

Children's Wisconsin (414) 266-3339; childrenswi.org/locations

- Provides Outpatient Children's Therapy.

Quest Counseling (608) 567-4465; questmadison.com

- Individual Therapy, Child and Adolescent Therapy, Parenting Support and more.

Rise Wisconsin (608) 244-5700; <https://risewisconsin.org/the-respite-center/>

- Respite Center offers free or reduced rate emergency and respite child care to Dane County Residents with children birth-13.

Rainbow Project (608) 255-7356; <https://www.therainbowproject.net/crisisintervention>

- Immediate response and support for children and families involved in community violence and/or traumatic crisis situations including crisis support, trauma screening, referrals and follow-ups.

Journey Mental Health Center Crisis Line 608-280-2600

- 24 hour support for those experiencing mental health crisis. They can also provide you with information about next steps with your loved one.

988 Lifeline: 24 hour Suicide and Crisis line

- Dial or text 988 at anytime and speak with someone who will inquire about your safety, understand how your problem is affecting you, provide support and share any resources that may be helpful.

The Trevor Project: Suicide Prevention for LGBTQ+ Young People

Text: 678-678; Call: (866) 488-7386; website: thetrevorproject.org/get-help/

- Provides information and resource assistance for lgbtq+ individuals in crisis.
- Provides support through trained counselors who are available 24/7.

Anesis Free Drop-in Therapy Clinic

- People can attend up to four to six sessions. Sessions are 30 minutes long. The therapist will collaborate to determine if additional services are needed a referral can be made to Anesis Counseling.

Mt. Zion Counseling Center:

608-268-6530; <https://www.mtzlife.com/programs>

- Walk in hours: Tuesdays 10am-2pm; Thursdays 1pm-5pm.
- 1219 Fisher St, Madison WI 53713

Lighthouse Christian School:

608-665-0283; <https://anesistherapycenter.com/drop-in-clinics>

- Walk in hours: Mondays 10am-2pm, Thursdays 3pm-6pm.
- 6402 Schroeder Rd, Madison WI 53711; Services offered in both English and Spanish.

Anesis Satellite Location: 2206 University Avenue, Madison WI

- Tuesdays and Wednesdays 10a-2p