique depth of diagnostic and treatment skills; serves children, teens, adults, families, and couples. Staff is State licensed or certified, has an earned reputation for integrity, and is dedicated to quality service, striving to meet the goals of our clients.

Insurance Accepted: Will accept payment from insurance (call ahead), Medicare. For those enrolled in an HMO, a referral needs to be obtained by the client prior to the first appointment.

3. BLOOM THERAPY CENTER

Jenny Graf, MSW, LCSW
717 South Boulevard #9, Baraboo, WI 53913
Telephone: 608-405-0981
Email: jennygraf@bloomtherapycenter.com
Website: <https://www.bloomtherapycenter.com>

Accepting new clients.

Services Provided: Working with children, adolescents and adults. Play therapy, sand tray therapy, trauma focused cognitive behavioral therapy. Brainspotting, eating disorders, depression, self-harm, peer relationships, self-esteem, and stress. Specializes in trauma therapy, post traumatic stress disorder, anxiety, sexual abuse, sexual abuse with female perpetrators, dissociation, dissociative identity disorder, obsessive compulsive disorder and sex trafficking.

Insurance Accepted: Medical Assistance, Anthem Blue Cross and Blue Shield, and private pay.

4. CALMING JOURNEYS COUNSELING, S.C.

Judy Bessac, MSSW, LCSW; Certified EMDR Therapist, Certified Brainspotting Therapist
Cheryl Keller Kolf, MSMHC, MEd., LPC; Autism Specialist
220 Wisconsin Dells Parkway South, Suite 1, Wisconsin Dells, WI 53965
Telephone: 608-448-6418
Email: office@calmingjourneys.com
Website: <https://calmingjourneys.com>

Services Provided: Individual psychotherapy, child/adolescent therapy, abuse and trauma therapy, Autism spectrum Disorder, Brainspotting, divorce, EMDR, eating disorders, grief/loss, lesbian/gay/bisexual/transgender issues, marriage/couples, parent coaching/parent-child relationships issues, step/blended family issues. More information about services is available on the website.

Insurance Accepted: Medicare and Medicaid along with most insurance plans accepted.

5. CANOPY CENTER

2445 Darwin Road, Suite 15, Madison, WI 53704
Telephone: 608-241-4888 business
Crisis Line: 608-241-2221
Website: <https://canopycenter.org>

Services Provided: Parental stress crisis-line, sexual abuse treatment for adult survivors of childhood abuse, child abuse program for ages 4-18. Frequently have a Spanish-speaking provider.

6. CATHOLIC CHARITIES, INC.

1810 South Park Street, Suite 200, Madison, WI 53713-1256, Telephone 608-256-2358
221 Columbus Street, Sun Prairie, WI 53590, Telephone 608-837-7381
2200 West Court Street, Janesville, WI 53545, Telephone 608-752-4906
734 Madison Avenue, Fort Atkinson, WI 53538, Telephone 920-563-9375
Toll Free 1-800-236-4673 or 1-888-485-7385
Website: <https://catholiccharitiesofmadison.org>

Services Provided: Provides compassionate mental health services for individual of all ages, families, and couples. Helping people with trauma and abuse, relationship problems, family difficulties, parenting issues, depression, anxiety, self-esteem, grief and loss, stress management, life transitions, cultural adjustment, or any other life issue. Also provide bilingual services. Services are provided regardless of religion, race, ethnic background or ability to pay.

Insurance Accepted: Most insurance accepted. Medical Assistance without HMO accepted and affordable fee schedule also available.

7. COLLABORATIVE JOURNEY COUNSELING, LLC

507 Linn Street, Unit D, Baraboo, WI 53913
Mailing address: P. O. Box 153, Baraboo, WI 53913
Telephone 608-477-1484
Email: chris@cjourneywi.com
Website: www.cjourneywi.com

Hours: By appointment only, Monday through Friday with flexible appointment times.

Services Provided: Individual therapy (adolescent and adult), couple/marriage therapy and family therapy to address various mental health and relationship issues. Services are strength based and tailored to each individual's needs and goals, with special sensitivity to cultural influence and values.

Insurance Accepted: Many insurance carriers accepted, including Medicaid. Self-pay is offered and based on income.

8. COMPASS COUNSELING

1508 New Pinery Road, Portage, WI 53901, Telephone 608-745-4900
Website: <https://compasscounseling.info>
You can find them on Facebook.

