

Salvation Army of WI and Upper Michigan provides emergency assistance.

<https://www.salvationarmyusa.org/usa-central-territory/wisconsin-and-upper-michigan/emergency-assistance/>

## FREE Clothing

St Vincent de Paul	866-331-9474
Baraboo	608-356-4649
Sauk Prairie	608-643-8905
Reedsburg	608-524-7714
Wisconsin Dells	608-254-4011
<b>The Neighborly</b>	<b>608-356-3991</b>
First United Methodist Church	
615 Broadway, Baraboo	
<a href="https://baraboomc.org/neighborly-free-store/">https://baraboomc.org/neighborly-free-store/</a>	

## Food

<https://lasagnalove.org/>  
Neighbor-to-neighbor movement providing home cooked lasagna to families in need.

**FoodShare WI** 888-794-5556  
<https://www.dhs.wisconsin.gov/foodshare/index.htm>

### Food Pantry

<https://www.co.sauk.wi.us/publichealth/community-resources>

### Emanuel Church of Baraboo FREE Community Meal

101 14<sup>th</sup> St, Baraboo

<https://emanuelchurch.net/mission-projects/>

### Trinity Episcopal Church of Baraboo FREE Community Meal

111 6<sup>th</sup> St, Baraboo

<https://www.trinitybaraboo.org/news>

### 6:8 Free Community Meal

821 Industry Rd, Sauk City

<https://www.makingservicepersonal.org/programs-services>

### Concordia United Methodist Church Free Community Meal

585 5<sup>th</sup> St, Prairie du Sac

<https://www.concordiaumc.org/>

## Free or Low Cost Clinics

### Good Neighbor Clinic 608-643-4749

726 Water St, Suite A, Sauk City

### St Vincent de Paul Free Medical Clinic 608-234-0159

140 E Cook St, Portage (basement of Wilz's Hometown Pharmacy)

### Health First 800-246-5743

Emergency contraception.

509 Hitchcock St, Baraboo OR

220/240 133 Wisconsin Dells Parkway S, Wisconsin Dells

<https://www.healthfirstnetwork.org/>

### First Care Mobile Clinic 608-259-1605

50 Wisconsin Dells Parkway, Wisconsin Dells

<https://firstcareclinic.org/mobile-locations/>

### WI Well Woman Program 608-355-3290

[https://www.co.sauk.wi.us/publichealth](https://www.co.sauk.wi.us/publichealth/wisconsin-well-woman-program)

[/wisconsin-well-woman-program](https://www.co.sauk.wi.us/publichealth/wisconsin-well-woman-program)



**PUBLIC HEALTH  
SAUK COUNTY**

Health + Wellness Programs

# RESOURCE GUIDE SAUK COUNTY WIC

608-355-4320



<https://www.co.sauk.wi.us/publichealth/women-infant-children-wic>

<https://www.co.sauk.wi.us/publichealth/community-resources>

2026

This institution is an equal opportunity employer.

## Resource Centers

**211** Call 211  
Get connected to services for food, housing/shelter, healthcare, family services or help with utilities.  
<https://211wisconsin.communityos.org/>

**Well Badger** 800-642-7837  
[https://www.wellbadger.org/s/?language=en\\_US](https://www.wellbadger.org/s/?language=en_US)

**Sauk County Resource Guide**  
<https://sauk.extension.wisc.edu/community-resources-guides/>

**Covering Wisconsin**  
<https://coveringwi.org/>

## Public Assistance Programs

**Access (Capital Consortium)**  
888-794-5556

Apply for the following programs:  
·BadgerCare Plus, Medicaid or healthcare  
·Emergency Assistance  
·Family Planning Only Services  
·FoodShare  
·Child Care Subsidy  
·W2  
[https://access.wi.gov/s/?language=en\\_US](https://access.wi.gov/s/?language=en_US)

**Sauk County Housing Authority**  
608-356-3986

<https://www.saukcountyha.org/>

**Central WI Community Action Council, Inc**  
<https://www.cwcac.org/>

**Medical Transportation (MTM)**  
866-907-1493

## Parenting & Family

**Sauk County Public Health**  
608-355-3290

### Home Visiting Programs

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

<https://www.co.sauk.wi.us/publichealth/nurse-family-partnership>

<https://www.co.sauk.wi.us/publichealth/prenatal-care-coordination>

**Car Seat Program**  
[www.co.sauk.wi.us/publichealth/car-seat-safety-checks](http://www.co.sauk.wi.us/publichealth/car-seat-safety-checks)

**Crib for Kids**  
<https://www.safekidswi.org/Coalitions-/Safe-Kids-Sauk-County>

### Immunizations and Lead Testing

No cost vaccines for children without health insurance.

