

**CHECK OUT...**

# **Richland County Resources**



**Your school's counseling staff, principal, or child's teacher can be your first step to find resources! Please reach out with questions:**

**Ithaca School District (608) 585-2311**

**MS/HS Counselor**

**Elementary Social Worker**

**You and your family are worth it!**

## **Richland County Resource Directory**

**PDF in English & Spanish:**

**Local resources for food, housing, health & more.**

**Compiled by Extension  
Richland County**



**[richland.extension.wisc.edu/2016/09/13/  
richland-county-resource-directory](http://richland.extension.wisc.edu/2016/09/13/richland-county-resource-directory)**

## **Southwest WI Network of Care**

**Online, interactive guide:**

**Find services for mental health & substance use in SW Wisconsin, and explore library of topics.**



**[southwestern.wi.networkofcare.org](http://southwestern.wi.networkofcare.org)**

# Quick Guide

Connect to Help Today!

## **Caring and Trusted Professional Counselors**

Richland County HHS-Counseling & Clinical Services (608) 647-8821

Pauquette Center (608) 647-4705

New Day Counseling (608) 856-5225

Pine Counseling (608) 383-1261

Pamela Nigl, LLC (608)647-8181

Katrina Johnson LLC (608) 553-0279

## **Community Resources & Peer Support to Listen, Support, and Guide**

Passages (sexual assault & domestic violence)  
1-800-236-4325

Queers & Peers  
(608) 739-1018  
queerspeers@gmail.com

Alcoholics Anonymous  
(608) 222-8989



## **Handle & Navigate to Safe Thoughts (i.e suicidal thoughts) and Feelings right now**

Call 911 or go to the nearest hospital

NW Connections Crisis Line  
1-888-552-6642

Suicide Prevention Hotline  
1-800-273-8255

Text HOPELINE to 741741

