

# CHOOSING A COUNSELOR

## A GUIDE TO SEEKING MENTAL HEALTH CARE IN MARATHON COUNTY

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](http://www.mentalhealth.gov)

For more information about mental health services or other community information, contact United Way's 211 anytime for free, confidential information and referral:

**Dial:**  
211, 24/7  
(or 715-848-2255, or  
800-922-5590 toll free)

**Text:**  
Text your zip code to 898211  
Monday – Friday 8am – 4pm  
*Standard msg & data rates  
may apply*

**Email:**  
[askus@unitedwaymc.org](mailto:askus@unitedwaymc.org)

**Online Chat:**  
[www.unitedwaymc.org/get-help/](http://www.unitedwaymc.org/get-help/)  
Monday – Friday 8am – 12noon

**Search:**  
[www.unitedwaymc.org/get-help/](http://www.unitedwaymc.org/get-help/)

**Substance Abuse and Recovery  
Services Search:**  
[AddictionHelpWI.org](http://AddictionHelpWI.org)

*United Way's 211 does not provide counseling services, recommend treatments, or provide endorsements of the counseling offices listed.*



Finding the right mental health professional for your needs can be difficult. While choosing a counselor is a personal decision, United Way's 211 has information about community mental health 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 some of the various types of mental health professionals that exist, and a summary of what types of services they are able to provide.

For more information about available options for substance abuse and recovery services, call United Way's 211.

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■	<i>counselor or therapist/someone to talk to</i>
○	<i>psychiatrist or psychiatric nurse practitioner/prescribe or monitor medication</i>
X	<i>clinical psychologist/assess and diagnose</i>
⌘	<i>mental health professionals specializing in areas of substance abuse</i>
<b>INSURANCE KEY:</b>	.....
D	Medicaid/ BadgerCare/ Forward Health
C	Medicare
S	Sliding Fee Scale

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# Mental Health Professionals

## ACHIEVE CENTER

520 N 28th Avenue  
Suite 200  
Wausau, WI 54401  
www.uachievecenter.com  
cwesley@uachievecenter.com  
(715) 845-4900

### Treated conditions include, but not limited to:

- Attention disorders (ADD/ADHD)
- Autism Spectrum Disorder
- Speech/language issues
- Cognitive/Developmental disorders (other)
- Learning disorders
- Parent training
- Cerebral Palsy
- Traumatic brain injuries
- Stress relating to chronic illness or physical
- Down Syndrome
- Tourette's

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

Ages served: All

## AFFILIATED FAMILY PSYCHIATRY OF WAUSAU

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

### Treated conditions include, but not limited to:

- Psychiatric assessments & evaluations
- Prescribe medication
- Medication management/monitoring
- No individual therapy offered

Payment accepted: Medicare (Medical Assistance is not accepted), private insurance, and private pay .

Ages served: Ages 5 +

## ASPIRUS WESTON BEHAVIORAL MEDICINE CLINIC

4005 Community Center Drive  
Weston, WI 54476  
www.aspirus.org/ourservices  
(715) 241-5470

### Treated conditions include, but not limited to:

- Hyperactivity disorders (ADD/ADHD)
- Neuropsychological testing
- Psychiatry
- Retention testing/brain trauma

NOTE: Must have a referral from Aspirus physician.

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

Ages served: Ages 5 +

## BEHAVIORAL HEALTH CLINIC

Intercity State Bank Building  
630 South 6th Ave  
Wausau, WI 54401  
www.bhcwausau.com  
appointments@bhcwausau.com  
(715) 842-9500

### Treated conditions include, but not limited to:

- Adjustment issues
- Alcohol and substance addictions
- 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
- Parenting/co-parenting
- Smoking cessation
- Trauma

Payment accepted: Private insurance and private pay.

Ages served: Ages 5 +

## BRIDGE COMMUNITY BEHAVIORAL HEALTH CLINIC

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

### Treated conditions include, but not limited to:

- Anger Management issues
- Anxiety/Panic disorder/PTSD  
(Post-Traumatic Stress Disorder)
- Autism Spectrum Disorder
- Chronic/Severe mental illness
- Depression/Mood disorders
- Grief
- Marriage/relationships
- Obsessive Compulsive Disorder/OCD
- Parenting
- Panic disorders
- Personality disorders

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

Ages served: Ages 12 +

# Mental Health Professionals

## CENTER FOR HUMAN DEVELOPMENT

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

### Treated conditions include, but not limited to:

- Abuse (Child, Emotional, Physical, & Sexual)
- Anger Management issues
- Anxiety/Panic disorders/PTSD (Post-Traumatic Stress Disorder)
- Compulsion/Obsession
- Depression
- Eating disorders
- Gambling
- Grief/mourning
- Marriage/Relationships
- Mood Disorders
- Panic Disorders
- Parenting
- Trauma
- Personality disorders
- Sexuality/Gay and Lesbian issues
- Stress management

Ages served: Ages 5 +

Payment accepted: Medicaid (BadgerCare/Forward Health), Medicare, private insurance, private pay (offers sliding fee scale), Employee Assistance Programs/EAP, and some medical assistance.

