

2-1-1

Call 211 or Online: www.211wisconsin.org

Free, confidential helpline and online resource directory make it easy for residents to get connected to information and assistance.

- Alcohol/other Drug Abuse
- Child and Elder Care
- Crisis Intervention
- Financial and Legal
- Mental Health
- Shelter

Food Programs

FoodShare WI 888-794-5556

Helps people purchase food needed for good health.

Food Pantry 608-355-3290

Sauk County Health Department can provide a list of local food pantries.

Sauk County WIC 608-355-4320

Provides healthy foods, nutrition education and breastfeeding support for mom, infants and children up to age 5.

Clothing & Household Items

Community Free Clothing 608-356-3991

Provides clothing.

St, Vincent de Paul

Assistance with rent, clothing, & household items.

Baraboo 608-356-4649

Sauk Prairie 608-643-8905

Reedsburg 608-524-7714

Wisconsin Dells 608-254-4011

Parenting & Family Services

4C for Child 608-271-9181

Access to high-quality early care and education for the benefit of children, families, and communities.

Email: info@4-C.org

Birth to 3 608-356-4200

Early intervention program for children with developmental delays and disabilities ages birth to 3.

WI Child Care Subsidy Program 888-794-5556

Support to low-income working families by subsidizing a portion of the cost of quality childcare.

Well Badger Resource Center 800-642-7837

Health information specialists available to answer questions regarding a variety of programs for women and young children. Email: wellbadger@wwhf.org

Family Resource Center (Head Start) 608-356-3328 OR 800-344-7543

Lending library, play groups, parent classes, newsletters

Sauk County Public Health Department Home Visiting Programs 608-355-3290

Home visiting for expecting moms and fathers. Supports families with prenatal care, improved birth outcomes and child development education.

SHP (Sleep in Heavenly Peace) 844-432-BEDS

Email: brian.scheibach@shpbeds.org

Free handcrafted beds for children in the community.

Cribs for Kids 608-355-3290

Provides a safe place for infants to sleep along with updates on safe sleep guidelines.

Car Seat Program 608-355-3290

Have your questions answered by a certified care seat technician.

Sauk County UW Extension 608-355-3250

Families Come First (FCF) 608-443-7870

Brings together a team that aims to empower families to better meet the needs of the family and their children.

Immunizations

Your child's doctor knows your child's health best. It is recommended that your child's doctor be contacted first regarding immunizations. Additional sources of immunizations include:

Sauk County Public Health Dept 608-355-3290

Provides vaccines at no cost to children uninsured, underinsured (insurance doesn't cover immunizations).

Mental Health

Crisis Line 800-533-5692

Provides help to individuals who are experiencing a mental health crisis. We make it a goal to prevent hospitalization as much as possible, but part of our services includes emergency hospitalization if that is needed. The entry-point for Crisis Services is the Crisis Line, which is answered 24/7/365.

Postpartum Support International 800-944-4773

Website: www.postpartum.net

24-hour mental health helpline to support families during pregnancy, pregnancy loss, and the postpartum period.

Comprehensive Community Services 608-355-4200

Children's program that is team-based to help with recovery from mental illness and/or substance use.

Crisis Line 4:30PM-8:00AM everyday 800-533-5692

ADRC of Southwest WI 608-355-3289

Helps to match your needs with services in mental health, alcohol and drug abuse and crisis intervention.

Sauk County Human Services 608-355-4200

Ask for Access Unit. Outpatient mental health treatment for Sauk County residents.

24 hour Crisis Line 800-533-5692

Domestic Violence/ Help Lines

Teen Dating Abuse Resources 866-331-9474

Hope House of South Central WI 608-356-7500

24 hour Crisis Line 800-584-6790

Safe Harbor Homeless Shelter 608-768-0040

LGBT Hotline 888-843-7233

National Domestic Violence Hotline 800-799-7233

National Runaway Safeline 800-786-2929

National Sexual Abuse Hotline 800-656-4673

Passages: 24 hour crisis line 800-236-4325

Alcohol, Smoking and Drug Use Services

Substance use during pregnancy, breastfeeding, and parenting can be dangerous, with a variety of harmful effects on both adults and children. The effects can be short or long term and may be physical, mental, social, emotional, and financial. You are not alone. Many others know what it's like and can help you quit, give you tips, and support you along the way.

Al-Anon 608-355-4200 OR Hotline 608-533-5692

Alcoholics Anonymous 608-222-8989
www.aa.org OR <https://addictionhelp.guide>

NAMI Recovery/Support Group 608-768-5375
<https://www.namiwisconsin.org/sauk-county/>

Sauk County Human Services 608-355-4200
<https://www.co.sauk.wi.us/humanservices>

Nicotine Anonymous 877-879-6422
<https://nicotine-anonymous.org>

MATRS 24/7 heroin & opioid hotline 608-402-4312

C.A.R.E. 608-644-0504 EXT 12
Medically assisted treatment (MAT) program for opioid and alcohol substance use disorders..

Wisconsin Addiction Recovery Helpline Call 211 or
833-944-4673
Available statewide 24 hours a day, seven days a week.

Substance Abuse and Mental Health Helpline (SAMHSA)
1-800-662-4357
Confidential service open 24/7, 356 days a year.

Quit Line 800-784-8669
www.ctri.wisc.edu/quitline

Spanish Tobacco Quit Line 800-2NO-FUME

IN Courage Recovery [incouragebaraboo@gmail.com](mailto:in couragebaraboo@gmail.com)
Sauk County peer run sober drop in center

WI Women's Health Foundation 800-448-5148
www.wwhf.org

Public Assistance Programs

Medicaid & More 800-291-2002
Offers health benefits for eligible children, individuals, and families. For eligibility information call Medicaid Enrollment Services.

Sauk County Resources 1-888-794-5556
Website: <https://www.dhs.wisconsin.gov>

Determines eligibility and enrollment into the following services:

- BadgerCare Plus Standard and Benchmark Plans
- BadgerCare Plus Core Plan (BC+ Core)
- BadgerCare Plus Basic Plan
- Family Planning Only Services
- FoodShare
- WIC
- Child Care enrollment
- Energy Assistance
- Dental Services

Wisconsin W2
Website: <https://dcf.wisconsin.gov>

Rent Assistance and Housing Programs
Sauk County Housing Authority 608-356-3986
Find application at: www.saukcountyha.org/

MTM Transportation 866-831-4130

Free/Low Cost Clinics

St. Vincent DePaul Free Medical Portage 608-234-0159

Good Neighbor Clinic Sauk Prairie 608-643-4749



This institution is an equal opportunity provider.



Resource Guide of Sauk County 2019



Public Health
Prevent. Promote. Protect.