Services Provided: Work with individuals, families, and couples on their mental health concerns. Have special emphasis in areas of Christian counseling, premarital counseling, divorce mediation, gay, lesbian, bisexual, and transgender issues and infertility. Wraparound services provided.

Insurance Accepted: Accept most major insurance, excluding HMO's. Also accepts Medicaid.

9. FOUNDATIONS COUNSELING CENTER, INC.

629 River Street, Suite C, Belleville, WI 53508, Telephone 608-424-9100
Alisa Kelly-Martina
Website: <https://www.foundationssc.com>

Services Provided: Attention Deficit Disorder treatment, in-home mental health services for children, adults, and families, group therapy (adult depression support group and teen groups), therapeutic mentoring, outpatient counseling, trauma focused-cognitive behavioral therapy (TF-CBT), eye movement desensitization and reprocessing (EMDR), child parent psychotherapy (CPP) and mental health treatment for birth to 5 population, infant mental health (IMH) ages 0-5, in-home mental health services and therapeutic resources for seniors and clients with medical disabilities or dementia who receive services through Care Wisconsin or Inclusa.

10. GOODMAN'S BEHAVIORAL HEALTH CLINIC

2213 East Main Street, Reedsburg, WI 53959, Telephone 608-768-4545,
Fax 608-768-4646

E-mail: goodmanbehavioralhealth@yahoo.com

Website: <http://goodmansbehavioralhealth.com>

Open Monday through Friday 8-5, closed 12-1 for lunch.

Services Provided:

Claudia Bavlnka, LPC – EMDR

Barb Goodman – dual diagnosis

Brea Goodman, SAC IT

Sarah Kasten, LCP – children and adults

Olivia Mercer, LPC IT

Intoxicated Driver Program (IDP): Assessment and amendments.

Telephone 608-768-4547

Insurance Accepted: All insurance accepted including Medical Assistance and Medicare.

11. HOPE HOUSE OF SOUTH CENTRAL WISCONSIN

720 Ash Street, Baraboo, WI 53913, 24/7 helpline 608-356-7500 or 1-800-584-6790,
Business Office 608-356-9123

Website: <https://www.hopehousescw.org>

Services Provided: Services for victims of domestic violence and sexual assault. Offer 24 hour crisis line, emergency shelter, medical and legal advocacy, individual options counseling, support groups for women and children, information and referral, and services for adult victims of sexual assault. Community education training.

Insurance Accepted: Services are free and confidential.

12. HOPE RISING COUNSELING SERVICES S.C.

Sarah Kasten, LPC

3633A W 11th Lane, Wisconsin Dells, WI 53965, Telephone 920-979-5457

Website: <https://www.hoperisingcounselingservices.com/>

Services Provided: Individual therapy, mindfulness therapy, career counseling. Create a personalized treatment plan together with your therapist that incorporates your unique strengths and needs. This is a safe space to explore life's challenges and your responses to them. Telehealth ONLY.

Insurance Accepted: Dean, United Health Care, Blue Cross/Blue Shield, UMR, Cigna, Beacon, WPS, Anthem, Children's Community Health, Forward Health (Medicaid), ComPsych EAP.

13. INNERVISIONS COUNSELING AND CONSULTING CENTER

840 Highway 136, Suite 1, Baraboo, WI 53913, Telephone 608-477-9858

231 East State Street, Mauston, WI 53948

Website: <https://innervisionscounseling.com>

Monday - Friday 9 a.m. to 9 p.m.; Saturday 9 a.m. to 3 p.m., and by special appointment.

Services Provided: State certified outpatient mental health clinic with a goal to help individuals and families explore choices in a comfortable and confidential setting. Call for consult.

Insurance Accepted: Will accept most insurance, Dean Health, Unity, HMO's, and Medical Assistance.

14. LUTHERAN SOCIAL SERVICES COUNSELING AND AODA CLINICS

1904 Winnebago Street, Second Floor, Madison, WI 53704

612 N. Randall Avenue, Ste. A, Janesville, WI 53545, Telephone 608-752-7660, ext. 5110

Website: <https://www.lsswis.org/LSS.htm>

Services Provided: Certified by the State of Wisconsin to provide mental health and AODA services. Lutheran Social Services provides counseling for children, adults, and families regarding parenting and family issues, grief and loss, alcohol and drug abuse, marriage, divorce, anxiety and depression, adolescent issues, and anger management.

