

Resource Centers

2-1-1 Call 211

<https://211wisconsincommunityos.org/>

Free, confidential helpline and online resource directory make it easy for residents to get connected to information and assistance.

- Alcohol/other Drug Abuse
- Child and Elder Care
- Crisis Intervention
- Financial and Legal
- Mental Health
- Shelter

Well Badger Resource Center 1-800-642-7837

www.wellbadger.org/s/?language=en_US

Specialists can answer questions and connect you to programs when you need help.

Sauk County Resource Guide –UW Extension

<https://sauk.extension.wisc.edu/community-resources-guides/>

Food Programs

FoodShare WI 888-794-5556

<https://www.dhs.wisconsin.gov/foodshare/index.htm>

Helps people purchase food needed for good health.

Food Pantry 608-355-3290

www.co.sauk.wi.us/publichealth/women-infant-children-wic

Sauk County Food Pantry locations listed at the bottom of the webpage.

WIC-Sauk County 608-355-4320

www.co.sauk.wi.us/publichealth/women-infant-children-wic

Provides healthy foods, nutrition education and breastfeeding support for women, infants, and children up to age 5.

Clothing & Household Items

St. Vincent de Paul 866-331-9474

Assistance with rent, clothing & household items.

Baraboo 608-356-4649

Sauk Prairie 608-643-8905

Reedsburg 608-524-7714

Wisconsin Dells 608-254-4011

The Neighborly Open Monday 2:30-4:30 &

Tuesdays 2:30-5:30PM

<https://barabooumc.org/neighborly-free-store/>

608-356-3991

First United Methodist Church 615 Broadway, Baraboo

Parenting & Family Services

Extension Sauk County 608-355-3250

<https://extension.wisc.edu/family/>

Digital parent and co-parenting resources.

Assistance in Mothering (A.I.M.) 608-721-1286

<https://www.aimbaraboo.com>

1007 Washington Ave, Baraboo

Provides pregnancy and parenting support.

6:8 608-561-8568

<https://www.makingservicepersonal.org/programs-services>

821 Industry Rd, Sauk City

Multiple programs to help families with tools and support to thrive in the community.

4C for Child 608-271-9181

<https://www.4-c.org>

Access to high-quality early care and education for the benefit of children, families, and communities.

Birth to 3 608-355-4200

www.dhs.wisconsin.gov/birthto3/index.htm

Early intervention program for children with developmental delays and disabilities ages birth to 3.

Family Resource Center 608-356-3328

www.renewalunlimited.net/?page_id=87

Lending library, play groups, parent classes, newsletters

Public Health Sauk County 608-355-3290

Home Visiting Programs

www.co.sauk.wi.us/publichealth/nurse-family-partnership

www.co.sauk.wi.us/publichealth/prenatal-care-coordination

Home visiting for expecting moms and fathers.

Supports families with prenatal care, improved birth outcomes and child development education.

Immunizations 608-355-3290

www.co.sauk.wi.us/publichealth/immunizations

Provides vaccines at no cost to children uninsured, underinsured (insurance doesn't cover immunizations).

SHP (Sleep in Heavenly Peace) 844-432-BEDS

<https://shpbeds.org/chapter/wi-portage/>

Free handcrafted beds for children in the community.

Cribs for Kids 608-355-3290

[Safe Kids Sauk County \(safekidswi.org\)](http://SafeKidsSaukCounty.org)

Provides a safe place for infants to sleep along with updates on safe sleep guidelines.

Car Seat Program 608-355-3290

www.co.sauk.wi.us/publichealth/car-seat-safety-checks

Have your questions answered by a certified car seat technician.

Families Come First (FCF) 608-355-4200

www.co.sauk.wi.us/humanservices

Brings together a team that aims to empower families to better meet the needs of the family and their children.

Mental Health

Crisis Line 800-533-5692

Provides help to individuals who are experiencing a mental health crisis. The entry-point for Crisis Services is the Crisis Line, which is answered 24/7/365.

National Maternal Mental Health Hotline

1-833-943-5746

English Text 800-944-4773

Español Text 971-203-7773

Postpartum support 24/7, 365 days a year. English and Spanish with other languages available on request.

Postpartum Support International 800-944-4773

www.postpartum.net

24-hour mental health helpline to support families during pregnancy, pregnancy loss, and the postpartum period.

Comprehensive Community Services 608-355-4200

Wraparound services for youth and adult that are team-based to help with recovery from mental illness and/or substance use.