<https://www.co.sauk.wi.us/publichealth/immunizations>

**Extension Sauk County** 608-355-3250

Digital parent and co-parenting resources.

<https://sauk.extension.wisc.edu/>

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

<https://shpbeds.org/chapter/wi-portage/>

**Sauk County Human Services**  
608-355-4200

**Families Come First**  
<https://www.co.sauk.wi.us/humanservices/team-basedwraparound-services-youth-and-families>

**Birth to 3**  
For children with developmental delays and disabilities ages birth to 3.  
<https://www.dhs.wisconsin.gov/birthto3/index.htm>

**Head Start Programs**  
Income based free program for children age 3-5.  
[https://www.renewalunlimited.net/?page\\_id=255](https://www.renewalunlimited.net/?page_id=255)

**Family Resource Center 608-356-3328**  
Lending library, play groups, parent classes, newsletters  
[https://www.renewalunlimited.net/?page\\_id=87](https://www.renewalunlimited.net/?page_id=87)

**4C for Child** 608-271-9181  
Access to high-quality early care and education for the benefit of children, families, and communities.  
<https://www.4-c.org/>

**Assistance in Mothering A.I.M.**  
608-721-1286

1007 Washington Ave, Baraboo  
Provides pregnancy and parenting support.  
<https://www.aimbaraboo.com/>

**6:8** 608-561-8568  
Multiple programs to help families with tools and support to thrive in the community.  
<https://www.makingservicepersonal.org/programs-services>

## Alcohol, Tobacco & Drug

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.

### Recovery Connections

**608-402-4312**

#### WI Addiction Recovery Helpline

**833-944-4673**

#### Substance Use Diversion & Support

(SUDS) **608-355-3287**

#### Substance Abuse & Mental Health

Hotline (SAMHSA) **800-662-4357**

#### NAMI Recovery Support Group

**608-355-0378**

<https://namiwisconsin.org/about-nami-wisconsin/find-my-nami/sauk-county/>

#### Sauk County Human Services

<https://www.co.sauk.wi.us/humanservices/mental-health-and-recovery-services>

#### Sauk County Recovery Connections

**608-402-4312**

#### Sauk County Recovery Support

Network

**608-355-5287**

Project WIS Hope **844-WIS-HOPE**  
OR download app Recovery180  
C.A.R.E. **608-644-0504 EXT 12**

### 12 Step Meetings

Al-Anon **608-355-4200**  
OR Hotline **608-533-5692**  
**888-425-2666**

<https://al-anon.org/>

#### Nar-Anon

<https://www.nar-anon.org/>

Narcotics Anonymous **877-879-6422**

<https://na.org/>

Alcoholics Anonymous **608-222-8989**

<https://www.aa.org/>

#### Adult Children of Alcoholic & Dysfunctional Families

<https://adultchildren.org/>

### Tobacco

Quit Line **800-784-8669**  
OR Text **READY to 200-400**

<https://ctri.wisc.edu/fact-sheets/quitline-fact/>

#### Spanish Tobacco Quit Line

**800-2NO-FUME**

#### WI Women's Health Foundation

(First Breath) **800-448-5148**

<https://wwhf.org/>

<https://wwhf.org/firstbreath/participant/>



## Domestic Violence

National Domestic Violence Hotline  
800-799-7233

Hope House of South Central WI  
(WIS HOPE) 608-356-7500  
Hope House Resource Center  
800-584-6790

LGBT Hotline 888-843-4564

National Sexual Abuse Hotline  
800-656-4673

Polaris Project/National Human  
Trafficking Hotline  
888-373-7888

Teen Dating Abuse Resources  
866-331-9474

National Runaway Safeline  
800-786-2929

## Suicide

Suicide & Crisis Life Line Dial 988

National Suicide Prevention Lifeline  
800-273-8255

National Hope Line Network  
800-784-2433  
Text: HOPELINE to 741741

Solstice House Warmline for Support  
608-244-5077

Farm Angel Network  
888-901-2558  
24/7 hotline

## Mental Health

<https://www.co.sauk.wi.us/publichealth/community-resources>

Crisis Line Call or text 988  
800-533-5692

National Maternal Mental Health  
Hotline 833-943-5746  
Español Text 971-203-7773  
(other languages available on request)