Insurance Accepted: Private insurance, Medical Assistance, and self-pay. Fee is based on income.

15. NAMI – Sauk County

(National Alliance on Mental Illness)

NAMI.saukco2016@yahoo.com

608-355-0378

You can find them on Facebook.

Services Provided: Support for consumers and families with mental illness.

16. ORION FAMILY SERVICES

26 Schroeder Ct., Suite 2100, Madison, WI 53711

4726 East Towne Blvd., Madison, WI 53704

Telephone: 608-270-2511, ext. 13

Website: <http://www.orionfamilyservices.org>

Services Provided: Assist families in improving parenting skills. Program is strength-based, and focuses on what families are doing well, in addition to areas where further support is needed. Programming is flexible and accommodates families with children of all ages.

Insurance Accepted: Many types of insurance accepted, as well as Medical Assistance.

17. PASSAGES

1001 West Parkview Drive, P. O. Box 546, Richland Center, WI 53581

Telephone: Office 608-647-8775

Shelter 608-647-6317

24-hour crisis line: 1-800-236-4325

E-mail: business@mwt.net

Website: <https://www.passagesrc.com>

You can find them on Facebook.

Services Provided: Passages is a nonprofit organization which provides assistance to individuals involved in domestic violence and sexual assault. Passages services include emergency shelter care, 24-hour crisis line, advocacy, public education, individual and group counseling focusing on support and available options for victims of domestic violence and sexual assault.

Insurance Accepted: All services are free, confidential, and available to all individuals regardless of age, race, sex, or religious affiliation.

18. PATHWAY TO WELLNESS COMMUNITY CLINIC

560 Fourth Street, Prairie du Sac, WI 53578, Telephone 608-643-3663, Fax 608-370-8177

Website: www.pathwaytowellnesscc.com

Facebook: <https://www.facebook.com/Pathwaytwcc/>

Services Provided: Whether you're struggling with a particular issue, or just can't shake the feeling that there should be more to life, Pathway to Wellness Community Clinic can help. Psychiatric consultation and evaluation for adults only. Psychiatric hospitalization, comprehensive outpatient mental health services including individual, couples, family and group therapy, Brainspotting, ADD and ADHD testing, neuropsychological testing, counseling for geriatric or nursing home residents, art therapy, pet therapy, AODA and court-ordered assessment and treatment, EAP assessment referral and IME and expert witnesses.

Insurance Accepted: Dean Care HMO, Physician's Plus HMO, Unity HMO, Alliance, WPS, WPPN; all other HMO insurance plans accepted. EDS, Medicare, BadgerCare, Medicaid HMO only, Medical Assistance-Dean, Unity, or Physician's Plus accepted by physicians based on availability.

19. PAUQUETTE CENTER (COMMUNITY SERVICES)

2901 Hunter's Trail, P. O. Box 301, Portage, WI 53901, Telephone 608-742-5518
50 Prairie Avenue, Prairie du Sac, WI 53578, Telephone 608-643-3147
1002 Lincoln Avenue, Baraboo, WI 53913, Telephone 608-356-9055, Fax 608-356-5447
710 North Webb Avenue, Suite 400, Reedsburg, WI 53959, Telephone 608-524-5151
1341 Park Avenue, Columbus, WI 53925, Telephone 920-623-5578
23295 Highway 14, Richland Center, WI 53581, Telephone 608-647-4705
2702 International Lane, Suite 102, Madison, WI 53704, 608-405-5712
Website: <https://pauquette.com>

Services Provided: Comprehensive outpatient psychological services including individual, marital, and family psychotherapy, AODA services, and psychological evaluations (including psycho educational studies, pre-employment screening, personality evaluation, neuropsychological screen, and forensic evaluations), anger management, domestic violence. Psychiatric services are also provided for children and adults. Suboxone treatment. Psychiatrists, psychologist, and Master's Degree therapists are on staff. Evening appointments are available. Family services are offered in Prairie du Sac, Baraboo, and Reedsburg.

Insurance Accepted: Most major insurance carriers including Dean Care, Physician's Plus, and Unity. Straight MA and Dean MA.

20. REDSTONE COUNSELING

Lynn Groeschel, M.S.W.
1000 Highway 13, Suite 15, Wisconsin Dells, WI 53965, Telephone 608-432-6263
Mailing address: P. O. Box 193, Wisconsin Dells, WI 53965
Website: <https://redstone-counseling-inc.business.site>
You can find them on Facebook.

