

The Behavioral Health Resource Center (BHRC)

(608) 267-2244: For English select option 1 Para español presione 2; Lus Hmoob, nyem tus lej 3

Website: danebhrc.org; Email the BHRC at BHRC@danecounty.gov

- A non-crisis, voluntary person and family centered service designed to help all Dane County residents access behavioral health services, regardless of insurance status, financial status, age, identity, ability or legal status.

National Alliance on Mental Illness (NAMI – Dane County) (608) 249-7188; <https://www.namidanecounty.org/>

- Provides education, support and advocacy to people affected by mental illness.
- Multiple support groups, mental health law enforcement trainings and resources for an array of ages.

Journey Mental Health Center (608) 280-2720; www.journeymhc.org

- Outpatient Therapy
- 24/7 Mental Health Crisis Line
- Crisis Stabilization
- Support groups

Safe Communities (608) 441-3060; www.safercommunity.net

- Offers Recovery Coaching and multiple community programs.
- 24/7 Recovery Helpline - (608) 228-1278

Anesis Therapy Clinic (608) 268-6530; anesistherapycenter.org

- Offers Outpatient Therapy for youth, adults and families.
- Substance abuse counseling, EMDR (eye movement desensitization and reprocessing) therapy and ACT (Acceptance and Commitment Therapy) parenting.

The Hmong Institute (608) 692-8918; thehmonginstitute.org

- Empowers community through education, health and preservation of Hmong heritage.

Catholic Multicultural Center (608) 661-3512; cmcmadison.org

- Works to meet immediate needs, provide educational services and offer spiritual and cultural activities

Centro Hispano (608) 255-3018; micentro.org

- Provides multiple youth, family and community programs, educational events for Latinx families to reach personal and professional goals while feeling engaged and strengthened.

African Center for Community Development (608) 294-0066; africancentermadison.org

- Support and building community through education, service, entrepreneurship, empowerment and dialogue.
- Offers lectures, community health outreach and education events, financial literacy workshops and more.