Crisis Line 4:30PM-8:00AM everyday 800-533-5692

Sauk County Human Services 608-355-4200

www.co.sauk.wi.us/humanservices

Ask for Access Unit. Outpatient mental health and substance use treatment for Sauk County residents.

Moms Mental Health Initiative

<https://www.momsmentalhealthinitiative.org>

Anxiety and/or depression support during pregnancy and after childbirth.

Domestic Violence/ Help Lines

Teen Dating Abuse Resources 866-331-9474

Hope House of South Central WI 608-356-7500

Hope House Resource Center 800-584-6790

LGBT Hotline 888-843-4564

National Domestic Violence Hotline 800-799-7233

National Runaway Safeline 800-786-2929

National Sexual Abuse Hotline 800-656-4673

Polaris Project/National Human Trafficking Hotline

888-373-7888

Suicide Prevention Lines

Suicide & Crisis Lifeline Dial 988
National Hopeline Network 800-784-2433
Text: HOPELINE to 741741
National Suicide Prevention Lifeline 800-273-8255
Solstice House Warm Line for Support 608-244-5077
Farm Angel Network 24/7 hotline at 1-888-901-2558

Alcohol, Tobacco and Drug Use Services

Substance use during pregnancy, breastfeeding, and parenting can be dangerous, with a variety of harmful effects on both adults and children. The effects can be short or long term and may be physical, mental, social, emotional, and financial. You are not alone. Many others know what it's like and can help you quit, give you tips, and support you along the way.

Recovery Connections: 608-402-4312
Wisconsin Addiction Recovery Helpline Call 211 or 833-944-4673

Available statewide 24 hours a day, seven days a week.

Substance Use Diversion and Support (SUDS)

608-355-3287

Substance Abuse and Mental Health Helpline (SAMHSA) 800-662-4357

Confidential service open 24/7, 356 days a year.

NAMI Recovery/Support Group 608-355-0378

www.namiwisconsin.org/sauk-county/

C.A.R.E. 608-644-0504 EXT 12

Medically assisted treatment (MAT) program for opioid and alcohol substance use disorders.

Community Clubhouse

Sarah 608-963-7648 or Brigette 608-963-5596
505 Broadway, 4th Floor, room 472

Monday, Tuesday, Wednesday 11-12:30PM

Drop in group for those enrolled in mental health or substance use services.

Project WIS Hope 844-WIS-HOPE

12 Step Meetings:

Al-Anon 608-355-4200 OR Hotline 608-533-5692

888-425-2666 www.al-anon.org

Nar-Anon www.nar-anon.org

Support for family and friends of those addicted to alcohol and other drugs

Adult Children of Alcoholic & Dysfunctional Families

www.adultchildren.org

Nicotine Anonymous 877-879-6422

www.na.org

Alcoholics 608-222-8989

www.aa.org

Tobacco Cessation Resources:

Quit Line www.ctri.wisc.edu/quitline 800-784-8669

OR Text READY to 200-400

Spanish Tobacco Quit Line 800-2NO-FUME

WI Women's Health Foundation (First Breath)

800-448-5148

<https://wwhf.org/> OR

<https://wwhf.org/firstbreath/participant/>

Public Assistance Programs

ACCESS 1-888-794-5556

<https://access.wisconsin.gov/access/jsp/access/Home.jsp>

Apply for the following programs:

- BadgerCare Plus, Medicaid or healthcare
- Emergency Assistance
- Family Planning Only Services
- FoodShare
- Child Care Subsidy
- W2

Sauk County Housing Authority 608-356-3986

www.saukcountyha.org/

Rent Assistance and Housing Program

Medical Transportation (MTM) 866-907-1493

Call 48 hours in advance for a ride to a medical or WIC appointment.

Free/Low Cost Clinics

St. Vincent DePaul Free Medical Clinic Portage

608-234-0159

Good Neighbor Clinic Sauk Prairie 608-643-4749

First Care Mobile Clinic 608-259-1605

50 Wisconsin Dells Parkway, Wisconsin Dells

Provides medical services for women.

Appointments on Mondays bi-weekly

HealthFirst 800-246-5743

509 Hitchcock St, Baraboo, WI 53913

<https://www.healthfirstnetwork.org>

Reproductive Healthcare



Resource Guide of Sauk County 2025



This institution is an equal opportunity employer.

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