

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

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.



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>
INSURANCE KEY:	
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

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 pay.

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

Ages served: Ages 5 +

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

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

Ages served: Ages 5 +

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

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

Ages served: Ages 13 +

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

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

Ages served: Ages 12 +

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

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: Ages 5 +

Treated conditions include, but not limited to:

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

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@nwcgc.com
www.nwcgc.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)
- Depression/Mood disorders
- Eating disorders
- Grief/Mourning
- Marriage/Relationships
- Medical issues/Diagnoses
- Military/Veterans' issues
- Parenting
- Sexual assault issues
- Trauma

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.