



Community Resources: Counseling/ Therapy

Start Here:

Contact your health insurance provider by calling the number on the back of your insurance card to see which services are covered by your insurance. You may ask about a specific clinic (below)

- If you do not have health insurance, some locations offer a [sliding scale](#) payment option
- **Option:** See your Primary Care Physician for an assessment/ evaluation/ referral for therapy
- Some mental health clinics/ services require a referral from a doctor.
- **Option:** Contact your employer's employee assistance program (EAP) for help accessing therapy services.
- **Option:** Call 2-1-1 or 262-547-3388 (24-hour hotline that provides free, confidential assistance with accessing community and crisis intervention resources)

Step 2:

- Choose an agency from the list below (based on the payment option that works for you).
- Call to see which providers are accepting new clients.
- Visit the agency's website for more information about the location and individual therapists.

Mental Health Service Agencies

Telemental Health Services:

A therapist or counselor provides psychological counseling and support over the internet through email, video conferencing, online chat, or a phone call.

Agencies with an asterisk () offering **Tele-mental Health Services***

Aurora Behavioral Health Center * S74W16775 Janesville Rd Muskego, WI 53150 Phone: 414-773-4312 Website	Cornerstone Counseling * Locations: Mukwonago, Waukesha, Oconomowoc, Brookfield, Greenfield, Glendale, Airport, Racine Phone: 262-789-1191 Website	Greensquare Developmental Specialists * (Children's Hospital of WI) Locations: Franklin, New Berlin, Greenfield, Mequon, Pewaukee Phone: 414-228-4800 Appointment form and Website
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**Housing Action Coalition
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262.522.3815
www.cocwaukesha.org

ProHealth Medical Group * S69 W15636 Janesville Rd. Muskego, WI 53150 Phone: 262-928-4036 Website	Family Service of Waukesha * 101 W. Broadway, 2 nd floor Waukesha, WI 53186 Phone: 262-547-5567 Website	Integrative Psyche, LLC * 2448 S 102nd Street Suite 270 West Allis, Wisconsin 53227 (630) 528-0414 Website
Lighthouse Counseling Services * 325 Forest Grove Drive Suite 201 Pewaukee, WI 53072 Website	Milwaukee Psychiatric Physicians Chartered 12760 W. North Avenue Brookfield, WI 53005 Phone: (262) 439-5500 Website	Modern Wellness * Muskego Plaza, W Janesville Rd. Muskego, WI 53150 262-221-0369 Website
Pathways Counseling Center 13105 W. Bluemound Rd. Suite 100 Brookfield, WI 53005 Phone: 262-641-9790 Website and contact form	Red Oak Counseling, Ltd. * 12970 W. Bluemound Rd., Ste. 308 Elm Grove, WI 53122 262-780-1020 Website	Shorehaven (formerly Wholistic Health Counseling Services) 2607 N. Grandview Blvd. Ste. 102 Waukesha, WI 53188 262-446-9981 Website
Sixteenth Street Community Health Centers 309 East North St. Waukesha, WI 53188 Phone: 262-408-2530 Website	Stress Management Clinic 2717 N Grandview Blvd. Suite 303 Waukesha, Wisconsin, 53188 Phone: 262-544-6486 Website	Systemic Perspectives * 2511 N 124th St Brookfield, WI 53005 (262) 641-4347 Website
The Big Yellow House * (of Family Service of Waukesha) 726 N. East Ave. Waukesha, WI 53186 Phone: 262-544-9622 Website	Waukesha County Mental Health Services 514 Riverview Ave. Waukesha, WI 53188 Phone: 262-548-7666 Website	

The Mission of the Housing Action Coalition is to educate, advocate, and raise awareness while providing a cohesive coordinated response to homelessness and the issues related to it such as affordable housing throughout Waukesha County.



