



Dane County Mental Health Providers

updated December 2023

PLEASE CALL YOUR INSURANCE AND THE PROVIDER/AGENCY TO VERIFY COVERAGE

****many providers have waitlists at this time, please call to ensure you are on their waitlist for services****

Note: We, as employees of Mount Horeb Area School District, are not attempting to endorse certain agencies over others. This list is not meant to be an exhaustive list of all the resources in our area but instead a quick guide for your reference. Please use your judgment to decide which best fits your family's needs/preferences.

Provider/Agency	Contact Info	Ages Served	Description	Services	Cost/Insurances
Behavioral Health Resource Center BHRC	608-267-2244 bhrc@countyofdane.com	All	BHRC Specialists can connect you with mental and behavioral health resources in Dane Co. regardless of insurance status, financial status, age, identity, ability or legal status. Primary focus is mental health and substance use services.	Helpline to connect you to local resources (therapists, medication management, AODA services, residential treatment, inpatient services, outpatient services). BHRC will help you to make calls to providers for services and information! *NOT a crisis line.	Free BHRC will identify available providers based on your insurance, or lack thereof.
Children's Mental and Behavioral Health Resource Navigator Wisconsin Dept. of Health Services	Children's Mental and Behavioral Health Resource Navigator	Children, Youth and Families	The children's mental and behavioral health resources navigator is a free, online, anonymous tool to help you navigate resources for a child you care about who has mental or behavioral health concerns.	Online resource navigation tool	Free



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<p>Oregon Mental Health Services</p>	<p>**For therapy at school, contact the Student Service Team (principals, social workers, psychologists, counselors, nurses) at your student's school</p> <p>Office locations in Oregon and Dodgeville.</p> <p>608-835-5050</p> <p>reception@oregonmentalhealthservices.com</p>	<p>All - specifically youth in schools</p>	<p>Partnership with MHASD, provides therapy at school to reduce barriers related to transportation. Accessible for all students!</p> <p>Outpatient mental health clinic with two offices in Oregon and Dodgeville.</p>	<p>Outpatient therapy, school-based mental health services</p>	<p>**Will work with families without insurance or families without insurance listed below.</p> <p><i>Insurances:</i> Dean Health Plan Quartz Medicare The Alliance BadgerCare Anthem/BCBS Medicare Supplement and Advantage Plans</p>
<p>Mount Horeb Counseling</p>	<p>608-716-4867</p>	<p>All</p>	<p>Outpatient mental health clinic.</p> <p>Mount Horeb Counseling, LLC offers a variety of counseling services to work towards a healthier you through your mental wellness.</p>	<p>Outpatient therapy, offers telehealth services</p>	<p><i>Insurances:</i> Medicare Medicaid GHC-SW</p> <p>*sliding scale fee for services available</p>
<p>Platteville Family Resource Center</p>	<p><i>Mount Horeb</i> 1406 Springdale St. Mount Horeb, WI</p> <p>Other offices in: Platteville, Dodgeville and Lancaster</p>	<p>All</p>	<p>Provides outpatient mental health services. Also has services for Parent-Child Interaction Therapy, EMDR and DBT</p>	<p>Outpatient mental health services. Individual therapy, couples therapy, family therapy, group therapy. Psych evals, crisis</p>	<p><i>Call for accepted insurances.</i></p>



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	608-348-4060			intervention, protective capacity evaluations	
Journey Mental Health	25 Kessel Court Madison, WI 608-280-2700	All	Mental health crisis management, outpatient mental health services, crisis intervention teams Mental and behavioral health concerns such as substance use, anxiety, bipolar disorder, trauma, depression, eating disorders, mood disorders, panic attacks, schizophrenia, SAD, social anxiety	Outpatient mental health services, individual therapy, group therapy, family therapy, substance use treatment, Ujima Program for African Americans, Clinica Latina for Spanish speakers	<i>Insurances:</i> Quartz GHC Alliance <i>Medicaid:</i> Quartz - Badgercare GHC - Badgercare iCare My Choice/Care WI
Insight Counseling and Wellness	1943 Winnebago Street, Madison WI 53704 608-244-4859	All	Outpatient mental health clinic. Can address issues such as depression, anxiety, PTSS, conflict resolution, anger management, relationship issues, life changes. LGBTQ friendly, culturally competent, strengths-based, client-centered	Outpatient therapy, movement based therapy, yoga, CCS, couples therapy, family therapy, Ph.D. level therapists	<i>Insurances:</i> Dean Health Plan Quartz GHC BCBS Care WI The Alliance CCS iCare WEA Trust Medicaid (Badgercare) *some Badgercare plus
Anesis	<i>Main Clinic</i> 815 Forward Drive	All	Outpatient mental health, AODA and case	One on one therapy, couples	Serve all clients regardless of



