Central Iowa Community Services (CICS)

Visit www.cicsmhds.org/ or call Central Iowa Crisis line at 844-258-8858

Access Points: CICS has designated the following access points to serve as the first point of contact for someone seeking mental health and disability services. These access points are educated to respond to the individual’s stated and assessed needs by providing linkage to appropriate programs.

**Berryhill Center for Mental Health**
500 Fair Meadow Drive, Webster City, IA
Phone: 515-955-7171 or 800-482-8305
Website: www.unitypoint.org/fortdodge/berryhill-center-of-mental-health.aspx

**Capstone Behavioral Healthcare**
306 N. 3rd Ave. E, Newton, IA
Phone: 641-792-4012
Website: www.capstonebh.com/

**Center Associates**
9 North 4th Ave., Marshalltown, IA
Phone: 641-752-1585
After Hours Emergency Number: 641-752-8467
Website: www.centerassoc.com/

**Crossroads Behavioral Health**
102 W. Summit, Winterset, IA
Phone: 515-462-3105
Website: www.crossroadsbhs.org/

**Mary Greeley Medical Center**
1111 Duff Ave., Ames IA
Adult Behavioral Unit - 515.239.2683
Emergency Room - 515.239.2155
Website: www.mgmc.org/medical-services/behavioral-health/

**Optimae Life Services**
1730 1st Ave. E, Newton, IA
Phone: 641-787-9133 or 104 S. Hazel, Ames, IA
Phone: 515-956-2600
Website: www.optimaelifeservices.com/

**Orchard Place/Child Guidance**
808 5th Ave., Des Moines, IA
Phone: 515.244.2267
Website: www.orchardplace.org/

**Eyerly-Ball Community Mental Health Services**
1301 Center Street, Des Moines, IA
Phone: 515-241-0982
Website: eyerlyball.org/

**Eyerly-Ball Community Mental Health Services**
105 S. Marshall, Boone, IA
Phone: 515-298-0181
Website: eyerlyball.org/

**Eyerly-Ball Community Mental Health Services**
521 University Boulevard, Suite 121, Ames, IA
Phone: 515-598-3300
Website: eyerlyball.org/

**UCS Healthcare**
4809 Franklin Ave., Des Moines, IA
Phone: 515-280-3860
Offices also in Ames, Ankeny, Carroll, Atlantic & Cedar Rapids
Website: https://www.ucsonline.org/

**Midwest Counseling**
821 5th Ave., Grinnell, IA 50112
Phone: 641-236-1644
Website: www.midwestcounselingllc.com/

**Mobile Crisis Response Team**
24/7 Mobile Crisis Response Team is available in the following counties. Polk, Franklin, Hamilton, Hardin, Boone, Story, Marshall, Jasper, Poweshiek, Warren, Madison & Greene.

To access the Mobile Crisis Response Team, anyone within the 11-county region may call the Crisis Center at 1-844-258-8858. The service is available to all ages. Trained phone responders will assess the situation and deploy the Mobile Crisis Response Team if an in-person response is deemed to be necessary or helpful.
County Rural Offices of Social Services (CROSS)  
Serving Decatur, Clarke, Lucas, Marion, Monroe, Ringgold & Wayne Counties.

Visit crossmentalhealth.org/

If you are experiencing a crisis, please call the helpline (Your Life Iowa): 1-855-581-8111 or text 1-855-895-8398  
If an emergency is life threatening, call 911 or go to the nearest hospital emergency room.

Capstone Behavioral Healthcare  
200 4th Ave W, Grinnell, IA  
641-260-8270  
www.capstonebh.com/

Southern Iowa Mental Health Center  
1527 Albia Road, Ottumwa, IA  
641-682-8772  
1229 C Avenue East – Suite #400, Oskaloosa, IA  
641-672-3159  
www.simhcottumwa.org/

Capstone Behavioral Healthcare  
306 N. 3rd Ave. E, Newton, IA  
641-792-4012  
www.capstonebh.com/

Community Health Centers of Southern Iowa  
**Osceola Access Center  
219 W. Washington St.  
Osceola, IA  
Telephone: (641) 342-1742

Community Health Centers of Southern Iowa  
302 NE 14th Street, Leon, IA  
Phone: (641) 446-2383  
chcsi.org/  
Satellite offices in:  
Lamoni (641)784-7911  
Albia, (641) 932-2065  
Centerville (641) 856-6471  
Chariton (641) 774-8484  
Corydon (641) 872-1750

