Mental Health Services

Agency	Address	Contact	Services
Journey Mental Health Center	49 Kessel Court, Madison, WI 53711	ESP: (608) 280-2495 ENG: (608) 280-2510 www.journeymhc.org	• Individual mental health therapy • Substance use assessment • Individual and group counseling for drivers under the influence of substances • Substance use counseling • Group counseling • Prescription services
Anesis Therapy Center	815 Forward Drive, Madison, WI 53711	(608) 268-6530 anesistherapycenter.com	• Individual mental health therapy • Couples Therapy • Family Therapy
Family Service Madison	128 East Olin Ave. Madison, WI 53713	(608) 252-1320 www.fsmad.org	• Individual mental health therapy • Psycoptherapy
Insight Counseling & Wellnes	Madison 1943 Winnebago St. Madison, WI 53704 Sun Prairie 121 S. Bristol St. Ste 102/104 Sun Prairie, WI Verona 324 S. Main St., Verona WI 53593	(608) 244-4859 www.insightmadison.com	• Individual mental health therapy
Online options only			
Golden Tree Therapy LLC	Online services only	(608) 305-4818 www.goldentreetherapy.com	• Individual mental health therapy • Couples Therapy • Diagnostic Evaluation

If you are having thoughts of suicide or self-harm, please contact 9-1-1 and/or the resources listed below:

- WI Suicide & Crisis Lifeline (call or text): 9-8-8
- Mental Health Crisis Line: 608-280-2600
- National Suicide Prevention Lifeline: 800-273-8255
- The Trevor Project LGBTQ Lifeline: 866-488-7386

Last update: October 2026