Mental Health Assessment/ Intake for Inpatient or Partial Hospitalization Programs

Aurora Psychiatric Hospital (emergency intake/ assessments) 1220 Dewey Avenue Wauwatosa, WI 53213 Phone: 414-454-6777 Call first, assessments in-person only Website: Child & Adolescent Programs	Rogers Behavioral Health (emergency intake/assessments) Call 800-767-4411 for an assessment. Website <ul style="list-style-type: none"> • Location of service is dependent on availability • No cost for a phone intake • Call your insurance if deciding to pursue services
Waukesha County Mental Health Clinic Intake and Mobile Crisis Unit 262-548-7666 (M-F 8:00am - 4:30pm) 262-547-3388 (After hours & weekends) Mobile Crisis Intervention Brochure <ul style="list-style-type: none"> • Ask about cost of services before pursuing 	Hotlines: National Suicide & Crisis Lifeline: 1-800-273-8255 Hopeline: Text "HOPELINE" to 741741 Trevor Project for LGBTQIA: 1-866-488-7386 or Text "START" to 678678 Call 9-1-1 for immediate safety concerns

Groups (Support, Educational, Play, etc.)

Healing Hearts of Waukesha County (free) Community-based support program for children and their adult caregivers who are grieving the loss of a loved one through death, divorce, separation, incarceration, military deployment, etc. https://www.healingheartsofwaukeshaco.org/ Phone: (262) 751-0874	Integrative Psyche, LLC 2448 S 102nd Street Suite 270 West Allis, Wisconsin 53227 Phone: 630-528-0414 Website	NAMI (National Alliance on Mental Illness) Provides information, education, support, and advocacy Phone: 262-524-8886 Waukesha County Website
Parents' Place (support groups for parents & children, classes, programs) 1570 E. Moreland Blvd. Waukesha, WI 53186 Phone: 262-549-5575 http://www.parentsplacewi.org/	Women's Center (no cost for services) 505 N. East Avenue Waukesha, WI 53186 262-547-4600 (business line) 262-542-3828 (crisis line) https://twcwaukesha.org/	<ul style="list-style-type: none"> • Resources for Veterans and Families of Veterans • Benefits: 1-800-827-1000 • Health Care: 1-877-222-VETS (8387) • Veterans Crisis Line: 1-800-273-8255 Press 1 • Veterans Outreach and Recovery Program (VORP) • Waukesha County Coordinator: 414-209-2064



Winter 2020-2021 Community Resources

Waukesha County

Call 2-1-1 to locate the nearest warming center, shelter, financial assistance, or other supportive resources

Waukesha County Library (321 Wisconsin Ave, Waukesha- 262-524-3680)

Library hours: As of October 24th, 2020

- Monday-Friday: 9:00 AM - 5:00 P.M., Closed Saturday & Sunday
- Library Occupancy is limited. All visitors are required to wear a mask. Tables and seating areas are not available. All-in-house Library programs, Community Room and Study Rooms are closed until further notice
- It is encouraged to pay fines online. Outdoor return will remain open

James Place (129 W. Broadway, Waukesha- 262-544-9472)

Open Monday, Tuesday, and Thursday 9:00 A.M.- 3:00 P.M. Clients are asked to wear a mask and allow for their temperatures to be taken. Services available during open hours; coffee and water are available, and each visit is limited to 45 minutes.

- Computer access & assistance with resume and job/housing searches
- Immigration services, counseling, assistance with budgeting
- supportive relationships, connections to local resources and Bible study & Prayer

The Salvation Army of Waukesha County (445 Madison St., Waukesha – 262-547-7367, ext. 236)

Due to COVID-19, The Salvation Army is closed to the public, however clients can utilize the following:

- Community Meal is available on Tuesday, Thursday, and Saturday at 5:00 P.M. as a to-go option
- Food Pantry is available on Tuesday & Wednesday 1:00 P.M.- 4:00 P.M. and Friday 9:00 A.M.- Noon
- Hygiene Program (Laundry & Showers) is available on Mondays, Tuesdays, and Friday by appointment only between 12:00 P.M.- 3:00 P.M. Clients are asked to wear a mask, practice social distancing, and will be provided hygiene products.
- Due to COVID-19 restrictions, there will be no warming center or drop-in services
- ***Agency will be participating in the Winter Motel Voucher Program***

Hebron Housing Services (812 N. East Ave, 53186 & 1519 Summit Ave, 53188 & 1301 E. Moreland Blvd, 53186, 262-549-8720)

