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 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

**Online Chat:**
www.unitedwaymc.org/get-help/
Monday – Friday 8am – 12noon

**Search:**
www.unitedwaymc.org/get-help/

**Substance Abuse and Recovery Services Search:**
AddictionHelpWI.org

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

Choosing a Counselor

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 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 some of the various types of mental health professionals that exist, and 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.

Table of Contents:

KEY:
■ counselor or therapist/someone to talk to
○ psychiatrist or psychiatric nurse practitioner/prescribe or monitor medication
X clinical psychologist/assess and diagnose
%= mental health professionals specializing in areas of substance abuse

AGENCY: PAGE:
Achieve Center, Inc. ■X……………………………………………… 3
Affiliated Family Psychiatry of Wausau ○X………………………… 3
Aspirus Weston Behavioral Medicine Clinic ■ ○X……………… 3
Behavioral Health Clinic ■ ○ %=…………………………………… 3
Bridge Community Behavioral Health Clinic ■ ○ %=…………… 3
Center for Human Development ■X……………………………… 4
Centre for Well Being, Inc. ■ %=…………………………………… 4
Charis Counseling ■ %=……………………………………………… 4
Child and Adolescent Psychiatry Consulting ■ ○……………….. 4
Children’s Hospital of WI ■………………………………………… 5
Compass Counseling Wausau & Weston ■ %=………………… 5
Courage to Change Recovery %=…………………………………… 5
Dix & Gillette Counseling Services %=…………………………… 5
Elmergreen Associates %=………………………………………… 5
Evans Counseling…………………………………………………… 6
Kinlein Offices………………………………………………………… 6
Outpatient Mental Health (NCHC) ■ ○X…………………………… 6
Northwest Journey…………………………………………………… 6
Peaceful Solutions Counseling %=………………………………….. 6
The Caring Tree Children’s Counseling Center…………………… 7
True North Counseling & Wellness %=…………………………… 7
Wausau Vet Center (free for qualified vets)………………………… 7
# Mental Health Professionals

<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Addresses these conditions</th>
<th>Ages served</th>
<th>Payment accepted</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ACHIEVE CENTER</strong>&lt;br&gt;520 N 28th Avenue&lt;br&gt;Suite 200&lt;br&gt;Wausau, WI 54401&lt;br&gt;www.uachievecenter.com&lt;br&gt;<a href="mailto:cwesley@uachievecenter.com">cwesley@uachievecenter.com</a>&lt;br&gt;(715) 845-4900</td>
<td>- Attention disorders (ADD/ADHD)&lt;br&gt;- Autism Spectrum disorder&lt;br&gt;- Speech/language issues&lt;br&gt;- Cognitive/developmental disorders (other)&lt;br&gt;- Learning disorders&lt;br&gt;- Parent training&lt;br&gt;- Cerebral Palsy&lt;br&gt;- Traumatic brain injuries&lt;br&gt;- Stress relating to chronic illness or physical disabilities&lt;br&gt;NOTE: Must have a referral from Aspirus physician.</td>
<td>all.</td>
<td>Medicaid (BadgerCare/Forward Health), private insurance, and private pay (offers sliding fee scale).</td>
</tr>
<tr>
<td><strong>AFFILIATED FAMILY PSYCHIATRY OF WAUSAU</strong>&lt;br&gt;2600 Stewart Avenue, Ste 270&lt;br&gt;Wausau, WI 54401&lt;br&gt;(715) 842-8600</td>
<td>- Psychiatric assessments &amp; evaluations&lt;br&gt;- Prescribe medication&lt;br&gt;- Medication management/monitoring</td>
<td>all.</td>
<td>Private insurance and private pay.</td>
</tr>
<tr>
<td><strong>ASPIRUS WESTON BEHAVIORAL MEDICINE CLINIC</strong>&lt;br&gt;4005 Community Center Drive&lt;br&gt;Weston, WI 54476&lt;br&gt;www.aspirus.org/ourservices&lt;br&gt;(715) 241-5470</td>
<td>- Hyperactivity disorders (ADD/ADHD)&lt;br&gt;- Neuropsychological testing&lt;br&gt;- Psychiatry&lt;br&gt;- Retention testing/brain trauma&lt;br&gt;NOTE: Must have a referral from Aspirus physician.</td>
<td>all.</td>
<td>Medicaid (BadgerCare/Forward Health), Medicare, private insurance, and private pay.</td>
</tr>
<tr>
<td><strong>BEHAVIORAL HEALTH CLINIC</strong>&lt;br&gt;3600 Stewart Avenue Ste B&lt;br&gt;Wausau, WI 54401&lt;br&gt;www.bhcwausau.com&lt;br&gt;<a href="mailto:appointments@bhcwausau.com">appointments@bhcwausau.com</a>&lt;br&gt;(715) 842-9500</td>
<td>- Adjustment issues&lt;br&gt;- Alcohol and substance addictions&lt;br&gt;- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)&lt;br&gt;- Autism and other learning disorders assessments&lt;br&gt;- Depression/mood disorders&lt;br&gt;- Eating disorders&lt;br&gt;- Grief/mourning&lt;br&gt;- Marriage/relationships&lt;br&gt;- Medical issues/diagnoses&lt;br&gt;- Parenting/co-parenting&lt;br&gt;- Smoking cessation&lt;br&gt;- Trauma&lt;br&gt;NOTE: Must have a referral from Aspirus physician.</td>
<td>all.</td>
<td>Private insurance and private pay.</td>
</tr>
<tr>
<td><strong>BRIDGE COMMUNITY BEHAVIORAL HEALTH CLINIC</strong>&lt;br&gt;1810 N 2nd Street&lt;br&gt;Wausau, WI 54403&lt;br&gt;www.bridgeclinic.org&lt;br&gt;<a href="mailto:Info@bridgeclinic.org">Info@bridgeclinic.org</a>&lt;br&gt;(715) 848-4884</td>
<td>- Anger&lt;br&gt;- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)&lt;br&gt;- Crisis intervention&lt;br&gt;- Depression/mood disorders&lt;br&gt;- Family therapy&lt;br&gt;- Grief&lt;br&gt;- Marriage/relationships&lt;br&gt;- Mental health evaluations&lt;br&gt;- Parenting&lt;br&gt;- Trauma based treatment&lt;br&gt;NOTE: Must have a referral from Aspirus physician.</td>
<td>5+.</td>
<td>Medicaid (BadgerCare/Forward Health), Medicare, private insurance, and private pay (offers sliding fee scale).</td>
</tr>
</tbody>
</table>
Choosing a Counselor