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	<p>Madison, WI 53711</p> <p><i>Satellite Clinic</i> 2701 International Lane Ste. 201 Madison, WI 53704 (Northside)</p> <p>608-268-6530</p> <p>info@anesistherapy.com</p>		<p>management services. Systems therapy perspective.</p> <p>Racially, culturally and linguistically diverse.</p>	<p>therapy, family therapy, mental health groups, telehealth</p>	<p>inability to pay. Discounts based on family size and income. Call for scaling fee.</p> <p><i>Insurances:</i> Dean GHC Quartz WPS The Alliance BadgerCare+ BCBD Network Health Optum/United MHS Health WI</p>
<p>LifeStance Health (formerly Westside Psychotherapy)</p>	<p>Multiple locations in Madison: Capitol Square, Eastside, Westside, Hilldale, Middleton *see website for location details</p> <p>608-236-4460</p>	All	<p>Wide range of treatment areas and services provided.</p>	<p>Adult, child and adolescent psychiatry, child and adolescent therapy, couples therapy, family therapy, telehealth, neuropsych testing, psychological testing, medication management</p>	<p><i>Insurances:</i> Many insurances accepted, please see website for full list.</p>
<p>Common Threads</p>	<p>1717 N. Stoughton Rd. Madison, WI 53704</p> <p>608-838-8999</p>	All	<p>Comprehensive support services to autistics, neurodivergents and anyone who experiences mental health needs and</p>	<p>Outpatient mental health services, Autism services, occupational therapy (OT), neurodiversity</p>	<p>CCS</p> <p><i>Call for accepted insurances.</i></p> <p><i>Discounts for out of</i></p>



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			<p>sensory differences.</p> <p>Parents encouraged to participate in treatment</p>	<p>focus, behavioral disorders</p>	<p><i>pocket pay.</i></p>
<p>Orion Family Services</p>	<p>6333 Odana Rd. Ste. 20 Madison, WI</p> <p>608-270-2511</p>	<p>Children, adolescents and families</p>	<p>Services can be provided individually, linked together or combined with other community services.</p> <p>Individual, family and group therapy.</p>	<p>Outpatient mental health services, in home family therapy, parent programs, community programs</p>	<p><i>Insurances:</i> MHS Health WI The Alliance GHC BCBS WEA Trust Quartz BadgerCare+ Dean</p>
<p>Greyley Wellness (formerly Madison Trauma Therapy)</p>	<p>2010 Eastwood Dr. Madison, WI 53704</p> <p>hello@greyleywellness.com</p>	<p>All</p>	<p>Provides outpatient mental health services specializing in a range of areas including anxiety, depression, trauma, life transitions, Animal Assisted Psychotherapy</p>	<p>Individual therapy, Wellness groups, workplace wellness, CCS</p>	<p><i>Insurances:</i> Quartz Dean UHC/Optum Medicare Medicaid The Alliance MHS CCS</p>
<p>Family Service Madison</p>	<p>128 E. Olin Ave. Madison, WI</p> <p>608-316-1180</p> <p>heidir@fsmad.org</p>	<p>All</p>	<p>Outpatient individual therapy, couples therapy, family therapy. LGBTQ+ friendly</p> <p>Trauma, depression, anxiety, panic, stress, abuse, family and relationship problems, grief and loss, domestic violence</p>	<p>**Currently accepting new referrals (12/8/23)</p> <p>Therapy, day treatment, in-home service, birth to three, telehealth, antiviolence programs</p>	<p><i>Call for accepted insurances.</i></p>



