



CHOOSING A COUNSELOR

A guide to seeking mental health care in Marathon County

Finding the right mental health professional for your needs can be difficult. While choosing a counselor is a personal decision, United Way's 2-1-1 has information about counseling agencies and private practice offices in **Marathon County**, and can help you find mental health professionals that fit your needs, budget, and schedule. See below for an introduction to some of the various types of mental health professionals that exist, and what types of services they are able to provide.

The following types of professionals are included in this resource:

- If you are looking for **someone to talk to** about stresses or issues going on in your life, you may want to seek out a *counselor or therapist*.
- If you are looking for someone to **prescribe or monitor medication**, consult either a *psychiatrist* or *psychiatric nurse practitioner*.
- If you are looking for someone to **assess and diagnose** your condition, consider seeking out a *clinical psychologist*.

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

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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 (800) 799-0122 anytime, 24 hours a day.

Visit the U.S. Department of Health and Human Services website for more mental health information: www.mentalhealth.gov.

For more information about mental health services or other community information, contact United Way's 2-1-1 anytime for free, confidential information and referral:

Email: askus@unitedwaymc.org **Dial:** 2-1-1 (or 715-848-2255, or **Search:** www.unitedwaymc.org/get-help/

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

Formally updated September 2017. Last modified October 2017.



Counselors or Therapists

ACHIEVE CENTER

520 North 28th Avenue
Wausau, WI 54401
(715) 845-4900
www.uachievecenter.com

Addresses these conditions:

- Attention disorders (ADD/ADHD)
- Autism Spectrum disorder
- Cerebral Palsy
- Cognitive/developmental disorders (other)
- Learning disorders
- Parent training
- Speech/language issues
- Stress relating to chronic illness or physical disabilities
- Traumatic brain injuries and concussions

Ages served: all.

Payment accepted: Medicaid (BadgerCare/Forward Health), private insurance, and private pay (offers sliding fee scale).

AFFILIATED FAMILY PSYCHIATRY OF WAUSAU

2600 Stewart Avenue, Ste 270
Wausau, WI 54401
(715) 842-8600

Addresses these conditions:

- Abuse
- Attention disorders (ADD/ADHD)
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Crisis intervention
- Depression
- Eating disorders
- Grief/mourning
- Parenting

Ages served: all.

Payment accepted: Private insurance and private pay.

BEHAVIORAL HEALTH CLINIC

3600 Stewart Avenue Ste B
Wausau, WI 54401
(715) 842-9500
www.bhcwausau.com
appointments@bhcwausau.com

Addresses these conditions:

- Adjustment issues
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Autism and other learning disorders assessments
- Depression /mood disorders
- Eating disorders
- Grief/mourning
- Marriage/relationships disorders assessments
- Medical issues/diagnoses
- Parenting/co-parenting
- Smoking cessation
- Trauma

Ages served: all.

Payment accepted: Private insurance and private pay.

BRIDGE COMMUNITY BEHAVIORAL HEALTH CLINIC

1810 North 2nd Street
Wausau, WI 54403
(715) 848-4884
www.bridgeclinic.org
Info@bridgeclinic.org

Addresses these conditions:

- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)
- Crisis intervention
- Depression
- Family therapy
- Marriage/relationships
- Parenting

Ages served: 5+.

Payment accepted: Medicaid (BadgerCare/Forward Health), Medicare, private insurance, and private pay (offers sliding fee scale).

CATHERINE BARD, PSYD

901 N 6th Street
Wausau, WI 54403
(715) 842-9198
bardcpsyd@yahoo.com

Addresses these conditions:

- Abuse
- Anger management
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Depression
- Learning disorders

Ages served: all.

Payment accepted: Private insurance and private pay.

CENTER FOR HUMAN DEVELOPMENT

631 Forest Street
Wausau, WI 54403
(715) 842-0944
www.chdevelopment.org
chd@chdevelopment.org

Addresses these conditions:

- Anger management
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Compulsion/obsession
- Depression
- Eating disorders
- Gambling
- Grief/mourning
- Marriage/relationships
- Parenting
- Personality/behavior issues
- Sexuality/Gay and Lesbian issues
- Stress management

Ages served: 5+.