### CENTER FOR HUMAN DEVELOPMENT
631 Forest Street
Wausau, WI 54403
www.chdevelopment.org
chd@chdevelopment.org
(715) 842-0944

Addresses these conditions:
- Abuse (Child, Emotional, Physical, & Sexual)
- Anger management
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Compulsion/obsession
- Depression
- Eating disorders
- Gambling
- Grief/mourning
- Marriage/relationships
- Parenting
- Trauma
- Personality/behavior issues
- Sexuality/Gay and Lesbian issues
- Stress management

Ages served: all.

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

### CENTRE FOR WELL-BEING
www.centreforwellbeing.net
wellbeing901@hotmail.com
(715) 848-5022
901 N 6th Street
Wausau, WI 54403
6001 Business Hwy 51 South
Schofield, WI 54476
4601 Camp Phillips Rd
Weston, WI 54476

Addresses these conditions:
- 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
- Parenting
- Self-esteem issues
- Stress management
- Trauma/injury/pain

Ages served: all.

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

### 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

Addresses these conditions:
- 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
- Self-esteem issues
- Stress management

Ages served: 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
3830 8th Street Ste 101
Wisconsin Rapids, WI 54494
rapidsoffice@drjenna.net

Addresses these conditions:
- Abuse (child, Emotional & Physical)
- Anger management
- 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 pay.
### Mental Health Professionals

<table>
<thead>
<tr>
<th>Name</th>
<th>Addresses these conditions:</th>
<th>Ages served:</th>
<th>Payment accepted:</th>
</tr>
</thead>
</table>
| **CHILDREN'S HOSPITAL OF WI—CHILD AND FAMILY COUNSELING** | - Abuse (Emotional, Physical & Sexual)  
- Anger management  
- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)  
- Compulsion/obsession  
- Depression  
- Grief/mourning  
- Parenting  
- Personality/behavior issues  
- Sexuality/Homosexuality  
- Stress management | all. | Medicaid (BadgerCare/Forward Health), private insurance, and private pay (offers sliding fee scale for those in Marathon County). |
| **COMPASS COUNSELING** | - 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  
- Eating disorders  
- Gambling  
- Grief/mourning  
- Marriage/relationships  
- Parenting  
- Personality/behavior issues  
- Stress management  
- Self-harm | all. | Medicaid (BadgerCare/Forward Health), private insurance, and private pay. |
| **COURAGE TO CHANGE RECOVERY** | - Abuse (Emotional, Physical & Sexual)  
- Alcohol and substance addictions  
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)  
- Attention disorders (ADD/ADHD)  
- Depression  
- Eating disorders  
- Gambling  
- Grief/mourning  
- Marriage/relationships  
- Parenting  
- Personality/behavior issues  
- Parenting  
- Stress management | all. | Medicaid (BadgerCare/Forward Health), private insurance, and private pay (offers rates for un-insured). |
| **DIX AND GILLETTE COUNSELING SERVICES** | - Alcohol and substance addictions  
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)  
- Depression  
- Eating disorders  
- Grief/mourning  
- Gambling  
- Marriage/relationships  
- Pain management  
- Parenting  
- Self-esteem  
- Stress management | all. | Private insurance and private pay. |
| **ELMERMIDEN ASSOCIATES** | - 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 | all. | Medicaid (BadgerCare/Forward Health), Medicare, private insurance, and private pay. |
# Mental Health Professionals

