

Mental Health & Wellness Resources

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APPS

CALM or HEADSPACE

- Music, meditation, and more to help with stress, sleep, and focus

SMILING MIND

- Evidence-based wellbeing and mindfulness for all ages and spaces

HOW WE FEEL

- Mood tracking app with strategies to match

HUMIN

- Step-by-step guidance to improving wellbeing

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VIDEOS

Why do we lose control of our emotions?

10 Daily Affirmations for Kids

Progressive Muscle Relaxation for Kids

Be the Pond Mindfulness

Grounding Exercise for Racing Minds (all ages)

5-4-3-2-1 Grounding Method (all ages)

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WEBSITES

Healthy Ways to Handle Stress

La Crosse Mental Health Coalition

- Local in person and digital mental health resources

Mental Health First Aid Resources

- Extensive list of resources by category

Tips for Reducing Children's Stress and Anxiety

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IN-PERSON

Call 988: Suicide & Crisis Lifeline

Heartline Counseling & Consulting
608-377-3864

AJ Falkers Counseling & Consulting
608-501-1189

Emplify Behavioral Health (by Gundersen)
505 Gopher Drive, Tomah
608-374-3853

Mayo Clinic Behavioral Health
325 Butts Ave, Tomah
608-372-5951

Peace of Mind Counseling
608-397-0192

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01

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02

Keep your promises consistently

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03

Provide clear and honest value

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04

Engage with real intention

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