Payment accepted: Medicaid (BadgerCare/Forward Health), private insurance, and private pay.

Counselors or Therapists

CENTRE FOR WELL-BEING

901 N 6th Street
Wausau, WI 54403
(715) 848-5022
www.centreforwellbeing.net
wellbeing901@hotmail.com

Ages served: all.

Addresses these conditions:

- Abuse
- Alcohol and substance addictions
- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)
- Depression
- Eating Disorders
- Grief/mourning
- Marriage/relationships
- Parenting
- Trauma/injury/pain

Payment accepted: Medicaid (BadgerCare/Forward Health), Medicare, private insurance, and private pay.

CHARIS COUNSELING

2620 W Stewart Avenue Ste 310
Wausau, WI 54401
(715) 848-0525
www.chariscounselingwi.com
info@chariscounselingwi.com

101 W McMillan Ste 2B
Marshfield, WI 54449
(715) 389-9382
www.chariscounselingwi.com
info@chariscounselingwi.com

Ages served: all.

Addresses these conditions:

- Alcohol and substance addictions
- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Compulsion/obsession
- Depression
- Eating disorders
- Grief/mourning
- Learning disorders
- Marriage/relationships
- Parenting
- Religious/spiritual issues

Payment accepted: Medicaid (BadgerCare/Forward Health), private insurance, and private pay (offers sliding fee scale).

CHILD AND ADOLESCENT PSYCHIATRY CONSULTING

2001 S Central Avenue Ste A
Marshfield, WI 54449
(715) 384-2818
www.drjenna.net
marshfieldoffice@drjenna.net

Ages served: all.

Addresses these conditions:

- Abuse
- Alcohol and substance addictions
- Attention disorders (ADD/ADHD)
- Anger management
- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)
- Autism Spectrum Disorder
- Compulsion/obsession
- Depression
- Eating Disorders
- Grief/mourning
- Relationships

Payment accepted: Medicaid (BadgerCare/Forward Health), private insurance, and private pay (offers sliding fee scale).

CHILDREN'S HOSPITAL OF WI— CHILD AND FAMILY COUNSELING

705 S 24th Avenue Ste 400
Wausau, WI 54401
(715) 848-1457
www.chw.org

Ages served: all.

Addresses these conditions:

- Abuse
- Anger management
- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Compulsion/obsession
- Depression
- Grief/mourning
- Parenting
- Personality/behavior issues
- Sexuality/Gay and Lesbian issues
- Stress management

Payment accepted: Medicaid (BadgerCare/Forward Health), private insurance, and private pay (offers sliding fee scale).

Counselors or Therapists

COMPASS COUNSELING

530 Grant Street
Wausau, WI 54403
(715) 845-5493
www.compasscounsels.com

3704 Weston Avenue
Weston, WI 54476
(715) 298-6364
www.compasscounsels.com

Ages served: all.

Addresses these conditions:

- Abuse
- Alcohol and substance addictions
- Attention disorders (ADD/ADHD)
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Depression
- Eating disorders
- Gambling
- Grief/mourning
- Marriage/relationships
- Parenting
- Personality/behavior issues

Payment accepted: Medicaid (BadgerCare/Forward Health), private insurance, and private pay.

COURAGE TO CHANGE RECOVERY

106 Galvin Road
Abbotsford, WI 54405
(715) 223-0480

Ages served: all.

Addresses these conditions:

- Abuse
- Alcohol and substance addictions
- Attention disorders (ADD/ADHD)
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Depression
- Eating disorders
- Grief/mourning
- Marriage/relationships
- Parenting

Payment accepted: Medicaid (BadgerCare/Forward Health), Medicare, private insurance, and private pay (offers rates for un-insured).

DIX AND GILLETTE COUNSELING SERVICES

1720 Merrill Avenue Ste 401
Wausau, WI 54401
(715) 675-3888

Ages served: all.

