

PHONE APPS

- Mindfulness & Relaxation
 - Headspace
 - Calm
 - Breathe2Relax
- Anxiety
 - Rootd
 - Worry Watch
 - Sanvello
- Depression
 - I Am (Daily Affirmations)
 - CBT Coach
 - Daylio (Mood Tracker)
- Other Free Resources
 - PTSD Coach
 - SAMHSA Suicide Safe
 - Got Your Back
 - Breathe, Think, Do with Sesame (Children)

PODCASTS

- Shrink Chicks
- Inside Mental Health
- The Emotions Mentor
- The Anxiety Coaches Podcast
- Dear Therapists



For more resources and information about RAMC's Behavioral Health department and providers use your phone camera on the QR code above or visit ramchealth.com/services/behavioral-health



There are several options to help you manage your mental health.

Here are some resources from the RAMC Behavioral Health team.

Reedsburg Area Medical Center
2000 North Dewey Avenue
Reedsburg, WI 53959


Physicians Group (608) 524-8611

ramchealth.com

2-1-2024 updated VW



FREE ONLINE RESOURCES

- **Centre for Clinical Interventions Website**
Worksheets/information guide on mental health topics.
<https://www.cci.health.wa.gov.au/>
- **CredibleMind**
This Sauk County resource includes videos, podcasts, apps, books and online tools. Take an assessment and receive personalized results and resources.
saukcounty.crediblemind.com or scan the qr code. 
- **Indiana University Video Library**
Online prerecorded mental health webinars.
https://www.youtube.com/playlist?list=PL_G8umia0ZnYX_2qlo9s5h_uxtacLA2w4
- **Psych Central**
Provides information and resources on mental health topics.
<https://psychcentral.com/>

LOCAL COUNSELING CENTERS

- **Reedsburg Area Medical Center Behavioral Health**
Reedsburg, WI (608) 524-8611
- **Pauquette Center**
Reedsburg, WI (608) 524-5151 (also has locations in Portage, Prairie du Sac, Baraboo, Columbus, Richland Center, and Madison)

- **Therapy Without Walls**
Reedsburg, WI (608) 843-3229
- **Goodman's Behavioral Health**
Reedsburg, WI (608) 768-4545
- **Grace Counseling & Family Services**
Reedsburg, WI (608) 562-3976
(also located in New Lisbon)

SUBSTANCE USE

Substance Use Diversion and Support Program

Sauk County (608) 963-4048

Sauk County Recovery Connections

Options available to help you through withdrawal, detox and beyond.
<https://www.co.sauk.wi.us/humanservices/sauk-county-recovery-connections>
Baraboo, (608) 402-4312

INPATIENT & INTENSIVE OUTPATIENT PROGRAMS

- **Miramont Behavioral Health**
Middleton, WI (608) 716-8286
- **Roger's Behavioral Health**
Madison, WI (also locations in Appleton, Brown Deer, Kenosha, Oconomowoc, Sheboygan, and West Allis)
- **Unity Point Health, Meriter**
PHP services (608) 417-8777

IN CASE OF AN EMERGENCY

If you or someone you know is considering suicide, please **call 9-1-1**, visit your local emergency room, or contact the National Suicide Prevention Lifeline at **9-8-8** (1-800-273-8225).

INPATIENT

- **UnityPoint Health, Meriter**
(Children and Adolescent), (608) 417-8777
- **UnityPoint Health, Meriter**
(Adult), (608) 417-6000
- **UW Health Behavioral Health**
(Adults), (608) 282-8270
- **SSM Health St Mary's Hospital**
(Adults), (608) 251-6100

ADDITIONAL CRISIS RESOURCES

- **Sauk County Crisis**
(608) 355-4200
After Hours (M-F 4:30 p.m. - 8:00 a.m., weekends and holidays) (800) 533-5692
- **Crisis Text Line**
Provides free, confidential support via text message 24/7 to those in crisis situations. Text HOME to 741741 for support.
- **The SAMSHA Helpline**
A free, confidential information service that provides treatment and support referrals 24/7 to people facing mental illness and addictions. Call 1-800-662-HELP (4357) for support.
- **The Trevor Project**
A free, confidential support 24/7 to LGBTQ youth via a helpline, text and online instant messaging system. Call 1-866-488-7386 for support.
- **The Veterans Crisis Line**
Provides free, confidential support 24/7 to veterans, all service members and their family and friends in times of need. Call 1-800-273-8255 and press 1 or text 838255 for support.