Navigating Mental Health Services

in the Chippewa Valley
If you are experiencing a crisis, such as thinking about harming yourself or harming another person, call 911.
RESOURCE DEFINITIONS:

Counseling
Guidance in resolving personal problems and assistance with developing coping skills/strategies.

Helpline
A telephone service providing assistance with problems.

Peer support
When friends, family or others provide knowledge, experience, emotional, social, or practical help to others.

Psychiatrist
A medical doctor that treats mental health issues. Can prescribe medication.

Psychologist
A professional that diagnoses and treats mental health issues. Not a medical doctor.

Psychotherapist
A professional that provides counseling and listens to an individual to learn about the individual’s moods, feelings, and behaviors to determine what help the individual needs.

Self-advocacy
An individual’s ability to effectively communicate his or her own interests, needs and rights. It involves making informed decisions and taking responsibility for those decisions.

Recovery is a journey with many peaks and valleys
Mental Health Wellness Check

Mental health: a person’s overall emotional well-being

Use the diagram on the following page to decide what kind of help is best for you based on how you feel.

- Locate the section of the thermometer that best describes your feelings and actions.
- Contact one of the resources listed on the following pages to get assistance based on your feelings/actions.
- This mental health wellness check may also be used to assess the wellness of friends, family, co-workers, and others.

Resources Available

Call 911

Helplines
Psychiatrist
Psychologist

Family doctor
Counseling appointment
Peer support
Self-advocacy

Feelings/Actions

- Anxious/worried
- Sad
- Lonely
- Angry
- Overwhelmed
- Tired for no reason
- Drop in grades or work performance
- Decreased energy
- Want to harm self or others
- Feeling you would be “better off dead”
- Hopeless
- Increase in alcohol & drug use
- Day-to-day activities are hard
- Work or school absences
- Weight loss or Weight gain

Disclaimer:
The information in this brochure is provided as an information resource only, and is not to be used or relied on for any diagnosis or treatment purposes. This information is not intended to be patient education, does not create any patient-physician relationship and should not be used as a substitute for professional diagnosis and treatment.
IF YOU THINK IT MAY BE URGENT...
CALL YOUR COUNTY’S CRISIS SERVICE LINE

Crisis workers can provide a supportive ear, give referrals and keep you safe when things are really breaking down.

CRISIS LINES:
Northwest Connections Mental Health Crisis Services
1-888-552-6642
National Suicide Hotline – 1-800-271-TALK (8255)

PRIMARY CONTACTS:
HSHS Sacred Heart Hospital Eau Claire 715-717-4121
Mayo Clinic Health System Eau Claire 715-838-3311
Marshfield Clinic Eau Claire Riverview Center 715-858-4850
HSHS St. Joseph’s Hospital Chippewa Falls 715-723-1811
L.E. Phillips Libertas Center 715-723-5585
Mayo Clinic Health System Menomonie 715-235-5531

COUNTY RESOURCE LINE:
Use terms in this document to find local providers
Great Rivers 2-1-1 Dial 2-1-1 or 1-800-362-8255
TTY 1-866-884-3620

DEPARTMENT OF HEALTH AND HUMAN SERVICES:
Dunn County Behavioral Health Services 715-232-1116
Eau Claire County Mental Health Services 715-839-7118
Chippewa County 715-726-7788

Your life is worth living
**Q & A**

Q: I don’t have insurance.
A: Contact 2-1-1 or the Chippewa Valley Free Clinic at 715-839-8477 for assistance. Check with your local DHS to ask if you are eligible for any low-income programs. Visit healthcare.gov or call (800) 318-2596 for more info and/or to apply for insurance through the Marketplace.

Q: I don’t know who my insurance covers.
A: Make an appointment with your primary doctor to discuss your concerns and they can assist you with a referral to an appropriate provider. Or, you can call your insurance provider and ask them about mental health services covered by your plan and how to make an appointment with a provider (therapist AND psychiatrist). You can find contact information for your insurance plan on your monthly bills, insurance card or by searching the internet.

Q: I tried to make an appointment but there is a waiting list.
A: Make an appointment anyway. You can always cancel if you get an earlier appointment somewhere else.

Q: What do I do in the meantime?
A: Dial 2-1-1 (a statewide social service information and referral line) and ask about sliding-scale, reduced cost or free mental health services that your community may offer.

Q: How do I get connected to these types of providers?
A: Contact your primary healthcare provider for a referral. OR Call 2-1-1 and ask for a listing of psychiatrists, psychologists, counselors, etc., in your area.

**Develop a support system**
Forgive yourself for mistakes. Learn from them and move on.

715-839-2869
www.echealthycommunities.org

For additional resources, scan this QR code

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