HEALTHCARE AND INSURANCE RESOURCES

Family Health La Clinica - Wautoma, Mauston, Beaver Dam & Stevens Point

800-942-5330, www.famhealth.org Reduced cost dental care. Serves all people in need. Accepts Medicare, Medicaid, BadgerCare, most insurance, and uninsured. Sliding fee based on family size and income. Minimum payment required at each visit. Medical services also available in Wautoma.

Capital Consortium - BadgerCare 888-794-5556

Call Center, www.access.wisconsin.gov Determines eligibility for BadgerCare Plus and Medicaid.

Covering Wisconsin

608-261-1455, www.coveringwi.org Provides free assistance year-round to find and use health insurance.

EDUCATIONAL/VOCATIONAL SERVICES

Job Center - Adams County

608-339-9559, www.jobcenterofwisconsin.com Local center for: current job openings anywhere in Wisconsin or US using internet based programs; job application forms for many area employers; assistance with resume writing; job placement assistance for Veterans; free fax and phone lines; help using the internet.

Division of Vocational Rehabilitation

800-469-0917 Toll Free, www.dwd.wisconsin.gov/dvr Program for individuals with disabilities find, maintain or look for better employment.

Mid-State Technical College

888-575-6782, www.mstc.edu Higher education provider of associate degrees, technical diplomas, and certificates in a wide variety of in-demand fields.

Wisconsin Department of Workforce Development

www.my.unemployment.wisconsin.gov Must apply online. If questions call the Job Center at 608-339-9559.

TRANSPORTATION RESOURCES

Faith In Action of Adams County 608-339-0504

Interfaith volunteers provide non-medical, non-financial assistance to seniors and anyone who is disabled and over 60 years of age. We offer friendly visiting, help with house or yard work, grocery or other shopping, and other support services to help them remain independent in their own home.

Aging & Disability Resource Center 877-883-5378, 608-339-4251 www.adrcinformation.org

Transportation services available for 60+, veterans or disabled persons. Transportation to medical appointments is a primary service and a priority for all clients. A ride to other locations may also be provided if there is availability. Co-pay is required.

AGING AND DISABILITY RESOURCES

Aging & Disability Resource Center

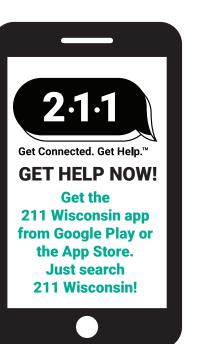
877-883-5378, 608-339-4251 www.adrcinformation.org Initiates, coordinates and administers programs that help older adults (age 60 plus) remain active, contributing citizens of the community. Programs include elder abuse intervention, caregiver support and services, home delivered meals, hearing/vision assistance, support groups, transportation and volunteer opportunities.

SUICIDE AND CRISIS LIFELINE

On your phone, dial 9-8-8 or 800-273-TALK(8255) Text 988 or visit 988lifeline.org to chat Provides 24/7, free and confidential support for people in distress, prevention, and crisis resources.

Uplift WI Warmline

534-202-5438 Warmline that connects callers to peer specialists.



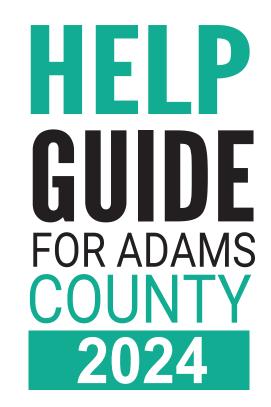
PRESCRIPTION DISCOUNT CARD

United Way of South Wood & Adams Counties 715-421-0390, www.uwswac.org/singlecare

Cut this out and place in your wallet for immediate use. Use as often as needed.

Authorization Number BIN 610194 010123200 BIN 610194 GRP FW200 PCN DUP TO 80% OFF YOUR PRESCRIPTIONS Vertreed with Evered with







Get Connected. Get Help.™ WWW.UWSWac.org/2-1-1

United Way of South Wood & Adams Counties



351 Oak Street, Wisconsin Rapids, WI 54494 p. 715.421.0390 www.uwswac.org

UNITED WAY'S 211

United Way's 211

On your phone, dial 211 or 877-947-2211 www.uwswac.org/2-1-1 Text your zip code to 898211 211 is a simple, free, confidential referral and information helpline and website that link people from all communities and ages to the essential health and human services they need, 24 hours a day, 7 days a week.

FOOD RESOURCES

Central Wisconsin Community Action Council -Adams County Food Pantry

608-393-2641, www.cwcac.org Emergency food for families and individuals in need. Clients do not need a referral. The USDA food pantry is open every Wed. from 1pm - 4pm and Fri. from 9am - 12pm for a once-a-month food pick-up.

Second Harvest Food Bank of Southern Wisconsin

www.secondharvestmadison.org A mobile food pantry that offers shelf-stable, refrigerated and frozen foods once a month. Open to the public with no cost. Held at A-F Middle School the third Wed. of every month at 4pm. Bring own containers.