Addresses these conditions:

- Alcohol and substance addictions
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Depression
- Eating disorders
- Grief/mourning
- Gambling
- Marriage/relationships
- Pain management
- Parenting

Payment accepted: Private insurance and private pay.

ELMERGREEN ASSOCIATES

114 Grand Avenue
Wausau, WI 54403
(715) 845-7175
www.elmergreen.com
elmer54403@yahoo.com

Ages served: all.

Addresses these conditions:

- Abuse
- Alcohol and substance addictions
- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)
- Crisis intervention
- Depression
- Eating disorders
- Grief/mourning
- Learning disorders
- Marriage/relationships
- Parenting
- Sexual dysfunction/addiction/misbehavior
- Sexuality/Gay and Lesbian issues

Payment accepted: Medicaid (BadgerCare/Forward Health), Medicare, private insurance, and private pay.

NORTH CENTRAL HEALTH CARE—OUTPATIENT MENTAL HEALTH SERVICES

1100 Lake View Drive
Wausau, WI 54403
(715) 848-4356
www.norcen.org
info@norcen.org

Ages served: all.

Addresses these conditions:

- Abuse
- Alcohol and substance addictions
- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Crisis intervention
- Depression
- Grief/mourning
- Marriage/relationships
- Parenting
- Personality/behavior disorders
- Trauma/injury/pain

Payment accepted: Medicaid (BadgerCare/Forward Health), Medicare, private insurance, and private pay (offers option for reduced fee).

Counselors or Therapists

PEACEFUL SOLUTIONS COUNSELING

741 N 1st Street
Wausau, WI 54403
(715) 675-3458
www.peacefulsolutions.org

Ages served: 3+.

Addresses these conditions:

- Abuse
- Alcohol and substance addictions
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Depression
- Marriage/relationships

Payment accepted: Medicaid (BadgerCare/Forward Health), Medicare, private insurance, and private pay (offers sliding fee scale).

STEPPING STONES COUNSELING CENTER

219 Ross Avenue Ste 101
Schofield, WI 54476
(715) 355-4999
www.steppingstonescounselingcenter.org
DianeLLondon@aol.com

Ages served: all.

Addresses these conditions:

- Anger management
- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Depression
- Grief/mourning
- Marriage/relationships
- Mediation
- Parenting
- Sex and sexuality

Payment accepted: Medicaid (BadgerCare/Forward Health), private insurance, and private pay (offers adjusted fee for those without health insurance).

THE CARING TREE CHILDREN'S COUNSELING CENTER

501 Division Street
Wausau, WI 54403
(715) 301-0667
www.caringtree.us
info@caringtree.us

Ages served: all.

Addresses these conditions:

- Abuse
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Autism Spectrum disorder
- Compulsion/obsession
- Gender identity/sexual orientation
- Grief/mourning
- Parenting
- Reactive Attachment disorder

*Also offers animal-assisted and play therapy.

Payment accepted: Medicaid (BadgerCare/Forward Health), private insurance, and private pay (offers sliding fee scale).

WAUSAU VET CENTER— VETERANS OUTREACH

605 S 24th Avenue Ste 24
Wausau, WI 54401
(715) 842-1724
www.vetcenter.va.gov

Ages served: all.

Addresses these conditions:

- Anger management
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Depression/mood disorders
- Marriage/relationships
- Military sexual trauma
- Sleep disorders

Payment accepted: Free for eligible veterans and their families.

Psychiatrists and Psychiatric Nurse Practitioners

AFFILIATED FAMILY

PSYCHIATRY OF WAUSAU

2600 Stewart Avenue, Ste 270
Wausau, WI 54401
(715) 842-8600

Ages served: all.

Addresses these conditions:

- Abuse
- Attention disorders (ADD/ADHD)
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Crisis intervention
- Depression
- Eating disorders
- Grief/mourning
- Parenting
- Stress management

Payment accepted: Private insurance and private pay .