HOTLINES:  
• Iowa Concern: 1-800-447-1985, A confidential, free resource answered 24 hours a day, 7 days per week  
• National Suicide Prevention Lifeline: 1 800-273-8255  
• Your Life Iowa Helpline: 1-855-581-8111

ADDITIONAL RESOURCES:  
• Iowa Department of Human Services – Service Providers, https://dhs.iowa.gov/mhds/service-providers  
• Iowa Department of Public Health – Substance Abuse Treatment Resources, www.idph.iowa.gov/substance-abuse/treatment

ISU and AMES COMMUNITY RESOURCES:  
• Student Counseling Services https://www.counseling.iastate.edu/  
County Social Services

Serving Allamakee, Black Hawk, Butler, Cerro Gordo, Chickasaw, Clayton, Emmet, Fayette, Floyd, Grundy, Hancock, Howard, Humboldt, Mitchell, Pocahontas, Tama, Webster, Winneshiek, & Wright Counties.

Visit www.countysocialservices.org/

If you are experiencing a crisis, please call the helpline (Your Life Iowa): 1-855-581-8111 or text 1-855-895-8398

If an emergency is life threatening, call 911 or go to the nearest hospital emergency room.

Blackhawk – Grundy Mental Health Center
1825 Logan Avenue, Waterloo, IA
Phone: 319-234-2893 or 800-526-1526
Website: www.unitypoint.org/waterloo/black-hawk-grundy-mental-health-center.aspx

Berryhill Center for Mental Health
720 Kenyon Road, Fort Dodge, IA
Phone: 515-955-7171 or 800-482-8305
Website: www.unitypoint.org/fortdodge/berryhill-center-of-mental-health.aspx

Pathways
602 S. Washington Ave., Fredericksburg, IA
Phone: 563-237-5300
Website: www.pathwaysb.org/

Berryhill Center for Mental Health
720 Kenyon Road, Fort Dodge, IA
Phone: 515-955-7171 or 800-482-8305
Website: www.unitypoint.org/fortdodge/berryhill-center-of-mental-health.aspx

Northeast Iowa Behavioral Health (NEIBH)
905 Montgomery Street, Decorah, IA
Phone: 563-382-3649 or 319-283-5774 (Available 24/7).
Website: www.neibh.org/
Satellite offices: Oelwein, Waukon, Elkader, West Union & Cresco

Prairie Ridge Integrated Behavioral Healthcare
320 N. Eisenhower Ave., Mason City, IA
Phone: 641-424-2391
Website: prairieridge.net/

Pathways
602 S. Washington Ave., Fredericksburg, IA
Phone: 563-237-5300
Website: www.pathwaysb.org/

Northeast Iowa Behavioral Health (NEIBH)
905 Montgomery Street, Decorah, IA
Phone: 563-382-3649 or 319-283-5774 (Available 24/7).
Website: www.neibh.org/
Satellite offices: Oelwein, Waukon, Elkader, West Union & Cresco

Prairie Ridge Integrated Behavioral Healthcare
320 N. Eisenhower Ave., Mason City, IA
Phone: 641-424-2391
Website: prairieridge.net/

Lutheran Services in Iowa
2107 Cedar Street, Muscatine, IA
Phone: 563-263-5170
Website: lsiowa.org/mental-health-services/

Hillcrest Family Services
2005 Asbury Rd., Dubuque, IA
Phone: 563-583-7357 or 877-437-6333
Website: hillcrest-fs.org/

Vera French Community Mental Health Center
1441 West Central Park Ave., Davenport, IA
Phone: 563-383-1900
Website: www.verafrenchmhc.org/

Eastern Iowa MHDS Region

Serving Cedar, Clinton, Jackson, Muscatine & Scott Counties.


If you are experiencing a crisis, please call 1-844-430-0375

If an emergency is life threatening, call 911 or go to the nearest hospital emergency room.

Lutheran Services in Iowa
2107 Cedar Street, Muscatine, IA
Phone: 563-263-5170
Website: lsiowa.org/mental-health-services/

Vera French Community Mental Health Center
1441 West Central Park Ave., Davenport, IA
Phone: 563-383-1900
Website: www.verafrenchmhc.org/
Heart of Iowa Region
Serving Audubon, Guthrie & Dallas Counties.
Visit hicsiowa.org/ or call 515-993-5869.

If you are experiencing a crisis, please call 1-800-273-8255. If an emergency is life threatening, call 911 or go to the nearest hospital emergency room.