Capital Consortium - FoodShare

888-794-5556 Call Center, www.access.wisconsin.gov Provides various services to enable clients to achieve self-sufficiency and economic independence, including FoodShare.

Adams County Public Health - WIC

608-847-9375 Adams County, www.signupwic.com The WIC Nutrition program provides health screening, nutrition education and supplemental food for pregnant and breastfeeding women, infants and children up to age five.

Adams County Aging & Disability Resource Center - Nutrition Program

608-339-4251 www.adrcinformation.org Home delivered meals for ages 60+. Call to sign up. \$4.00 per meal is the suggested donation.

Adams-Friendship Area School District -Summer Food Service Program 608-339-3921 ext. 1113 Call or go online to www.afasd.net for specific dates,

Call or go online to www.afasd.net for specific dates, times and dine-in locations.

Grand Marsh Food Pantry 608-931-6779

Food pantry open weekly to families and individuals in need. Open Tuesdays 3:30pm-4:30pm. Must be an Adams County resident.

HOUSING AND UTILITY RESOURCES

Energy Services

800-506-5596, www.energybenefit.wi.gov Assists households annually with energy assistance, emergency fuel assistance and emergency furnace repair and replacement.

Central Wisconsin Community Action Council -Adams County Rental Assistance

608-254-8353 Main Office, www.cwcac.org Serves Adams County for emergency rental and mortgage assistance and helps with the homeless program.

Integrated Community Solutions (Section 8) Housing Choice Vouchure Program 920-496-1944, www.ics-gb.org

Applicants must meet income guidelines.

Renewal Unlimited - Housing Assistance Program

800-344-7543, www.renewalunlimited.net Homeless Prevention Program provides assistance to low to moderate income families with rental assistance, either a grant or a 0% interest loan.

Catholic Charities

715-849-3311, www.cclse.org Assists with rent and/or utilites, not emergency assistance. Income eligibility requirements. Call to apply.

Foundation for Rural Housing

888-400-5974, www.wisconsinruralhousing.org Rent/Mortgage Assistance

Assists income-eligible clients with payment towards rent and security deposits, back taxes and mortgage payments to prevent foreclosure.

Utility Assistance

Offers payment assistance to eligible clients facing eviction because of past due utility bills. No assistance if disconnected. Budget plan required. Funds may be limited.

Forward Services Corporation

855-733-1311, www.fsc-corp.org Assists with rent with an eviction notice and utility bills if a disconnect notice is given. Must have minor children and meet income requirements. Office is open by appointment only.

enTouch Wireless

Contact United Way's 211 to find out how to apply. Offers free wireless cell phone minutes to eligible individuals. Must have own phone.

CLOTHING/HOUSEHOLD

Practical Cents Resale Store

608-339-2278 Sells used clothes, household items and furniture at a low cost. Provides jobs to adults with disabilities.

St. Vincent de Paul Society

608-254-4011, Wisconsin Dells Serves Adams-Friendship and southern Adams County. Used clothing and furniture at low prices in the store.

ADDICTION AND MENTAL HEALTH/ABUSE

Wisconsin Addiction Recovery Helpline

833-944-4673, www.addictionhelpwi.org Statewide resource for finding substance use treatment and recovery services.

Alcoholics Anonymous Meetings

608-222-8989, www.area75.org

Narcotics Anonymous Meetings 800-240-0276, wisconsinna.org

Al - Anon Family Meetings

888-425-2666, www.area61afg.org

Nar - Anon Family Meetings

800-477-6291, www.nar-anon.org

Adams County Health & Human Services

608-339-4505, www.co.adams.wi.us (click on Departments & select Health & Human Services) Outpatient clinic provides mental health and AODA

therapy. Also provides psychiatric and psychological services to all open clients, and case management to eligible clients.

Adams County Crisis Intervention

608-339-4505 After Hours Crisis Line - Northwest Connections 888-552-6642

Family Health La Clinica - Friendship

608-474-4355, www.famhealth.org Offers outpatient substance use recovery services including medication assisted treatment when appropriate. Provides an innovative approach to treating heroin and opioid prescription drug addiction which includes ongoing case management services, mental health services, and additional wraparound support to help promote recovery.

Hope House of South Central Wisconsin (Baraboo)

800-584-6790 Helpline 24 Hour www.hopehousescw.org Offers emergency shelter, food, clothing, support groups, legal assistance, resources for counseling, and transportation for domestic violence victims. Also provides services for sexual assault victims. Prevention information and community domestic violence education available. Serves Adams County.

CHILD CARE RESOURCES

Childcaring, Inc.

715-841-9490 or 1-800-628-8534, www.childcaring.org Assists parents in their search for child care. Referrals to certified/ licensed child care, informational materials available, etc. Childcaring provides a varitety of free services to help you start a certified or licensed child care business.