BEHAVIORAL HEALTH CLINIC

3600 Stewart Avenue Ste B
Wausau, WI 54401
(715) 842-9500
www.bhcwausau.com
appointments@bhcwausau.com

Ages served: all.

Addresses these conditions:

- Adjustment issues
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Autism and other learning disorder assessments
- Depression /mood disorders
- Eating disorders
- Grief/mourning
- Marriage/relationships
- Medical issues/diagnoses
- Parenting/co-parenting
- Smoking cessation
- Trauma

Payment accepted: Private insurance and private pay.

BRIDGE COMMUNITY

BEHAVIORAL HEALTH CLINIC

1810 North 2nd Street
Wausau, WI 54403
(715) 848-4884
www.bridgeclinic.org
Info@bridgeclinic.org

Ages served: 5+.

Addresses these conditions:

- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)
- Crisis intervention
- Depression
- Family therapy
- Marriage/relationships
- Parenting

Payment accepted: Medicaid (BadgerCare/Forward Health), Medicare, private insurance, and private pay (offers sliding fee scale).

CHILD AND ADOLESCENT PSYCHIATRY CONSULTING

2001 S Central Avenue Ste A
Marshfield, WI 54449
(715) 384-2818
www.drjenna.net
marshfieldoffice@drjenna.net

3830 8th Street Ste 101
Wisconsin Rapids, WI 54494
(715) 423-2030
rapidsoffice@drjenna.net

Ages served: all.

Addresses these conditions:

- Abuse
- Attention disorders (ADD/ADHD)
- Anger management
- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)
- Autism Spectrum Disorder
- Compulsion/obsession
- Depression
- Eating Disorders
- Grief/mourning
- Relationships

Payment accepted: Medicaid (BadgerCare/Forward Health), private insurance, and private pay (offers sliding fee scale).

NORTH CENTRAL HEALTH CARE—OUTPATIENT MENTAL HEALTH SERVICES

1100 Lake View Drive
Wausau, WI 54403
(715) 848-4356
www.norcen.org
info@norcen.org

Ages served: all.

Addresses these conditions:

- Abuse
- Alcohol and substance addictions
- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Crisis intervention
- Depression
- Grief/mourning
- Marriage/relationships
- Parenting
- Personality/behavior disorders
- Trauma/injury/pain

Payment accepted: Medicaid (BadgerCare/Forward Health), Medicare, private insurance, and private pay (offers option for reduced fee).

Psychologists

ACHIEVE CENTER

520 North 28th Avenue
Wausau, WI 54401
(715) 845-4900
www.uachievecenter.com

Addresses these conditions:

- Attention disorders (ADD/ADHD)
- Autism Spectrum disorder
- Cerebral Palsy
- Cognitive/developmental disorders (other)
- Learning disorders
- Parent training
- Speech/language issues
- Stress relating to chronic illness or physical disabilities
- Traumatic brain injuries and concussions

Ages served: all.

Payment accepted: Medicaid (BadgerCare/Forward Health), private insurance, and private pay (offers sliding fee scale).

AFFILIATED FAMILY PSYCHIATRY OF WAUSAU

2600 Stewart Avenue, Ste 270
Wausau, WI 54401
(715) 842-8600

Addresses these conditions:

- Abuse
- Attention disorders (ADD/ADHD)
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Crisis intervention
- Depression
- Eating disorders
- Grief/mourning
- Parenting

Ages served: all.

Payment accepted: Private insurance and private pay.

BEHAVIORAL HEALTH CLINIC

3600 Stewart Avenue Ste B
Wausau, WI 54401
(715) 842-9500
www.bhcwausau.com
appointments@bhcwausau.com

Addresses these conditions:

- Adjustment issues
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Autism and other learning disorder assessments
- Depression /mood disorders
- Eating disorders
- Grief/mourning
- Marriage/relationships disorder assessments
- Medical issues/diagnoses
- Parenting/co-parenting
- Smoking cessation
- Trauma

Ages served: all.

Payment accepted: Private insurance and private pay.

