



# Wellness Resources

## Dunn County

### Diabetes and Nutrition Education

- **Mayo Clinic Health System Diabetes Education**  
715-233-7777  
[mayoclinichealthsystem.org](http://mayoclinichealthsystem.org)
- **Mayo Clinic Diet Class**  
715-838-6731  
[mayoclinichealthsystem.org](http://mayoclinichealthsystem.org)
- **YMCA Diabetes Prevention Program**  
715-839-4635  
[eauclaireymca.org](http://eauclaireymca.org)

### Mental Health

- **Mayo Clinic Health System Behavioral Health**  
715-233-7891  
[mayoclinichealthsystem.org](http://mayoclinichealthsystem.org)
- **Dunn County Department of Health and Human Services**  
715-232-1116  
[co.dunn.wi.us](http://co.dunn.wi.us)
- **Arbor Place**  
715-235-4537  
[arborplaceinc.com](http://arborplaceinc.com)
- **Clinical Services Center at UW-Stout**  
715-232-2404  
[uwstout.edu](http://uwstout.edu)
- **National Alliance for the Mentally Ill (NAMI) Helpline**  
1-800-950-6264 (toll-free)  
[nami.org/Find-Support/NAMI-HelpLine](http://nami.org/Find-Support/NAMI-HelpLine)

- **Northwest Connections** (*area 24-hour crisis line*)  
888-552-6642 (toll-free)  
[nwcgc.com/services/northwest-connections](http://nwcgc.com/services/northwest-connections)
- **Family Resource Center**  
715-833-1735  
[frcec.org](http://frcec.org)
- **National Suicide Prevention Lifeline**  
1-800-273-TALK (8255) (toll-free)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)
- **Veterans Crisis Line**  
1-800-273-8255 (toll-free)  
[veteranscrisisline.net](http://veteranscrisisline.net)

## Community Wellness Resources

- **Mayo Clinic Health System**  
[mayoclinichealthsystem.org](http://mayoclinichealthsystem.org) (*Classes & Events page*)
- **Great Rivers 211**  
211 or 1-800-362-8255 (toll-free)  
[greatrivers211.org](http://greatrivers211.org)
- **Dunn County Resource Guide**  
[co.dunn.wi.us/DCResourceGuide](http://co.dunn.wi.us/DCResourceGuide)

**MAYO CLINIC HEALTH SYSTEM**  
[mayoclinichealthsystem.org](http://mayoclinichealthsystem.org)

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