



# Wellness Resources

## Eau Claire County

### Diabetes and Nutrition Education

- **Mayo Clinic Health System Diabetes Education**  
715-838-6594  
[mayoclinichealthsystem.org](http://mayoclinichealthsystem.org)
- **Mayo Clinic Diet Class**  
715-838-6731  
[mayoclinichealthsystem.org](http://mayoclinichealthsystem.org)
- **YMCA Diabetes Prevention Program**  
715-839-4635  
[eauclairemca.org](http://eauclairemca.org)

### Mental Health

- **Mayo Clinic Health System Behavioral Health**  
715-838-5369  
[mayoclinichealthsystem.org](http://mayoclinichealthsystem.org)
- **Mayo Clinic Health System Bereavement Services**  
*(grief counseling)*  
715-464-5068  
[mayoclinichealthsystem.org](http://mayoclinichealthsystem.org)
- **Eau Claire County Department of Human Services**  
715-839-2300  
[co.eau-claire.wi.us](http://co.eau-claire.wi.us)
- **National Alliance for the Mentally Ill (NAMI)**  
**Chippewa Valley**  
715-450-6484  
[nami.org](http://nami.org)
- **The Wellness Shack**  
715-855-7705  
[wellnessshack.org](http://wellnessshack.org)
- **Family Resource Center**  
715-833-1735  
[frcec.org](http://frcec.org)

- **Women's Way**  
877-564-3225  
lsswis.org
- **Sacred Heart Hospital, The Healing Place**  
*(grief counseling)*  
715-717-6028  
sacredhearteauclaire.org
- **Chippewa Valley Free Clinic**  
715-839-8477  
cvfreeclinic.org
- **NAMI Helpline**  
1-800-950-6264 (toll-free)  
nami.org/Find-Support/NAMI-HelpLine
- **Northwest Connections** *(area 24-hour crisis line)*  
888-552-6642 (toll-free)  
nwcgc.com/services/northwest-connections/
- **National Suicide Prevention Lifeline**  
1-800-273-TALK (8255) (toll-free)  
suicidepreventionlifeline.org
- **Veterans Crisis Line**  
1-800-273-8255 (toll-free)  
veteranscrisisline.net

## Community Wellness Resources

- **Mayo Clinic Health System**  
mayoclinichealthsystem.org *(Classes & Events page)*
- **YMCA of Eau Claire**  
715-836-8460  
eauclairemca.org
- **Aging and Disability Resource Center of Eau Claire County**  
715-839-4735  
adrcevents.org
- **Eau Claire County Resource Directory**  
Food Resource Road Map and Jobs Road Map  
eauclaire.uwex.edu/family-living/resource-directories
- **Great Rivers 211**  
211 or 1-800-362-8255 (toll-free)  
greatrivers211.org

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mayoclinichealthsystem.org

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