

ARE YOU...

...struggling and looking for professional support?

Community Connections FREE Clinic
Dodgeville, 608-930-2232

CWM Counseling
Platteville, 608-348-5088

Mindful Solutions Counseling
Platteville, 608-642-2491

Oregon Mental Health Services
Dodgeville, 608-835-5050

Platteville Family Resource Center
*Platteville, Lancaster, Dodgeville
608-348-4060*

Southwest Behavioral Services
Platteville, 608-348-3656

Southwest Counseling
Fennimore, 608-822-5052

Unified Community Services
*Lancaster, 608-723-6357
Dodgeville, 608-935-2776*

UW-Platteville Counseling Services
Platteville, 608-342-1891

WKM Psychology Clinics
*Platteville, Lancaster, Dodgeville
608-342-4853*

Or Your Primary Care Provider

...struggling and need quick access to peer support or community resources?

National Suicide Hotline **1-800-273-8255**

Veteran's Crisis Line **1-800-273-8255 PRESS 1**
Or Text **838255**

Text "Hopeline" or "CONNECT" to **741741**

Teen Crisis Line- Text "LIFE" to **839863**

Solstice Warmline (Peer Support) **608-244-5077**

Trans Lifeline **1-877-565-8860**&Online

Trevor Project (LGBTQ) **1-866-488-7386**&Online

Military OneSource **1-800-342-9647**&Online

Alcoholics Anonymous **608-222-8989**

Narcotics Anonymous **1-800-240-0276**

Survivors of Suicide Support (Ben's Hope)
608-732-4728 or 608-732-4837 Platteville

Community Resources

Impact 211 (Crisis/Resource) **1-866-211-3380**

Great Rivers 211 (Crisis/Resource)
Dial **2-1-1** or **1-800-362-8255**

Talk-Free Resources

SMART Recovery www.smart.recovery.org

Virtual Hope Box/Calm Harm → Free Apps

ManTherapy.com → Online Support for Men

BetterHelp.com/Talkspace.com → Online
Therapy

7cups.com → Emotional Support (Free)/ Online
Therapy

Take a photo of what you need!



...In immediate danger of harming yourself?

Grant/Iowa County Crisis Line
1-800-362-5717

Call 911
and/or
Go to the Nearest Hospital:

Southwest Health-Platteville
1400 Eastside Rd

Grant Regional-Lancaster
507 S. Monroe St

Gundersen-Boscobel
205 Parker St

Upland Hills-Dodgeville
800 Compassion Way

Memorial-Lafayette Cty.
800 Clay St, Darlington

Richland Medical Center
301 E. 2nd St, Richland Center
Crossing Rivers-Prairie du Chien
37868 US-18

YOUR LIFE MATTERS.