

Peer Services: Peer-Run Respite¹

Peer-run respites are for people in Wisconsin experiencing increased stress or symptoms related to mental health and substance use concerns who want support and encouragement from people who have experienced similar challenges. This support and encouragement is available through an overnight stay and by phone.



Iris Place - Appleton

5 bedrooms
920-815-3217

- [Iris Place email](#)
- [Iris Place website](#)
- [Iris Place Facebook page](#)

La Crosse Lighthouse - La Crosse

4 bedrooms
608-519-1489 (Telephone peer support)
608-461-5527 (All other calls)

- [La Crosse Lighthouse email](#)
- [La Crosse Lighthouse website](#)
- [La Crosse Lighthouse Facebook page](#)

Solstice House - Madison

4 bedrooms
608-244-5077

- [Solstice House email](#)
- [Solstice House website](#)
- [Solstice House Facebook page](#)

Monarch House - Menomonie

4 bedrooms
715-505-5641

- [Monarch House email](#)
- [Monarch House website](#)
- [Monarch House Facebook page](#)

Parachute House - Milwaukee

5 bedrooms
414-877-5918

- [Parachute House email](#)
- [Parachute House website](#)
- [Parachute House Facebook page](#)

The R&R House – Pewaukee (Veterans Only)

3 bedrooms
262-336-9540

- [The R&R House email](#)
- [The R&R House website](#)
- [The R&R House Facebook page](#)

¹ Wisconsin Department of Health Services: <https://dhs.wisconsin.gov/peer-services/peer-run- respites.htm>