

For general mental health concerns for non-emergent reasons please contact either of our counselors.

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For emergency and after-hours concerns please contact the appropriate resources

Emergency: 911

Referral services: 211 | [211.org](https://www.211.org)

La Crosse County Resource Guide – a variety of community resource agencies to better serve the people of La Crosse County

<https://www.workforceconnections.org/resources/LaCrosseCountyResourceGuide.pdf>

Self-harming- If a student is self-harming but doesn't disclose any suicidal ideation, please email the counselor immediately. Outside of school hours, please call 211.

Suicide ideation- This is an emergency situation! Call Mobile Crisis immediately at 784-HELP(4357). In addition, notify the counselor and administration.

Abuse or neglect concerns- Make a report to CPS (784-HELP) immediately and fill out a copy of the district form. Forward the form to the appropriate counselor ASAP.

Eating Disorders: 1-800-931-2237 | [nationaleatingdisorders.org](https://www.nationaleatingdisorders.org)

Runaway Hotline: 1-800-231-6946 | [1800runaway.org](https://www.1800runaway.org)

Sexual Assault Hotline: 1-800-656-4673 | [rainn.org](https://www.rainn.org)

Domestic/Relationship Violence Hotline: 1-800-799-7233 | [thehotline.org](https://www.thehotline.org)

Trevor Hotline for LGBTQ Youth: 1-866-488-7386 | [thetrevorproject.org](https://www.thetrevorproject.org)

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline | [samhsa.gov/find-help/national-helpline](https://www.samhsa.gov/find-help/national-helpline)

Other resources for developing healthy lifestyles, including mental and emotional help: [helpguide.org](https://www.helpguide.org)

Information on: food closets, food banks, soup kitchens, congregate meal locations, food boxes, vouchers, etc. https://www.foodpantries.org/ci/wi-la_crosse