

National Suicide Prevention Lifeline 800-273-8255

[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org) (live chat)

[Guide to Mental Health Services in Pierce and St. Croix Counties](#) Location and phone numbers for mental health and substance abuse services

St. Croix County [Behavioral Health Services | St. Croix County, WI](#) Information and resources 715-246-8255

Pierce County [Mental Health](#) information and resources 715-273-6770

Pierce County [Alcohol/Drug Abuse](#) information and resources 715-273-6770

[NAMI St. Croix Valley](#) National Alliance for Mental Illness Local chapter 608-301-5440

[Make It OK](#) A campaign to reduce the stigma surrounding mental health

[211 St. Croix Valley](#) When you need help and don't know where to turn, 211 is your one-stop connection to the local services that are here for you, like food and utility assistance, housing, mental health services and crisis intervention, elder care, disaster services, substance abuse help, and much more. Call 211 (877-947-2211 outside 715 area) or text 898211

[Mental Health First Aid](#) Mental Health First Aid is an internationally-recognized, evidence-based program that is managed by the National Council for Mental Wellbeing. The course teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders.

<https://www.211Wisconsin.communityos.org> Addiction recovery and resources

[St. Croix Valley Restorative Services](#) 715-425-1100

Provides affordable access to resources that give clients the opportunity to see challenges in a new light and make effective changes that work for them.

[Arbor Place](#) 715-235-4537

Provides support and services to individuals with substance abuse and mental health disorders.

[The Butterfly Path](#) Raises funds to provide mental health resources to the local area.

<https://www.changetochill.org> For teenagers and young adults (mindfulness and stress relief) presented by Allina Health

<https://www.riverfallspubliclibrary.org> Mental Health Wellness Series

<https://www.healthiertogetherpiercestcroix.org> A community coalition working to create and maintain healthy communities.