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<p>Abegglen Counseling</p>	<p><i>Fitchburg/Southside</i> 2940 Chapel Valley Rd. Fitchburg, WI</p> <p><i>Downtown/UW Campus</i> 740 Regent St. Ste. 201 Madison, WI 53715</p> <p>608-709-9672</p> <p>info@abegglencounseling.com</p>	<p>All</p>	<p>Outpatient mental health services</p>	<p>*currently accepting new clients (12/12/23)</p> <p>Outpatient therapy</p>	<p><i>Insurances:</i> The Alliance BCBS/Anthem Forward Health/Badgercare Humana Quartz Dean Trilogy WPS</p>
<p>Reflections Mental Health</p>	<p>2802 Coho St. Ste. 203 Madison, WI</p> <p>608-291-7033</p> <p>info@reflections-mhwi.com</p>	<p>All</p>	<p>Outpatient mental health services specializing in anxiety disorders, PTSD and complex trauma, chronic stress, dysregulation, attachment and mood disorders</p>	<p>Individual therapy ages 4+ and adolescents, family therapy, adult therapy, telehealth</p>	<p><i>Insurances:</i> Accepts many insurances, please see website or call for full list.</p>
<p>Foundations Counseling Center</p>	<p><i>Madison</i> 579 D'Onfrio Dr. Madison, WI 53719</p> <p><i>Belleville</i> 629 River St. Ste. C Belleville, WI 535008</p> <p>608-424-9100</p> <p>fccoffice@foundationscc.com</p>	<p>All</p>	<p>Outpatient mental health services. Specializes in in-home therapy for children, adults and families.</p> <p>TF-CBT, EMDR, Infant Mental Health (0-5), in-home, crisis intervention/stabilization</p> <p>LGBTQ+ friendly, anti-racist, all inclusive</p>	<p>Intensive in-home mental health services, group therapy, outpatient counseling, wellness groups, telehealth</p>	<p><i>Call for accepted insurances.</i></p>



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<p>Gifts of Emotion</p>	<p><i>Madison</i> 301 N. Broom St. Madison, WI 53703</p> <p><i>Middleton</i> 3510 Parmenter St. Middleton, WI 53562</p> <p>608-301-5708</p> <p>info@giftsofemotion.com</p>	<p>All</p>	<p>Outpatient mental health provider, trauma specialized counseling</p>	<p>Individual therapy, couples therapy, family therapy, telehealth</p>	<p><i>Insurances:</i> Humana Quartz BCBS The Alliance SHIP Wellfirst Dean/SSM</p> <p><i>*sliding scale fee option</i></p>
<p>Quest Counseling</p>	<p><i>Downtown</i> 700 Regent St. Ste. 300 Madison, WI</p> <p><i>Westside</i> 440 Science Dr. Madison, WI 53711</p> <p>608-567-4465</p> <p>intakes@questmadison.com</p>	<p>All</p>	<p>Outpatient mental health provider. Specializes in LGBTQIA+ individuals, complex PTSD and addiction</p> <p>EMDR, art therapy, DBT, MBCT, trauma, grief and loss, eating disorders, gambling addictions, substance use, other behavioral addictions, stress management, conflict resolution, parenting support, attachment disorders, and more</p>	<p>Individual therapy, couples therapy, family counseling, children, adolescents, adults</p>	<p><i>Insurances:</i> The Alliance BCBS Dean GHC-south central WI Quartz Wellfirst ForwardHealth Badgercare-GHC Badgercare-Dean Badgercare-Quartz</p> <p><i>*reduced fees may be available, call</i></p>
<p>Agrace</p>	<p><i>Grief Support Center</i> 2906 Marketplace Dr. Fitchburg, WI</p> <p><i>Other Clinics</i></p>	<p>All</p>	<p>Grief Support Groups for adults, family grief support program for adults and school-aged children (5-18), groups</p>	<p>Grief support groups, grief support center, programs for adults, and</p>	<p><i>Modest fee for service, may be waived or lowered if needed, call</i></p>



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	<p>Madison, Janesville, Baraboo, Dodgeville, Oconomowoc</p> <p>800-553-4289</p>		<p>for specific situations (such as spouse/partner loss), therapeutic play activities for grieving children, grief education</p> <p>**limited one on one grief support</p>	<p>children/families</p>	
<p>Rainbow Project</p>	<p>831 E. Washington Ave. Madison, WI</p> <p>608-255-7356</p> <p>info@therainbowproject.net</p>	<p>Children under age 10 and their families</p>	<p>Services may include assessment and evaluation, child play therapy, trauma services, TF-CBT, individual counseling, parent education, in-home treatment, community education, and more</p>	<p>Short term and long term counseling, prevention and early intervention</p>	<p><i>No one is denied services due to inability to pay.</i></p> <p><i>Insurances:</i> Badgercare-Title19 Badgercare-GHC Badgercare-Dean Badgercare-Quartz GHC Dean Quartz</p> <p><i>*sliding scale fee available, call</i></p>
<p>Canopy Center</p>	<p>2445 Darwin Rd. Ste. 15 Madison, WI</p> <p>608-241-4888</p>	<p>Children birth to 18 and non-offending caregivers</p>	<p>Child abuse treatment and prevention agency</p> <p>Strengthen families, promote healing of those affected by abuse</p> <p>LGBTQIA+ friendly, inclusive, culturally competent</p>	<p>The Oasis Program: Trauma focused therapy for children and non-offending caregivers, kid and teen groups, caregiver groups, group therapy for adult survivors of childhood sexual</p>	<p><i>Oasis services are free of charge.</i></p>