**Broadlawns Medical Center**
1801 Hickman Rd., Des Moines, IA
Phone: 515-282-2449
Website: [www.broadlawns.org/mental-health-services.cfm](http://www.broadlawns.org/mental-health-services.cfm)

**Eyerly-Ball Community Mental Health Services**
1301 Center Street, Des Moines, IA
Phone: 515-241-0982
Website: [eyerlyball.org/](http://eyerlyball.org/)

**Guthrie County Hospital**
710 N. 12th, Guthrie Center, IA
Call specialty clinic at 641-332-3900.
Website: [guthriecountyhospital.org/mental-health/](http://guthriecountyhospital.org/mental-health/)

**Audubon County Memorial Hospital**
515 Pacific Ave., Audubon, IA
712-563-5304
Website: [www.acmhhosp.org/](http://www.acmhhosp.org/)

Mental Health/Disability Services of the East Central Region (MHDS-ECR)
Serving Benton, Bremer, Buchanan, Delaware, Dubuque, Iowa, Jones, Johnson & Linn Counties
Visit [ecriowa.org/](http://ecriowa.org/)

If you are experiencing a crisis, please call the helpline (Your Life Iowa): 1-855-581-8111 or text 1-855-895-8398. If an emergency is life threatening, call 911 or go to the nearest hospital emergency room.

**Abbe Center for Community Mental Health**
1039 Arther St., Iowa City, IA
Phone: 319-338-7884
Website: [www.abbemhc.org/](http://www.abbemhc.org/)

**Pathways**
1827 First Street West, Suite C, Independence, IA
Phone: 319-334-6163
Website: [https://www.pathwaysb.org/](https://www.pathwaysb.org/)

**Hillcrest Family Services**
2005 Asbury Rd., Dubuque, IA
Phone: 563-583-7357  Toll Free: 877-437-6333
Website: [hillcrest-fs.org/](http://hillcrest-fs.org/)

**Abbe Center for Community Mental Health**
211 2nd Ave. NE., Independence, IA
Phone: 319-334-4010
Website: [www.abbemhc.org/](http://www.abbemhc.org/)

**Pathways**
217 East & 12th St., Waterloo, IA
Phone: 319-352-2064
Website: [www.pathwaysb.org/](http://www.pathwaysb.org/)

**Pathways**
3362 University Avenue, Waterloo, IA
Phone: 319-235-6571
Website: [www.pathwaysb.org/](http://www.pathwaysb.org/)

**Abbe Center for Community Mental Health**
520 11th St. NW, Cedar Rapids, IA
Phone: 319-398-3562
Website: [www.abbemhc.org/](http://www.abbemhc.org/)

**Pathways**
3362 University Avenue, Waterloo, IA
Phone: 319-235-6571
Website: [www.pathwaysb.org/](http://www.pathwaysb.org/)

**Pathways**
3362 University Avenue, Waterloo, IA
Phone: 319-235-6571
Website: [www.pathwaysb.org/](http://www.pathwaysb.org/)

**Abbe Center for Community Mental Health**
105 Broadway Pl., #19, Anamosa, IA
Phone: 319-462-4307
Website: [www.abbemhc.org/](http://www.abbemhc.org/)
Sioux Rivers Regional Mental Health and Disabilities Services (MHDS)

Serving Dickinson, Lyon, O'Brien, Plymouth, & Sioux Counties.

Visit www.siouxrivers.com/

If you are experiencing a crisis, please call the helpline (Your Life Iowa): 1-855-581-8111 or text 1-855-895-8398
If an emergency is life threatening, call 911 or go to the nearest hospital emergency room.

Plains Area Mental Health Center
180 10th St. SE, Suite 201, Le Mars, IA
Phone: 712-546-4624 or 800-325-1192
Website: www.plainsareamentalhealth.org
Satellite offices: Cherokee, Ida Grove, Storm Lake, Carroll, Denison, Jefferson, Sac City

Creative Living Center, PC
1905 10th Street, Rock Valley, IA
Phone: 712-476-5245
Website: www.creativelivingcenterpc.com/site/

Northwest Iowa Care Connections


Visit nwicareconnections.org/

If you are experiencing a crisis, please call 1-844-345-4569.
If an emergency is life threatening, call 911 or go to the nearest hospital emergency room.