Postpartum Support International  
800-944-4773  
<https://postpartum.net/>

Comprehensive Community Services  
608-355-4200

Sauk County Human Services  
608-355-4200

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

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

Moms Mental Health Initiative  
<https://www.momsmentalhealthinitiative.org/>

Credible Mind  
<https://saukcounty.crediblemind.com/>

## Dental

<https://www.co.sauk.wi.us/publichealth/community-resources>

## HIV/AIDS

WI has limited FREE test kits by mail for HIV and STI testing. Information at <https://www.dhs.wisconsin.gov/hiv/index.htm>

**Health First** provides HIV/STI/PrEP testing and services.  
<https://www.healthfirstnetwork.org/health-services>

**Mistr** provides online Pre-exposure Prophylaxis (PrEP) services.  
<https://heimistr.com/#howitworks>

**Sauk County Community Care Program** provides medical voucher for acute care if no insurance.  
<https://www.co.sauk.wi.us/publichealth/sauk-county-community-care-program>

**AIDS Resource Center of WI (Vivent)**  
800-486-6276 OR 608-252-6540  
<https://viventhealth.org/>

**AIDSLine** 800-334-2437

El Ejército de Salvación de Wisconsin y Upper Michigan brinda asistencia de emergencia.  
<https://www.salvationarmyusa.org/usa-central-territory/wisconsin-and-upper-michigan/emergency-assistance/>

**Ropa GRATIS**

- St Vincent de Paul** 866-331-9474
- Baraboo 608-356-4649
- Sauk Prairie 608-643-8905
- Reedsburg 608-524-7714
- Wisconsin Dells 608-254-4011
- The Neighborly** 608-356-3991
- First United Methodist Church  
615 Broadway, Baraboo  
<https://baraboomc.org/neighborly-free-store/>

**Alimento**

- <https://lasagnalove.org/>  
Movimiento de vecino a vecino que proporciona lasaña casera a familias necesitadas.
- FoodShare WI** 888-794-5556  
<https://www.dhs.wisconsin.gov/foodshare/index.htm>
- Food Pantry**  
<https://www.co.sauk.wi.us/publichealth/community-resources>
- Iglesia Emanuel de Baraboo Comida comunitaria GRATUITA**  
101 14<sup>th</sup> St, Baraboo  
<https://emanuelchurch.net/mission-projects/>
- Comida comunitaria GRATUITA de la Iglesia Episcopal de la Trinidad**  
111 6<sup>th</sup> St, Baraboo  
<https://www.trinitybaraboo.org/news>

**6:8 Comida comunitaria gratuita**  
821 Industry Rd, Sauk City  
<https://www.makingservicepersonal.org/programs-services>

**Iglesia Metodista Unida de Concordia Comida comunitaria GRATUITA**  
585 5<sup>th</sup> St, Prairie du Sac  
<https://www.concordiaumc.org/>

**Clínicas Gratuitas / Bajo Costo**

- Good Neighbor Clinic** 608-643-4749  
726 Water St, Suite A, Sauk City
- St Vincent de Paul Free Medical Clinic** 608-234-0159  
140 E Cook St, Portage (sótano de la farmacia local de Wilz)
- Health First** 800-246-5743  
Anticoncepción de emergencia.  
509 Hitchcock St, Baraboo OR  
220/240 133 Wisconsin Dells Parkway S, Wisconsin Dells  
<https://www.healthfirstnetwork.org/>
- Clínica Movil First Care** 608-259-1605  
50 Wisconsin Dells Parkway, Wisconsin Dells  
<https://firstcareclinic.org/mobile-locations/>
- WI Well Woman Program** 608-355-3290  
<https://www.co.sauk.wi.us/publichealth/wisconsin-well-woman-program>



**GUÍA DE RECURSOS DEL CONDADO DE SAUK WIC**  
608-355-4320



- <https://www.co.sauk.wi.us/publichealth/women-infant-children-wic>
- <https://www.co.sauk.wi.us/publichealth/community-resources>

## Centro de Recursos

**211** **Call 211**  
Conéctese con servicios de alimentación, vivienda/refugio, servicios familiares, atención médica o ayuda con los servicios públicos.  
<https://211wisconsin.communityos.org/>

**Well Badger** **800-642-7837**  
[https://www.wellbadger.org/s/?language=en\\_US](https://www.wellbadger.org/s/?language=en_US)  
**Guía de Recursos del Condado de Sauk**  
<https://sauk.extension.wisc.edu/community-resources-guides/>

