



CHOOSING A COUNSELOR

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, Professional Counselors or clergy members. 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. A counselor can help you develop new ways to solve problems and confront stress in your life, 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 also 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.

For more information on mental health issues and symptoms, log on to the U.S. Department of Health and Human Services website for mental health, www.mentalhealth.gov.

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 best fit your needs, such as offering sliding fees, specializes in your area of concern, or has hours that fit your schedule. Always be sure to check with your insurance company to see what kind of coverage you have. Those with no coverage can look for a counselor that offers a sliding fee.

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 or 1-800-799-0122, 24 hours/day.

For more information about available options for Alcohol and Drug rehabilitation, or any other concerns, Call United Way's 2-1-1 anytime day or night for free, confidential information and referral, or search online at <http://www.unitedwaymc.org/get-help/>

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
- Compass Counseling Weston ○ 715-298-6364
- Courage to Change Recovery ○ 715-223-0480
- Dix & Gillette Counseling Services 715-675-3888
- Elmergreen Associates ○◆ 715-845-7175
- Evans Counseling ◆ 715-849-3988
- 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

United Way's 2-1-1 does not provide counseling services, recommend treatments or provide endorsement of the counseling offices listed.

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