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				abuse	
Golden Vibes	303 S. Paterson St. 1A Madison, WI 608-571-0558 contactus@goldenvibes.com counseling.com	All	Outpatient mental health provider. Specializes in LGBTQ+ affirmative therapy, depression, bipolar, anxiety disorders, eating disorders, body image, self-harm, addiction, trauma, relationships	Individual therapy, couples therapy, family therapy, child and adolescent therapy, group counseling and psychoeducational assessment	<i>Insurances:</i> GHC Quartz Dean Anthem/BCBS The Alliance <i>*reduced fee services available on a limited basis, call</i>
New Beginnings	2900 W. Beltline Hwy. Madison, WI 53713 608-630-8889	All	Outpatient mental health provider. New Beginnings Counseling Center, LLC will provide safe spaces for individuals, couples, and families to tell their stories while providing education to support and empower change. We facilitate this through promoting and modeling Whole Person, Whole Life, Wellbeing, Cultural Diversity, Values, Respect, Dignity, Individualization, Identity and Personal Responsibility.	Individual therapy, couples therapy, family therapy, group counseling, life coaching, LGBTQ+, AODA, mental health, grief, veterans, PTSD, EPA *telehealth available	<i>Insurances:</i> Aetna The Alliance Anthem BCBS Dean EverNorth (Cigna) HealthEOS Health Payment Systems iCare Medicaid Medicare MHS Molina Multiplan Quartz PHCS Network Tricare (Select plan) United Healthcare UBH/Optum UMR



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					WPS *sliding scale available, call for rates and to set up a consultation
Positive Insights	602 Pleasant Oak Dr. Ste. D Oregon, WI 53575 608-291-0107 erin@positive-insights.org	Ages 0-18	Outpatient services for children and families. Uses animal-assisted therapy. Addressing behavioral concerns, learning difficulties, anxiety, depression or other mental health issues.	Psychological testing, mental health assessment, CBT, play therapy, animal-assisted therapy, telehealth **see website for specific areas of focus	<i>Insurances:</i> The Alliance Dean Quartz FSA & HSA Cards *able to bill out of network for some PPO or POS plans
Moontree Psychotherapy	401 Wisconsin Ave. Madison, WI 53703 608-256-5115	All	Therapies to heal the entire person - mind, body spirit. Speciality focus on depression and anxiety, relationship problems, finding meaning and reconnection with spirituality, exploring identity.	Individual therapy, couples therapy, family therapy	<i>Insurance varies based on the practitioner, please see website or call for accepted insurances.</i>
UW Health - PATH	American Family Children's Hospital 1675 Highland Ave Madison, WI	Children, youth and families	PATH Clinic for Pediatric Gender Identity Supports transgender, nonbinary, gender questioning, and gender	Mental Health counseling, hormone/puberty suppression, gender affirming hormone therapy,	<i>Call for accepted insurances.</i>



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	608-263-6420		diverse youth Personalized treatment and support	support services for kids and families	
Psychology Today	n/a	All	Website: enter your zip code and you can filter by insurance, gender, types of therapy, age, price, etc.	Find a therapist near you	<i>Free website to look up therapists near you.</i>

If you are in need of immediate help, please call 911.

988 Suicide and Crisis Life Line - Call, Text, Chat

Dane County Suicide Crisis Line - 608-280-2600 (Journey Mental Health)

Helplines in Dane County:

[Briarpatch Youth Services](#)

608-251-1126 - 24/7 helpline for youth and families

- Helps youth handle pressing needs involving personal safety, mental health problems, housing and other vital concerns. Specializes in **runaway and homeless youth**.

[Domestic Abuse Intervention Services \(DAIS\)](#)

608-251-4445 - 24/7 crisis line

- Provides crisis intervention, safety planning, support, information, and referrals to survivors of domestic abuse, and their families, friends, other service providers, and the general public. Specializes in **domestic violence**.

[Journey Mental Health Crisis Line](#)

608-280-2600 - 24/7 crisis line

- Equipped to see walk-in clients who may be suicidal or have AODA concerns. They respond to area hospitals for county funding and involuntary admission requests.



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[Rape Crisis Center](#)

(608) 251-7273 (251-RAPE) 24-7

- Helpline Confidential crisis counseling, referral, and information available 24 hours a day, 7 days a week.

Alcoholics Anonymous (AA) - 608-222-8989

Narcotics Anonymous (NA) - 608-258-1747

- English and Spanish - anyone looking for help with their **addiction** can call (day or night) and will be connected with a member who is sober and has worked the 12 steps. Most often, members who answer the call will offer to pick the caller up for a meeting, to meet for coffee or bring a meeting to them.