**Cubriendo Wisconsin**  
<https://coveringwi.org/>

## Programas de Asistencia Pública

**Access (Consortio de Capital)**  
**888-794-5556**

Aplicar a los siguientes programas:  
·Badgercare Plus, Medicaid o atención médica  
·Asistencia de emergencia  
·Servicios únicamente de planificación familiar  
·Compartir alimentos (FoodShare)  
·Subsidio para el cuidado infantil  
·W2  
<https://access.wi.gov/s/?language=es>

**Autoridad de Vivienda del Condado de Sauk**  
**608-356-3986**  
<https://www.saukcountyha.org/>

**Consejo de Acción Comunitaria del Centro de Wisconsin, Inc.**  
<https://www.cwcac.org/>  
**transporte médico (MTM)**  
**866-907-1493**

## Crianza y Familia

**Extension Sauk County** **608-355-3250**  
Recursos digitales para padres y co-crianza.  
<https://sauk.extension.wisc.edu/>

**SHP (Dormir en paz celestial)**  
**844-432-BEDS**  
<https://shpbeds.org/chapter/wi-portage/>

**Salud Pública del Condado de Sauk**  
**608-355-3290**

**Programas de Visitas en el hogar**  
Visitas a domicilio para padres y madres que están esperando un bebé. Ayuda a las familias con cuidado prenatal, mejora del resultado del parto y educación para el desarrollo infantil.  
<https://www.co.sauk.wi.us/publichealth/nurse-family-partnership>

<https://www.co.sauk.wi.us/publichealth/prenatal-care-coordination>

**Programa de Asientos para Autos**  
[www.co.sauk.wi.us/publichealth/car-seat-safety-checks](http://www.co.sauk.wi.us/publichealth/car-seat-safety-checks)

**Cunas para Niños**  
<https://www.safekidswi.org/Coalitions-/Safe-Kids-Sauk-County>

**Vacunas y pruebas de plomo**  
Proporciona vacunas gratuitas a niños sin seguro o con seguro insuficiente (el seguro no cubre las vacunas).  
<https://www.co.sauk.wi.us/publichealth/immunizations>

**4C para Niños** **608-271-9181**  
Acceso a cuidado y educación temprana de alta calidad para el beneficio de los niños, las familias y las comunidades.  
<https://www.4-c.org/>

**Servicios Humanos del Condado de Sauk**  
**608-355-4200**

**Families Come First**  
<https://www.co.sauk.wi.us/humanservice/s/team-basedwraparound-services-youth-and-families>

**Nacimiento a 3**  
Programa de intervención temprana para niños con retraso en el desarrollo o discapacidades desde el nacimiento hasta los 3 años  
<https://www.dhs.wisconsin.gov/birthto3/index.htm>

**Programas Head Start**  
Programa gratuito basado en ingresos para niños de 3 a 5 años.  
[https://www.renewalunlimited.net/?page\\_id=255](https://www.renewalunlimited.net/?page_id=255)

**Centro de Recursos Familiares**  
**608-356-3328**  
Préstamo de libros, grupos para jugar, clases para padres, boletines informativos, programa de inicio rápido.  
[https://www.renewalunlimited.net/?page\\_id=87](https://www.renewalunlimited.net/?page_id=87)

**Asistencia en la Maternidad A.I.M.**  
**608-721-1286**  
1007 Washington Ave, Baraboo  
Brinda apoyo durante el embarazo y crianza.  
<https://www.aimbaraboo.com/>  
**6:8** **608-561-8568**

Múltiples programas que ayudan y apoyan a las familias con herramientas para prosperar en la comunidad.  
<https://www.makingservicepersonal.org/programs-services>

## Alcohol, Tabaco y Drogas

El uso de sustancias durante el embarazo, la lactancia materna y la crianza pueden ser peligrosos, con una variedad de efectos dañinos tanto como en adultos como en niños. Los efectos pueden ser a corto o largo plazo y pueden ser físicos, mentales, sociales, emocionales y financieros. No está solo. Muchos otros saben cómo es y pueden ayudarle a dejar de fumar, darle consejos y apoyarle en el camino.

