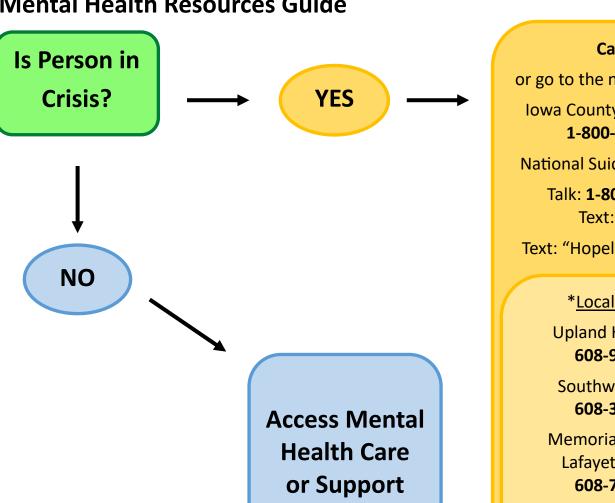
# **Mental Health Resources Guide**



#### Call 911

or go to the nearest hospital\*

**Iowa County Crisis Hotline:** 1-800-362-5717

National Suicide Prevention:

Talk: 1-800-273-8255 Text: **839863** 

Text: "Hopeline" to: **741741** 

### \*Local Hospitals

Upland Hills Health: 608-930-8000

Southwest Health: 608-348-2331

Memorial Hospital of Lafayette County: 608-776-4466

Richland Hospital: (608) 647-6321

# **Outpatient**

# **Mental Health Providers**

**Unified Community Services:** 608-935-2776 or 608-723-6357

**Uplands Counseling Associates:** 608-935-2838

Platteville Family Resource Center: 608-348-4060

Oregon Mental Health Services: 608-835-5050 or 608-341-6690

Community Connections Free Clinic: 608-930-2232

## **Additional Resources**

Primary Care Physician **School Counselor Health Insurance Company** Pastor or Priest

Aging & Disability Resource Center: 608-930-9835

NAMI Southwestern Wisconsin: 608-391-0794

Suicide Prevention Coalition: suicide-iowacountywi.org

Family Advocates:

608-930-1636

Farm Center:

1-800-942-2474