

Mental Health Outpatient and Day Treatment Resources

AGENCY	ABOUT
Associates in Psychotherapy 4700 Dresser Dr., Janesville, WI Phone: 608-752-7255 Fax: 608-752-6942	http://www.associatesinpsychotherapy.com Substance Use Counselor available
Beloit Health System: Counseling Care Center 1969 W. Hard Rd., Beloit, WI Phone: 364-5686 Fax: 363-5756 Beloit Health System: Janesville Family Health Center, 1321 Creston Park Dr., Janesville, WI Phone: 364-5686	http://www.Beloithealthsystem.org/counseling-care-center Substance Use Counselor available They have a Spanish-speaking psychiatrist. Some evening appointments are available.
Beloit Psychotherapy 136 W. Grand Ave., Suite 250, Beloit, WI Phone: 608-346-8315	http://www.beloitpsychotherapy.com Substance Use Counselor available
Catholic Charities 2020 E. Milwaukee St, Suite 9, Janesville, WI Phone: 608-752-4906 Fax: 608-752-9699	http://catholiccharitiesofmadison.org/Services/MentalHealthCounseling/tabid/603/Default.aspx An income-based sliding fee scale is available. Appointments are available Monday-Wednesday only.
Compass Behavioral Health Clinic 1820 Center Ave., Janesville, WI Phone: 608-755-1475 Fax: 608-755-1733	http://www.janesvilleclinicalpsychology.com Substance Use Counselor available Spanish speaking therapist Some evening appointments are available.
Crossroads Counseling Center 17 S. River St., Suite 254, Janesville, WI Phone: 608-755-5260 Fax: 608-755-5267	http://www.crossroads73.com Substance Use Counselor available Child Day Treatment available Sometimes interns are available to see clients for free. Some evening appointments are available.
Genesis Counseling 1 S. Main St., P.O. Box 8010, Janesville, WI Phone: 608-757-0404 Fax: 608-757-2319	http://www.genescounselingservices.com Substance Use Counselor available Minimal evening appointments are available.
Lutheran Social Services (LSS) Outpatient Clinic 612 N. Randall Ave., Suite A, Janesville, WI Phone: 608-752-7660 Fax: 608-752-9788 Run-away and Youth Services (RAYS) Phone: 608-752-7660 ext. 5117	https://www.lsswis.org/Locations/LSS-Janesville.htm Substance Use Counselor available An income based sliding fee scale is available at the outpatient clinic. In 2017, Spanish speaking providers will be available through Telehealth services. RAYS offers 10 free community-based sessions to any youth age 11 – 17.
Mercy Options Behavioral Health Services 903 Mineral Point Ave, Janesville, WI Phone: 608-756-5555 Fax: 608-756-0174 Services also available in Milton, Evansville and Beloit.	www.mercyhealthsystem.org/location/mercy-options-janesville/ Substance Use Counselor available Child Day Treatment available (608-741-2117) Minimal evening appointments are available.
Rock County Human Services 3520 N. County Road F, Janesville, WI Crisis Intervention Services: 608-757-5025 Mental Health and Substance Abuse Intake Unit: 608-757-5229	Rock County Crisis Intervention Services available 24 hours per day, 7 days per week for no charge. Eligibility for other Mental Health and Substance Use services are determined through the Intake Unit when individuals are not able to access the appropriate level of services in private community agencies. An income based sliding fee scale is available.
Winther Counseling Lab: UW-Whitewater Department of Counselor Education Winther Hall 3004 230 N. Prairie St., Whitewater, WI 53190 Phone: 262-472-2842	http://www.uww.edu/Documents/colleges/coeps/counseled/WintherCounselingLabBrochure.pdf Free services are provided by UW-Whitewater graduate students working toward their Counseling degree. Services are provided during the academic year only. Evening appointments are available.

Always check with your insurance provider to determine who are approved providers under your coverage plan. This information is usually accessible by calling the 800 number on the back of your insurance card or online. If you do not have insurance coverage for mental health services, look for the resources indicating free or sliding fee scales. The School District of Milton does not endorse any specific provider. Specific questions or issues regarding services should be addressed directly with each treatment or support group provider.

Mental Health and Substance Use Supportive Resources

Center for Suicide Awareness: HOPELINE Text: "hopeline" To: 741741 This is a free texting hotline available 24/7.

Rock County Alateen Groups

<https://scentralwial-anon.org/about-al-anon/about-alateen/>

Thursday 6:30 p.m.

St. John Lutheran Church
302 N. Parker Drive
Janesville, WI 53545

Use Pease Ct. Entrance. Handicap Accessible

Sunday 7:00 p.m.

Faith Lutheran Church
2116 Mineral Point Ave.
Janesville, WI 53548

Alateen is Al-Anon for teenagers. Years ago, Al-Anon recognized the need to have special meetings run by and for teenagers where they can come together to share their own experiences in coping with another person's drinking among their peers. While there is always an adult Al-Anon member that provides service to each Alateen group, every group is attended and run by teenagers only.

Northern Rock County AA Groups 608-774-2812

<http://mtg.area75.org/meetings.html?dist=30&p=>

Sunday - Saturday

7:30 am 12X12 Drop In Center

402 W Delavan Dr., Janesville 608-774-9440

10:00 am Wesley Ave. Alano Club, 1833 Wesley Ave., Janesville 608-289-8204 (Mon - Fri is Big Book Study. Sat. is Discussion Mtg.)