Services Provided: Mental health, AODA, and treating patients with trauma issues. Serves five counties.

Insurance Accepted: Call for more information.

21. SAUK COUNTY DEPARTMENT OF HUMAN SERVICES

505 Broadway Street, Fourth Floor, Baraboo, WI 53913, Telephone 608-355-4200

Website: <https://www.co.sauk.wi.us/humanservices>

Services Provided: For Sauk County residents ONLY. Psychotherapy (individual and family), psychological evaluation, psychiatric assessment and services, AODA counseling, and Deferred Prosecution.

Sauk County Recovery Connections (formerly MAT - Medication Assisted Treatment)
608-402-4312

Services Provided: Heroin, opiate, meth, and stimulant drug addiction help. Assists individuals struggling with opiate addiction, provides access to FDA-approved medications along with education, counseling, behavioral therapies, peer support, and social support to provide a “whole patient” treatment approach.

Insurance Accepted: Coverage includes Dean Care, Unity Health Plans, Physician’s Plus HMO, Medical Assistance, and various commercial group health insurance. Sauk County Department of Human Services also has an affordable fee schedule for financially eligible clients.

For more resources, please visit: <https://sauk.extension.wisc.edu/sauk-county-resource-guides>

22. SEASONS COUNSELING LLC

1212 3rd Street, Ste. 3, Baraboo, WI 53913, Telephone 608-448-2497

Fax: 608-448-2865

Website: www.seasonscounselingllc.org

Appointments Available Monday through Friday, 8 a.m. to 5 p.m.

Services Provided: Individual, family, marriage/couples, trauma, substance use, Christian for children, teens, and adults.

Insurance Accepted*: Anthem BCBS, UHC-Optum, Group Health of Eau Claire, BadgerCare, Forward Health, Medicaid, Dean HealthPlan (*Patient is responsible for all copays and fees not covered by their insurance provider.)

23. SSM HEALTH DEAN MEDICAL GROUP - PSYCHIATRY SERVICES

752 N. High Point Road, Madison, WI 53717, Telephone 608-824-4000

10 Tower Drive, Sun Prairie, WI 53590, Telephone 608-825-3500

Website: <https://www.ssmhealth.com>

Insurance Accepted: We do not take Physician’s Plus or Unity. We do take Medicaid with the Dean Managed Care. We take Medicare as long as they have a supplement, straight Medicaid counts as a supplement.

24. THE PSYCHOLOGY CLINIC

137 Third Avenue, Baraboo, WI 53913, Telephone 608-448-2797, Fax 608-448-2799
 1190 Prairie St., Prairie du Sac, WI 53578, Telephone 608-370-6551, Fax 608-370-6554
 310 N. Midvale Blvd., Suite 202, Madison, WI 53705, Telephone 608-238-9991
 Website: <https://www.thepsychologyclinicinc.com>

Services Provided: Both clinics offer outpatient psychotherapy and psychiatric services to individuals, couples, and families, and to clients of all ages. We also offer psychological assessments for children, adolescents, and adults. Further, we offer outpatient treatment for substance abuse and dependence. Suboxone treatment if already on. Anger management, employee assistance programs, EMDR, eating disorders.

Insurance Accepted: Accept most major health insurance plans including Dean-MA.

25. THERAPY WITHOUT WALLS

Telephone 608-415-9956
 Reedsburg Office – 2155 East Main Street, Reedsburg, WI 53959
 Baraboo Office – 908 8th Street, Baraboo, WI 53913
 Sauk City Office – 1111 Dallas Street, Suite C, Sauk City, WI 53583
 Email: info@therapywithoutwalls.org Website: www.therapywithoutwalls.org

Services Provided: Individual, group therapy, therapeutic mentoring, family therapy, mentoring, psychosocial rehabilitation services, parent education and support, skills development and enhancement, in-service training, and community presentations.

Specialties Include:

- Anxiety
- Brainspotting
- Cognitive Behavioral Therapy
- Depression
- Eating Disorders
- EMDR
- Grief/Loss
- Mindfulness/Meditation
- Sensory Integration Therapy
- Substance Abuse
- Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

Service Area:

- Adams County
- Columbia County
- Marathon/Langlade County
- Richland County
- Sauk County
- Wood County

Insurance Accepted: Call 608-415-9956 for more information.