**Conexiones de Recuperación:  
608-402-4312**

**Línea de Ayuda para la Recuperación  
de Adicciones En Wisconsin  
833-944-4673**

**Apoyo y Desvío del Consumo de  
Sustancias (SUDS)  
608-355-3287**

**Línea de Ayuda para el Abuso de  
Sustancias y Salud Mental (SAMHSA)  
800-662-4357**

**C.A.R.E. 608-644-0504 EXT 12  
Proyecto WIS Esperanza  
844-WIS-HOPE  
o descargar la aplicación Recovery180**

**Grupo de Recuperación/Apoyo NAMI  
608-355-0378**

<https://namiwisconsin.org/about-nami-wisconsin/find-my-nami/sauk-county/>

**Servicios Humanos del Condado de  
Sauk  
[https://www.co.sauk.wi.us/humanservices/  
mental-health-and-recovery-services](https://www.co.sauk.wi.us/humanservices/mental-health-and-recovery-services)**

**Conexiones de recuperación del  
condado de 608-402-4312**

**Red de apoyo para la recuperación del  
condado de Sauk 608-355-5287**

## Reuniones de 12 Pasos

**Al-Anon 608-355-4200  
Línea Directa 608-533-5692  
888-425-2666**

<https://al-anon.org/>

**Nar-Anon  
<https://www.nar-anon.org/>**

**Narcóticos Anónimos 877-879-6422  
<https://na.org/>**

**Alcohólicos Anónimos 608-222-8989  
<https://www.aa.org/>**

**Hijos Adultos de Alcohólicos y Familias  
Disfuncionales  
<https://adultchildren.org/>**

## Tabaco

**Línea para dejar de Fumar  
800-784-8669**

**O envíe el mensaje READY to  
200-400**

<https://ctri.wisc.edu/fact-sheets/quitline-fact/>

**Línea para Dejar el Tabaco en  
Español 800-2NO-FUME**

**Fundación para la Salud de la Mujer  
de WI (Primer Aliento)  
800-448-5148**

<https://wwhf.org/firstbreath/participant/>  
<https://wwhf.org/>



## Violencia Domestica / Líneas de Ayuda

Línea Directa Nacional contra la  
Violencia Domestica 800-799-7233

Casa de la Esperanza del Sur Central de  
WI (WISHOPE) 608-356-7500

Línea Nacional de Seguridad para los que  
huyen 800-786-2929

Proyecto Polaris/Línea Directa Nacional  
contra la trata de seres humanos  
888-373-7888

Centro de Recursos de Casa de la  
Esperanza (Hope House) 800-584-6790

Línea directa LGBT 888-843-4564

Línea Directa Nacional contra los Abusos  
Sexuales 800-656-4673

Recursos contra el abuso en citas de  
adolescentes 866-331-9474

## Suicidio

Línea de Ayuda Suicidio y Crisis al 988

Línea Nacional de Prevención del Suicidio  
800-273-8255

Línea de Apoyo Solstice House Warm  
608-244-5077

Red Nacional de Línea de Esperanza  
800-784-2433 Envía un mensaje de texto:  
HOPELINEal 741741

Red Farm Angel 888-901-2558

24/7 línea directa

## Salud Mental

<https://www.co.sauk.wi.us/publichealth/community-resources>

Línea de Crisis Call or text 988  
800-533-5692

Línea Directa Nacional de Salud  
Mental Materna 833-943-5746  
Español Text 971-203-7773

(con otros idiomas disponibles previa  
solicitud.)

Apoyo de Posparto Internacional  
800-944-4773

<https://postpartum.net/>

Servicios comunitarios integrales  
608-355-4200

Servicios Humanos del Condado de  
Sauk 608-355-4200

Pregunte por la Unidad de Acceso.  
Tratamiento ambulatorio de salud mental  
y uso de sustancias para residentes del  
condado de Sauk.

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

Iniciativa de Salud Mental para  
Madres  
<https://www.momsmentalhealthinitiative.org/>

Mente creíble  
<https://saukcounty.crediblemind.com/>

## Dental

<https://www.co.sauk.wi.us/publichealth/community-resources>

## VIH/SIDA

Wisconsin ofrece kits de prueba gratuitos  
por correo limitados para pruebas de VIH  
e ITS. Más información en:

<https://www.dhs.wisconsin.gov/hiv/index.htm>

**Healthfirst** ofrece pruebas y servicios de  
VIH/ITS/PrEP  
<https://www.healthfirstnetwork.org/health-services>

**Mistr** ofrece servicios de profilaxis previa  
a la exposición (PrEP) en línea.  
<https://heymistr.com/#howitworks>

**El Programa de Atención Comunitaria del  
Condado de Sauk ofrece un vale médico  
para atención aguda si no tiene seguro.**  
<https://www.co.sauk.wi.us/publichealth/sauk-county-community-care-program>

**AIDS Resource Center of WI (Vivent)**  
800-486-6276 OR 608-252-6540  
<https://viventhealth.org/>

**AIDSLine 800-334-2437**