CATHERINE BARD, PSYD

901 N 6th Street
Wausau, WI 54403
(715) 212-4641
bardcpsyd@yahoo.com

Addresses these conditions:

- Abuse
- Anger management
- Attention disorders (ADD/ADHD)
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Learning disorders

Ages served: all.

Payment accepted: Private insurance and private pay.

CENTER FOR HUMAN DEVELOPMENT

631 Forest Street
Wausau, WI 54403
(715) 842-0944
www.chdevelopment.org
chd@chdevelopment.org

Addresses these conditions:

- Anger management
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Compulsion/obsession
- Depression
- Eating disorders
- Gambling
- Grief/mourning
- Marriage/relationships
- Parenting
- Personality/behavior issues
- Sexuality/Gay and Lesbian issues
- Stress management

Ages served: 5+.

Payment accepted: Medicaid (BadgerCare/Forward Health), private insurance, and private pay.

Psychologists

CHARIS COUNSELING

2620 W Stewart Avenue Ste 310
Wausau, WI 54401
(715) 848-0525
www.chariscounselingwi.com
info@chariscounselingwi.com

101 W McMillan Ste 2B
Marshfield, WI 54449
(715) 389-9382
www.chariscounselingwi.com
info@chariscounselingwi.com
Ages served: all.

Addresses these conditions:

- Alcohol and substance addictions
- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Compulsion/obsession
- Depression
- Eating disorders
- Grief/mourning
- Learning disorders
- Marriage/relationships
- Parenting
- Religious/spiritual issues

Payment accepted: Medicaid (BadgerCare/Forward Health), private insurance, and private pay (offers sliding fee scale).

COMPASS COUNSELING

530 Grant Street
Wausau, WI 54403
(715) 845-5493
www.compasscounsels.com

Ages served: all.

Addresses these conditions:

- Abuse
- Alcohol and substance addictions
- Attention disorders (ADD/ADHD)
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Depression
- Eating disorders
- Gambling
- Grief/mourning
- Marriage/relationships
- Parenting
- Personality/behavior issues

Payment accepted: Medicaid (BadgerCare/Forward Health), private insurance, and private pay.

DIX AND GILLETTE COUNSELING SERVICES

1720 Merrill Avenue Ste 401
Wausau, WI 54401
(715) 675-3888

Ages served: all.

Addresses these conditions:

- Alcohol and substance addictions
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Depression
- Eating disorders
- Grief/mourning
- Gambling
- Marriage/relationships
- Pain management
- Parenting

Payment accepted: Private insurance and private pay.

ELMERGREEN ASSOCIATES

114 Grand Avenue
Wausau, WI 54403
(715) 845-7175
www.elmergreen.com
elmer54403@yahoo.com

Ages served: all.

Addresses these conditions:

- Abuse
- Alcohol and substance addictions
- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)
- Crisis intervention
- Depression
- Eating disorders
- Grief/mourning
- Learning disorders
- Marriage/relationships
- Parenting
- Sexual dysfunction/addiction/misbehavior
- Sexuality/Gay and Lesbian issues

Payment accepted: Medicaid (BadgerCare/Forward Health), Medicare, private insurance, and private pay.

Psychologists

NORTH CENTRAL HEALTH CARE—OUTPATIENT MENTAL HEALTH SERVICES

1100 Lake View Drive
Wausau, WI 54403
(715) 848-4356
www.norcen.org
info@norcen.org

Ages served: all.

Addresses these conditions:

- Abuse
- Alcohol and substance addictions
- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Crisis intervention
- Depression
- Grief/mourning
- Marriage/relationships
- Parenting
- Personality/behavior disorders
- Trauma/injury/pain

Payment accepted: Medicaid (BadgerCare/Forward Health), Medicare, private insurance, and private pay (offers option for reduced fee).

STEVEN BENSON, PHD

500 3rd Street Ste 319B
Wausau, WI 54403
(715) 848-0002

Ages served: 5-60.

Addresses these conditions:

- Abuse
- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Depression
- Family therapy
- Marriage/relationships

Payment accepted: Private insurance and private pay.