<table>
<thead>
<tr>
<th><strong>EVANS COUNSELING</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>2714 Stewart Avenue</td>
</tr>
<tr>
<td>Wausau, WI 54401</td>
</tr>
<tr>
<td>(715) 849-3988</td>
</tr>
<tr>
<td><a href="http://www.evanscounseling.net">www.evanscounseling.net</a></td>
</tr>
</tbody>
</table>

**Addresses these conditions:**
- Abuse (Emotional, Physical & Sexual)
- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Co-Dependency
- Depression
- Grief/mourning
- Hoarding
- Identity issues
- Marriage/relationships
- Obsessive Compulsive Disorder
- Parenting
- Self-esteem
- Sexual addictions, identity, orientation
- Stress management

**Ages served:** School age to late adulthood.

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

<table>
<thead>
<tr>
<th><strong>KINLEIN OFFICES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>408 3rd Street, #300-301</td>
</tr>
<tr>
<td>Wausau, WI 54403</td>
</tr>
<tr>
<td>(715) 842-7399</td>
</tr>
<tr>
<td><a href="http://www.kinlein.org">www.kinlein.org</a></td>
</tr>
</tbody>
</table>

**Addresses these conditions:**
- Altering habits
- Decision making
- Learning disorders
- Living with illness/injury
- Marriage/relationships
- Parenting

**Ages served:** all.

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

<table>
<thead>
<tr>
<th><strong>NORTH CENTRAL HEALTH CARE—OUTPATIENT MENTAL HEALTH SERVICES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1100 Lake View Drive</td>
</tr>
<tr>
<td>Wausau, WI 54403</td>
</tr>
<tr>
<td>(715) 848-4356</td>
</tr>
<tr>
<td><a href="http://www.norcen.org">www.norcen.org</a></td>
</tr>
<tr>
<td><a href="mailto:info@norcen.org">info@norcen.org</a></td>
</tr>
</tbody>
</table>

**Addresses these conditions:**
- Abuse/Trauma
- Anxiety/Panic Disorder/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Crisis intervention
- Depression/Mood disorders
- Grief/mourning
- Marriage/relationships
- Parenting
- Personality/behavior disorders
- Psychiatric evaluations & assessments

**Ages served:** all.

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

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

<table>
<thead>
<tr>
<th><strong>NORTHWEST JOURNEY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>5655 N 28th Avenue</td>
</tr>
<tr>
<td>Wausau, WI 54401</td>
</tr>
<tr>
<td>(715) 675-5454</td>
</tr>
<tr>
<td><a href="mailto:nwjwausau@nwcgc.com">nwjwausau@nwcgc.com</a></td>
</tr>
<tr>
<td><a href="http://www.nwcgc.com">www.nwcgc.com</a></td>
</tr>
</tbody>
</table>

**Addresses these conditions:**
- 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), Medicare, private insurance.

<table>
<thead>
<tr>
<th><strong>PEACEFUL SOLUTIONS COUNSELING</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>741 N 1st Street</td>
</tr>
<tr>
<td>Wausau, WI 54403</td>
</tr>
<tr>
<td>(715) 675-3458</td>
</tr>
<tr>
<td><a href="http://www.peacefulsolutions.org">www.peacefulsolutions.org</a></td>
</tr>
</tbody>
</table>

**Addresses these conditions:**
- Abuse (Child, Emotional, Physical, Sexual & Other)
- 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:** 3+.

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

#### THE CARING TREE
**CHILDREN’S COUNSELING CENTER**
501 Division Street
Wausau, WI 54403
(715) 301-0667
www.caringtree.us
info@caringtree.us

Addresses these conditions:
- Abuse (Child, Emotional, Physical, Sexual & Other)
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Attention disorders (ADD/ADHD)
- Autism Spectrum disorder
- Compulsion/obsession
- Depression/Mood disorders
- Gender identity/sexual orientation
- Grief/mourning
- Parenting
- Reactive Attachment disorder

*Also offers animal-assisted and play therapy.*

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

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

Addresses these conditions:
- Abuse (child, Emotional, Physical & Sexual
- Alcohol and substance addictions
- Anxiety/Panic Disorders/PTSD (Post-Traumatic Stress Disorder)
- Depressive/mood disorders
- Eating disorders
- Grief/mourning
- Marriage/relationships
- Medical issues/diagnoses
- Military/Veterans’ issues
- Parenting/co-parenting
- Sexuality
- Smoking cessation
- Trauma

Ages served: all.
Payment accepted: Medicaid (BadgerCare/Forward Health), 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

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

Ages served: Eligible Veterans and their families.
Payment accepted: Free for eligible veterans and their families.