

Local Resources

Agrace – Grief Support Groups

For anyone, virtual, in-person, group (\$30) or 1:1 (\$75)

Fees can be waived for financial hardship

Call 608-327-7118

agrace.org/grief-support/griefgroups/

GRASP – Grief Recovery After a Substance Passing – Madison

For those whose friends or family died by overdose, in person only, pre-registration required

Call 608-250-5147 for questions and to pre-register for group meetings

Meetings the second Thursday of every month, 6:30pm – 8pm

Harbor Recovery Support - Portage

For those whose friends or family died by overdose

Call or text 608-697-7163

HOPE – Sauk Prairie

For those whose friends or family died by overdose

Call 608-356-9123

NAMI Support Group

For those who struggle with mental health or substance use and their loved ones

Meets the 3rd Monday of every month from 6pm – 7:30pm, in person and online

Located in the 3rd floor UW Extension Room in West Square Building, Baraboo OR on Zoom

Zoom link: <https://us02web.zoom.us/j/84660758640>, call: 312-626-679, Meeting ID: 846 6075 8640

Call 608-301-5390 for questions

Richland Hospital – Grief Support – Spring Green

For anyone

Call 608-588-7413

Sauk County Crisis Line

For anyone

800-533--5692

Sauk County Human Services

For anyone, can connect you to additional services if needed

Call 608-355-4200

6:8 – Sauk Prairie

For anyone

608-561-8468

For additional grief support resources, contact your local hospital and church.



State Resources

211 Wisconsin

Call 211 or text ZIP code to 898-211

Be Well Crisis Helpline

Call 211, enter zip code, press 3

Community Mental Health Center Service Locator

www.cms.gov

HOPELINE Text Line – For those struggling with mental health & feeling suicidal

Text “HOPELINE” to 741741

Mental Health America of Wisconsin

Call 414-276-3122

mhawisconsin.org/lossandgrief.aspx

Unity Hospice

Call 800-990-9249

unityhospice.org/grief-support/

National Resources

Addiction Treatment Locator

<https://findtreatment.gov/>

LGBTQ National Hotline – For those struggling with mental health & feeling suicidal

Call 888-843-4564, Mon-Fri 4pm-midnight, Sat 11am-4pm

Email: help@LGBTQhotline.org

National Suicide Prevention Hotline – For those struggling with mental health & feeling suicidal

Call or text 988

Suicidepreventionlifeline.org

Veterans Crisis Line

Call 800-273-8255 (press 1) or text 838255

Warmline

Call 800-933-5397, Mon-Fri 7am-3:30pm

YouthLine

Text “teen2teen” to 839863 or call 877-968-8491

Teen-to-teen help Mon-Fri 8pm-12am

Adults available at all times