## CENTRE FOR WELL-BEING

www.centreforwellbeing.net  
wellbeing901@hotmail.com  
(715) 848-5022

901 N 6th Street  
Wausau, WI 54403

4601 Camp Phillips Rd  
Weston, WI 54476

### Treated conditions include, but not limited to:

- Abuse (Child, Emotional, Physical, & Sexual)
- Alcohol and substance addictions
- Anxiety/Panic disorder/PTSD (Post-Traumatic Stress Disorder)
- Co-dependence/Attachment disorders
- Depression
- Eating disorders
- Grief/Mourning
- Marriage/Relationships
- Mood disorders
- Panic disorders
- Parenting
- Personality disorders
- Self-esteem issues
- Stress management
- Trauma/Injury/Pain

Ages served: All

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

## CHARIS COUNSELING

www.chariscounselingwi.com  
info@chariscounselingwi.com

2620 W Stewart Avenue Ste 310  
Wausau, WI 54401  
(715) 848-0525

101 W McMillan Ste 2B  
Marshfield, WI 54449  
(715) 389-9382

### Treated conditions include, but not limited to:

- Anxiety/Panic disorder/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Compulsion/Obsession
- Depression
- Eating disorders
- Grief/Mourning
- Learning disorders
- Marriage/Relationships
- Mood disorders
- Panic disorders
- Parenting
- Personality disorders
- Religious/spiritual issues
- Self-esteem issues
- Stress management

Ages served: Ages 3 +

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

## CHILD AND ADOLESCENT PSYCHIATRY CONSULTING

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

### Treated conditions include, but not limited to:

- Abuse (child, Emotional & Physical)
- Anger Management issues
- Anxiety/Panic disorder/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Autism Spectrum Disorder
- Compulsion/Obsession
- Depression
- Eating disorders
- Grief/Mourning
- Relationships

Ages served: All

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

# Mental Health Professionals

## CHILDREN'S WISCONSIN-CHILD AND FAMILY COUNSELING

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

### Treated conditions include, but not limited to:

- Abuse (Emotional, Physical & Sexual)
- Attention Deficit/Hyperactivity Disorder / ADD and ADHD
- Anger Management issues
- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)
- Bullying
- Grief/Mourning
- Juvenile delinquency
- Mood disorders
- Oppositional/Defiant Disorder
- Parenting
- Sexuality/Homosexuality
- Stress management

Ages served: Ages 5 +

Payment accepted: Medicaid (BadgerCare/Forward Health), private insurance, and private pay (financial assistance for those in Marathon County).

## COMPASS COUNSELING

www.compasscounsels.com  
tpeteson@compasscounsels.com

530 Grant Street, Wausau, WI  
(715) 845-5493

3704 Weston Ave, Weston, WI  
(715) 298-6364

718 Grand Ave, Schofield, WI  
(715) 679-3389

### Treated conditions include, but not limited to:

- Abuse (Child, Emotional, Physical & Sexual)
- Alcohol and substance addictions & general assessment
- Anxiety/Panic disorders/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD) & testing
- Depression
- Divorce issues
- Eating disorders
- Gambling & Internet addictions
- Gender Identity/Sexuality
- Grief/Mourning
- Marriage/Relationships
- Mood disorders
- Parenting
- Personality disorders
- Psychiatric disorders
- Stress management
- Self-harm

Ages served: Ages 5 +

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

## COURAGE TO CHANGE RECOVERY

106 Galvin Road  
Abbotsford, WI 54405  
rwichiacz@couragetochangerecovery.net  
(715) 223-0480

### Treated conditions include, but not limited to:

- Abuse (Emotional, Physical & Sexual)
- Alcohol and substance addictions & general assessment
- Anxiety/Panic disorders/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Co-dependence
- Depression/Mood disorders
- Eating disorders
- Grief/Mourning
- Marriage/Relationships
- Parenting
- Stress management
- Suicide issues

Ages served: Ages 13 +

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  
dgcounseling@outlook.com  
(715) 675-3888

### Treated conditions include, but not limited to:

- Alcohol and substance addictions & general assessment
- Anxiety/Panic disorders/PTSD (Post-Traumatic Stress Disorder)
- Co-dependence
- Depression/Mood disorders
- Eating disorders
- Grief/Mourning
- Gambling
- Marriage/Relationships
- Pain management
- Parenting
- Self-esteem
- Stress management

Ages served: Ages 12 +

Payment accepted: Private insurance and private pay.

