

CHOOSING A COUNSELOR



WHEN CAN COUNSELING HELP?

When you've become unhappy or confused and you're not sure you can see all of your options--consider counseling. Counseling is a way for you to sort through your concerns confidentially with an impartial professional.

WHAT IS A COUNSELOR?

There is no single definition of "COUNSELOR." Some counselors are state-certified Social Workers, Marriage and Family Therapists, and Professional Counselors. Others are state-licensed Psychologists, who are qualified to do testing and assessments. Some are Psychiatrists--physicians who specialize in mental health. They are the only counselors who can prescribe medicine.

Other counselors, such as Pastoral Counselors, are not regulated by state law.

Everyone is different, and only you can decide which kinds of counseling will meet your needs.

WHAT CAN A COUNSELOR DO?

A counselor can help you develop new ways to solve problems and confront stress in your life. A counselor can also help you change some of your feelings and attitudes, and help you develop more effective ways to behave and relate with others. A counselor can discuss a plan that best meets your needs. Needs that are addressed in counseling may include: anxiety, addiction issues, depression, anger issues, behavioral problems, eating disorders, family problems, physical abuse, and much more.

REMEMBER:

**There are no instant solutions to life's problems.
Solving big problems is a big commitment.
Plan to go slowly and carefully.**



For more information, log on to the Mental Health America website at www.mentalhealthamerica.net, and click on **Finding Help**.

HOW TO CHOOSE A COUNSELOR:

Choosing a counselor is a personal decision. However, United Way's 2-1-1 has information about counseling agencies and private practice offices and can help you find counselors who:

*Work with teens
Use behavior modification
Treat BadgerCare patients
with eating disorders*

*Offer sliding fees
Schedule evening appointments
Offer hypnosis to help stop smoking*

*Are female physicians
Help children with anger management
Counsel parents in a religious setting*

Our Information Specialists do not provide counseling services, and they don't recommend treatments. However, they can offer *information* about local mental health care providers who can help you find a counselor to meet your needs.

For more information about available options for Alcohol and Drug rehabilitation, call United Way's 2-1-1 and an information specialist will assist you.

**Call United Way's 2-1-1 anytime day or night for free, confidential information and referral,
or search online at www.unitedwaymc.org/211.htm.**

COUNSELING OFFICES

WAUSAU AREA

ACS Clinical Services ○ 715-355-0671
Achieve Center, Inc. ■○ 715-845-4900
Affiliated Family
 Psychiatry of Wausau 715-842-8600
Catherine Bard, PsyD 715-842-9198
Steven A. Benson, PhD○ 715-848-0002
Behavioral Health Clinic..... 715-842-9500
Bridge Community Behavioral
 Health Clinic ■○◆ 715-848-4884
Center for Human Development ○◆ 715-842-0944
Centre for Well Being, Inc.○◆ 715-848-5022
Charis Counseling ○■ 715-848-0525
Children's Hospital of WI ■○ 715-848-1457
Compass Counseling Wausau ○ 715-845-5493
Courage to Change Recovery ○ 715-223-0480
Dix & Gillette Counseling Services 715-675-3888
Elmergreen Associates ○◆ 715-845-7175
Evans Counseling ◆ 715-849-3988
Lutheran Social Services ■○◆ 715-849-3344
Outpatient Mental Health (NCHC) ■○◆ 715-848-4356
Peaceful Solutions Counseling ■○ 715-675-3458
Stepping Stones Counseling Center ○ ... 715-355-4999

Veteran's Outreach 715-842-2834
Wausau Vet Center (free for qualified vets).. 715-842-1724

MARSHFIELD AREA

Charis Counseling ○ ■ 715-389-9382
Child and Adolescent Psychiatry
 and Horses Treat ○■ 715-318-0047
Children's Hospital of Wisconsin ■○ 715-387-2729
Marshfield Clinic Psychiatry
 and Behavioral Health ○◆ 715-387-5744

- Offers sliding fee scale based on ability to pay
- Accepts BadgerCare Plus/Medicaid
- ◆ Accepts Medicare

**If you are in a mental health emergency,
or need to talk to a counselor right
away, call the CRISIS CENTER at
715-845-4326, 24 hours a day.
Long-distance callers may call toll-free:
800-799-0122.**

FINANCIAL CONSIDERATIONS:

Your health care benefits may help pay for counseling in some of these problem areas.

1. If you have medical insurance, or belong to a health maintenance organization (HMO), employee assistance program (EAP) or other managed care plan, check with them to see if they cover mental health care for your problem or concern.

2. If you have BadgerCare Plus/Medicaid, or if you receive Medicare benefits, check to make sure the counselor you select accepts your public payment plan. To find out if counseling for your problem or concern is covered, call: **BadgerCare Plus/Medicaid 800-362-3002**
Medicare 800-633-4227

In either case, you'll also want to ask your benefit provider:

What counselors are covered? What rate is reimbursed? What are the dollar limits? What must I do to comply?

3. If you do not have mental health care coverage, ask your counselor if he or she offers a payment plan, or select one who offers a sliding fee (offices marked with ■ in the list above.)

Get Help

When you need information about community services, or are looking for help with a personal or family matter, United Way's 2-1-1 will answer your questions about what's available, who to contact for the details you want, and how to take the next step toward solving your problems or meeting your needs.

Need Help? Call 2-1-1 or Search Online at www.unitedwaymc.org/211.htm

- Click on **Search Database** to search the 2-1-1 database of Community Services

Give Help

When you want to help others, United Way's 2-1-1 can link you with the opportunity that suits you best.

Want to *volunteer* to serve a meal, support grieving families, help out in a disaster?

Want to *donate* to a program that helps abused children or homeless families?

Want to Give Help? Call 2-1-1 or Search Online at www.unitedwaymc.org

- Click **United Way Volunteer Connection**
- Find A Volunteer Opportunity that matches your interests, skills, and schedule