

Some things that can *increase* the risk of suicide:

- Mental health conditions (such as depression, anxiety, schizophrenia, & some personality disorders)
- Alcohol or drug use
- Feeling hopeless
- Acting on impulse or aggression
- Past trauma or abuse
- Serious physical illness
- Previous suicide attempts
- Family history of suicide
- Job, financial, or relationship loss
- Easy access to dangerous items (like firearms or medications)
- Feeling alone or without support
- Stigma around asking for help
- Limited access to health care
- Beliefs that suicide is an acceptable option
- Exposure to suicide in friends, family, media, or online

Not everyone who harms themselves intends to die by suicide.

Things that can *lower* the risk of suicide include:

- Healthy coping & problem-solving skills
- Having reasons to live (family, friends, pets, etc.)
- A strong sense of cultural identity
- Support from loved ones
- Feeling connected to others, school, or community
- Access to quality health care
- Safe storage of firearms and medications

Contact Us

Sauk County Human Services

505 Broadway, 4th Floor

PO Box 29

Baraboo, WI 53913

Phone: (608) 355-4200

Fax: (608) 355-4299

www.co.sauk.wi.us/humanservices

Jessica Baldauf, *Program Manager*

Office: (608) 355-4292

Cell: (608) 393-1599

Jessica.baldauf@saukcountywi.gov

Amy Heimann,
Chapter 51 Coordinator

Cassie MacMiller, *Crisis Worker*

Kaleena Ready, *Crisis Worker*

Jennifer Meister,
Recovery Services Interventionist

Northwest Connections

1 (800) 533-5692



10/1/25



***Mental Health
&
Substance Use***

**CRISIS
PROGRAM
&
SERVICES**

*Available
24/7*



Crisis Services Eligibility

Crisis Services are available to anyone in Sauk County who is experiencing a mental health or substance abuse crisis.



Crisis Team

The crisis team offers support and guidance during a crisis and helps individuals and their families connect to ongoing services to reduce the risk of future crises.

They have educational backgrounds in human services and social work, are crisis certified in the state of WI, and complete ongoing training to maintain their certification. After-hours crisis staff employed by Northwest Connections are crisis certified in the state of WI.

**Sauk County
Crisis Intervention Services
are available
24/7.**

Daytime Crisis Response

Hours: Monday–Friday
8:00 AM – 4:00 PM

Location: 505 Broadway
4th Floor,
Baraboo, WI

Phone: 608-355-4200

(ask for a crisis worker)

- Walk-in or call during business hours
- Mobile response available at Human Services or in the community

After-Hours Crisis Response

Managed by: Northwest Connections

24/7 Crisis Line: 1-800-533-5692

- Available nights, weekends, & holidays
- Mobile & phone-based response depending on time & situation

Financial Responsibility

Fee Information

Crisis intervention services are provided for a fee.

Insurance Coverage

If you have insurance, please provide the necessary information to file a claim.

No Insurance?

If you don't have insurance, or your insurance doesn't cover these services, you may qualify for a **reduced fee** based on your ability to pay.

To apply for a reduced fee or provide your insurance information, please call our billing department at 608-355-4243 to schedule an appointment.