## ELMERGREEN ASSOCIATES

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

### Treated conditions include, but not limited to:

- Abuse (Child, Emotional, Physical & Sexual)
- Alcohol and substance addictions
- Anxiety/Panic disorder/PTSD (Post-Traumatic Stress Disorder)
- Crisis intervention
- Chronic pain
- Depression
- Eating disorders
- Grief/mourning
- Learning disorders
- Marriage/Relationships
- Sexual/Love addictions
- Sexual orientation/Sexuality
- Veteran's issues

Ages served: Ages 5 +

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

# Mental Health Professionals

## EVANS COUNSELING

2714 Stewart Avenue  
Wausau, WI 54401  
(715) 849-3988  
www.evanscounseling.net

Treated conditions include, but not limited to:

- Abuse (Emotional, Physical & Sexual)
- Alcohol and substance addictions
- Anxiety/Panic disorder/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Bullying issues
- Depression
- Gender Identity
- Grief/Mourning
- Marriage/Relationships
- Obsessive Compulsive Disorder (OCD)
- Parenting
- Self-esteem
- Sexual/Love addictions
- Sexual Orientation
- Stress management

Ages served: School age to late adulthood

Payment accepted: Medicare, private insurance, and private pay.

## KINLEIN OFFICES

408 3rd Street, #300-301  
Wausau, WI 54403  
(715) 842-7399  
www.kinlein.org

Treated conditions include, but not limited to:

- Life issues
- Health issues
- Learning issues

\*\* Kinlein is an approach to assisting people in their daily lives through focusing on the person and their power within.

Ages served: All

Payment accepted: Private pay (offers sliding fee scale), medical reimbursement does not apply.

## NORTH CENTRAL HEALTH CARE—OUTPATIENT MENTAL HEALTH SERVICES

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

Treated conditions include, but not limited to:

- Abuse/Trauma
- Anxiety/Panic disorder/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Bipolar Disorder
- Conflict resolution
- Depression/Mood disorders
- Grief/Mourning
- Marriage/Relationships
- Parenting
- Personality/Behavior disorders
- Psychiatric evaluations & Assessments
- Schizophrenia

\* Outpatient alcohol and substance addictions (715-848-4326).

Ages served: All

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

## NORTHWEST JOURNEY

5655 N 28th Avenue  
Wausau, WI 54401  
(715) 675-5454  
nwjwausau@nwgcg.com  
www.nwgcg.com

Treated conditions include, but not limited to:

- General mental health

NOTE: Day treatment program is an alternative to school that provides group counseling, individual and family therapy in a structured setting for children and adolescents with mental health issues. NEED a referral from a mental health professional and a difficulty functioning in 2 of 3 areas of their life (school, home, or community).

Ages served: School age children

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

## PEACEFUL SOLUTIONS COUNSELING

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

Treated conditions include, but not limited to:

- Abuse (Child, Emotional, Physical, Sexual & Other)
- Abuse Prevention Program For Abusers
- Alcohol and substance addictions (Teens & Adults)
- Anxiety/Panic disorders/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Depression
- Marriage/Relationships
- Trauma & Childhood trauma

Ages served: Ages 3 +

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

# Mental Health Professionals

## THE CARING TREE CHILD & FAMILY COUNSELING

227400 Rib Mt Dr., Suite D  
Wausau, WI 54401  
(715) 301-0667  
www.caringtree.us  
info@caringtree.us

Treated conditions include, but not limited to:

- Abuse (Child, Emotional, Physical, Sexual & Other)
- Anxiety/Panic disorders/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Obsessive Compulsive Disorder (OCD)
- Depression
- Gender identity
- Grief/Mourning
- Parenting
- Reactive Attachment Disorder

Ages served: Ages 3-18 & their families

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

## TRUE NORTH COUNSELING AND WELLNESS

500 3RD STREET  
Suite 208-3 & 4  
Wausau, WI 54403  
715-370-8863  
www.tncwellness.com  
Christine@tncwellness.com

Treated conditions include, but not limited to:

- Abuse (Child, Emotional, Physical & Sexual)
- Alcohol and substance addictions
- Anxiety/Panic disorders/PTSD (Post-Traumatic Stress Disorder)
- Depression/Mood disorders
- Eating disorders
- Grief/Mourning
- Marriage/Relationships
- Medical issues/Diagnoses
- Military/Veterans' issues
- Parenting
- Sexual assault issues
- Trauma

Ages served: All  
Ages served: all.

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

## WAUSAU VET CENTER

605 S 24th Avenue #24  
Wausau, WI 54401  
715-842-1724  
david.wetuski@va.gov  
www.vetcenter.va.gov

Treated conditions include, but not limited to:

- Alcohol and substance addictions
- Anger Management issues
- Brain injuries
- Marriage/Relationships
- Military sexual trauma
- Mood disorders
- PTSD (Post-Traumatic Stress Disorder)
- Sleep disorders

Ages served: Eligible Veterans and their families

Payment accepted: Free for eligible veterans and their families.

## WAUSAU V.A. MEDICAL CLINIC

515 S 32nd Avenue  
Wausau, WI 54401  
800-872-8662—Clinic  
608-372-3971—Tomah/In-take

Treated conditions include, but not limited to:

- Alcohol, substance & other addictions
- Anger Management issues
- Chronic/Severe Mental Illness
- Grief/Death & dying issues
- Mood disorders
- PTSD (Post-Traumatic Stress Disorder)
- Personality disorders
- Psychiatric disorders
- Screenings, assessments & evaluations

Ages served: Eligible Veterans and their families

Payment accepted: Free for eligible veterans and their families.