

We You

Need support now?

Call or text 988 National Suicide Hotline

Struggling with substance use?

Call 844-947- 4673 local WisHope Peer Recovery Coach

Feeling unsafe at home?

Call 800-584-6790 Hope House of South Central Wisconsin Helpline (24/7)

Concerned about reproductive health?

Call 800-246-5743 Healthfirst Family Planning Services

Money tight?

Call 888-794-5556 Capital Consortium for FoodShare and BadgerCare

Need a place to live? Food?

Call 608-254-8353 Central Wisconsin Community Action Council

Concerned about human trafficking?

Call 888-373-7888 or text 233733 Human Trafficking Hotline

Don't know where to start?

Call 608-355-3290 Public Health Sauk County

Call 608-355-4200 Sauk County Human Services



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SAUK COUNTY
Together we thrive