- Jeremy House, Siena House, and Juno House are warming centers between 8:00 a.m. & 5:00 p.m. for up to 2 hours (Staff may adjust time during extreme weather).
- As of October 29th, 2020 Siena, House is now open 24 hours a day, seven days a week
- As of December 1st, 2020, guests can utilize the drop-in services for up to ten times per month (7:00pm-7:00am)
- All guests are screened before entering shelter, including guests for warming/cooling. Screening utilizes no-touch thermometer and CDC-recommended guidelines for shelter screening.
- ***Agency will be participating in the Winter Motel Voucher Program***



Hope Center (502 N. East Ave, Waukesha – 262-549-8726)

- Day Center continues to be closed at this time, cannot accommodate walk-ins. Advised to make appt.
- Clothing Shop is available by appointment only. Appointments are needed for donations also.
- Breakfast 9:00am & Lunch (12:00pm) are available as to-go options Mon-Fri as well as Saturday Lunch
- Dinner is served on Monday, Wednesday, and Friday at 5:30 P.M. as to-go options as well

Catholic Charities (717 N. East Ave, Waukesha – 262-547-2463)

- Men and women coats are available as well as limited bus passes – a phone call is preferred to inform staff of needs and expected time of arrival. Clients must wear a mask and will need to have their temperature checked.

NAMI- Waukesha (217 Wisconsin Ave Ste 300, Waukesha – 262-524-8886)

- Office is open Monday -Friday 9:00 A.M.- 4:00 P.M.
- Street Outreach Workers are in the community daily
- All PATH, SOAR and SOAR for Children programs are available
- Support groups are offered in person and virtually with space limitations and require registration. Contact NAMI for more information regarding available support groups

Waukesha County Human Services Center Updated Resources

- **Aging and Disability Resource Center (ADRC)** Information and Assistance Call Center remains open at 262-548-7848. The in-person ADRC office is closed. No in-person home visits are conducted. Assessments are being completed via telephone.
- **Adult Protective Services** are conducted via telephone and videoconferencing as much as possible. In-person investigations are continued for urgent needs.
- **Senior Dining Centers** are closed. Home meal delivery continues operation. More info: 262-548-7848.
- **Waukesha County Public Health** is providing immunizations by appointment only, Tuesdays through Thursdays. Walk-ins will not be accommodated. To schedule an appointment, call 262-896-8430 and press option "5"
- **Walk-in Clinic Nurse Services**, the International Travel Clinic and STD Clinic Services continue to be closed until further notice.
- **Inpatient Mental Health Center** has suspended visitations except for clergy, representatives of the court and guardians
- **WIC** in-person services are limited, services continue to be provided remotely or by phone at 1-800-540-3620.

Waukesha County COVID-19 Testing Sites

- **Waukesha County Expo-** 1000 Northview Rd, Waukesha 53188 (Testing available through 12/9/2020)
- **Sixteenth Street Community Health Center-** 309 E. North St, Waukesha 53188 (Testing is ongoing, 12:30p-3:30p)
- **CVS Pharmacy- Waukesha** – 1130 W. Sunset Dr, Waukesha 53189 (Testing is ongoing, by appointment only)
- **Waukesha Free Clinic** – 237 Wisconsin Ave, Waukesha 53186 (Testing is ongoing, Tues 12pm-4pm, Thursday 11am-4pm)



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Winter Motel Voucher Program

This winter season, HAC is unable to operate the Overflow Shelter at our physical location on Sentry Drive. To help provide and offer additional shelter beds during inclement weather as well as promote social distancing within the shelters, HAC is partnering with Hebron Housing Services and The Salvation Army of Waukesha County this winter to offer the "Winter Motel Voucher Program".

For individuals and families seeking emergency shelter, inquiries will go directly to Hebron Housing Services and The Salvation Army to determine eligibility and space availability. ***Agency information is provided above***

Please do not forward calls or clients to HAC for a motel voucher, as referrals to the motel voucher program will go through both Hebron Housing Services and The Salvation Army at this time.

The Winter Motel Voucher Program will operate through March 31, 2021.