Monday - Friday

10:30 am 12X12 Study Mtg, 12X12 Drop In Center, 402 W Delavan Dr., Janesville, 608-757-1166 (Mon is 12X12 Study. Wed. & Thurs. is Big Book Study.)

Sunday

9:30 am 734 Railroad St., Janesville 608-752-8322

5:30 pm Women Open Mtg, Wesley Ave. Alano Club
1833 Wesley Ave., Janesville 608-289-8204

6:00 pm Open Mtg, 734 Railroad St., Janesville
608-756-1620

7:00 pm Open Mtg Discussion, Faith Lutheran Church, 2116 Mineral Point Rd., Janesville 608-295-1633

7:00 pm Beginners Group Open Mtg, 12X12 Drop In Center
402 W. Delavan Dr., Janesville 608-314-6660

Monday

6:30 pm Big Book Study Mtg, 12X12 Drop In Center,
402 W Delavan Dr., Janesville 608-295-1633

7:00 pm 734 Railroad St., Janesville 608-754-8278

7:00 pm Open Discussion Mtg, Edgerton Day Room, Elm Drive
Apartment, Edgerton 608-751-4229

Tuesday

6:30 pm Open Discussion Mtg, Wesley Ave. Alano Club, 1833 Wesley Ave., Janesville 608-754-2828

6:30 pm Open Women's Mtg, 12X12 Drop In Center,
402 W Delavan Dr., Janesville 608-884-8534

7:00 pm 734 Railroad St., Janesville 608-754-0313

7:00 pm Men's Mtg, Trinity Episcopal Church, 419 E. Court St.,
Janesville 608-931-2544

Wednesday

12:00 pm Big Book Study Group, Wesley Ave. Alano Club, 1833 Wesley Ave., Janesville 608-876-4130

12:00 pm Womens Mtg, 734 Railroad St., Janesville 754-1206

5:00 pm Open Mtg, Wesley Ave. Alano Club, 1833 Wesley Ave.,
Janesville, 608-754-2828

Northern Rock County AA Groups continued

Wednesday continued

5:30 pm Trinity Episcopal Church, 419 E Court St, Janesville 608-921-8972

6:30 pm Open Mtg, 12X12 Drop In Center, 402 W. Delavan Dr.,
Janesville 608-436-6459

7:00 pm Open Mtg, First Christian Church, 1909 Highland Ave.,
Janesville 608-289-2293

Thursday

12:00 pm Open Discussion Mtg, Edgerton Good Fellowship Central
Lutheran Church, 100 W. Rollin St., Edgerton, 608-751-4229

6:30 pm Open Discussion Mtg, Wesley Ave. Alano Club
1833 Wesley Ave., Janesville, 608-754-2828

7:00 pm Open Mtg, St. Mary's, 837 Parkview Dr., Milton
608-289-3603

7:00 pm Faith Lutheran, 2116 Mineral Point, Janesville
608-758-1915 (last Thurs. of each month is Speaker Mtg)

Friday

12:00 pm Discussion Mtg, 734 Railroad St., Janesville 608-754-8278

7:00 pm Young People's Open Meeting, Cargill United Methodist
Church, 2000 Wesley Ave., Janesville 608-774-3346

8:00 pm Open Speaker Meeting, St. Peter's Church, 1422 Center Ave.,
Janesville 608-302-0110

8:00 pm St. Mary's Church, 837 Parkview Dr., Milton 608-289-3603

Saturday

8:00 am 12X12 Discussion, Wesley Ave. Alano Club, 1833 Wesley
Ave., Janesville 608-756-9738

10:00 am 12X12 Drop In Center, 402 W. Delavan Dr., Janesville 608-314-1090

7:00 pm 734 Railroad St., Janesville 608-754-8278

7:00 pm Open Speaker Mtg., 12X12 Drop In Center, 402 W. Delavan
Dr., Janesville 850-774-4430

7:00 pm Open Mtg., Wesley Ave. Alano Club, 1833 Wesley Ave.,
Janesville 608-754-2828

National Alliance on Mental Illness of Rock County

<http://www.namirockcounty.org/groups-classes.html>

1-800-608-0104

Peer Support Group

2nd Tuesday & 4th Wednesday every month, 6:00 pm - 7:30 pm
120 N. Crosby Ave., Ste. 11, Janesville

This is a free, peer-led support group for adults living with mental illness. The groups are led by NAMI-trained facilitators who've been there.

Family Support Group

1st Thursday every month, 6:30 - 8:00 pm, Central Christian Church,
Rm 221, 2460 Milwaukee Rd., Beloit

2nd Tuesday & 4th Wednesday every month, 6:00 - 7:30 pm,
120 N. Crosby Ave., Ste. 11, Janesville

This is a free, peer-led support group for family members, caregivers and loved ones of individuals living with mental illness.

Rock Valley Peer Suicide Grief Support Group: Survivors of Loved Ones to Suicide (SOLOS)

4th Tuesday every month

6:00 - 7:30 pm, 120 N. Crosby Ave., Ste. 11, Janesville

This is a free, drop-in support group meeting facilitated by a suicide loss survivor/volunteer. The facilitators are not counselors but can offer support, healing, and hope in a safe and confidential environment.