Seasons Center for Behavioral Health
918 Broadway St., Suite 1, Emmetsburg, IA
Phone: 800-242-5101
Website: seasonscenter.org/

Seasons Center for Behavioral Health
201 East 11th Street, Spencer, IA
Phone: 712-262-2922
Website: seasonscenter.org/

Seasons Center for Behavioral Health
600 9th Ave. N, Sibley, IA
Phone: 800-242-5101
Website: seasonscenter.org/

Seasons Center for Behavioral Health
1401 Hill Ave., Spirit Lake, IA
Phone: 800-242-5101
Website: seasonscenter.org/

Seasons Center for Behavioral Health
201 East 11th Street, Spencer, IA
Phone: 712-262-2922
Website: seasonscenter.org/

Plains Area Mental Health Center
710 Lake Street, Spirit Lake, IA
Phone: 712-320-8112
Website: plainsareamentalhealth.org/

Plains Area Mental Health Center
3746 450th Ave, Emmetsburg, IA
Phone: 712-250-6658
Website: plainsareamentalhealth.org/

Lutheran Services in Iowa
Behavioral Health Intervention Services
1812 24th Ave. W., Spencer, IA
Phone: 712-363-3520
Website: https://lsiowa.org/
Rolling Hills Community Service Region

Serving Buena Vista, Calhoun, Cherokee, Crawford, Sac, Ida, Carroll & Woodbury Counties.

Visit www.bvcountyiowa.com/index.php/rolling_hills_community_service_region/

If you are experiencing a crisis, please call 1-800-546-0730.
If an emergency is life threatening, call 911 or go to the nearest hospital emergency room.

Plains Area Mental Health Center
180 10th St. SE, Suite 201, Le Mars, IA
Phone: 712-546-4624 or 800-325-1192
Website: www.plansareamentalhealth.org
Satellite offices: Cherokee, Ida Grove, Storm Lake, Carroll, Denison, Jefferson, Sac City

Berryhill Center for Mental Health
720 Kenyon Road, Fort Dodge, IA
Phone: 515-955-7171 or 800-482-8305
Website: www.unitypoint.org/fordodge/berryhill-center-of-mental-health.aspx
Satellite offices: Sac City & Storm Lake

Siouxland Mental Health Center
625 Court St., Sioux City, IA
Phone: 712-252-3871
Website: www.siouxlandmentalhealth.com

Sioux Rivers Assessment and Stabilization Center
4038 Division Street, Sioux City, IA 51104
Office: 712-560-7996

Polk County Health Services

Serving Polk County.

Visit www.polkcountyiowa.gov/HealthServices

If you are experiencing a crisis, please call 1-844-258-8858.
If an emergency is life threatening, call 911 or go to the nearest hospital emergency room.

Broadlawns Medical Center
1801 Hickman Rd., Des Moines, IA
Phone: 515-282-2449
Website: www.broadlawns.org/mental-health-services.cfm

Orchard Place/Child Guidance
808 5th Ave., Des Moines, IA
Phone: 515.244.2267
www.orchardplace.org/

Eyerly-Ball Community Mental Health Services
1301 Center Street, Des Moines, IA
Phone: 515-241-0982
Website: eyerlyball.org/

Mobile Crisis Response Team

24/7 Mobile Crisis Response Team is available in the following counties. Polk, Franklin, Hamilton, Hardin, Boone, Story, Marshall, Jasper, Poweshiek, Warren, Madison & Greene.

To access the Mobile Crisis Response Team, anyone within the 11-county region may call the Crisis Center at 1-844-258-8858. The service is available to all ages. Trained phone responders will assess the situation and deploy the Mobile Crisis Response Team if an in-person response is deemed to be necessary or helpful.
Southern Hills Regional Mental Health
Serving Adair, Adams, Taylor & Union Counties.

Visit: https://behavioralhealthcoalition.org/southern-hills-mental-health-region/

If you are experiencing a crisis, please call the helpline (Your Life Iowa): 1-855-581-8111 or text 1-855-895-8398
If an emergency is life threatening, call 911 or go to the nearest hospital emergency room.

Crossroads Behavioral Health Services
Creston, IA. Phone: 641-782-8457
Winterset, IA Phone: 515-462-3105
Osceola, IA. Phone: 641-342-4888
Website: https://www.crossroadsbhs.org/

CHI Health Mercy Corning Outpatient Specialty Clinic
603 Rosary Drive
Corning, IA 50841
Phone: 641-322-6269
https://www.chihealth.com/

South Central Behavioral Health Region
Serving Appanoose, Davis, Mahaska & Wapello Counties.


If you are experiencing a crisis, please call the helpline (Your Life Iowa): 1-855-581-8111 or text 1-855-895-8398
If an emergency is life threatening, call 911 or go to the nearest hospital emergency room.

Southern Iowa Mental Health Center
1527 Albia Rd., Ottumwa, IA
Phone: 641-682-8772
Website: www.simhcottumwa.org

Mahaska Health Partnership
1229 C Ave. East, Oskaloosa, IA
Phone: 641-672-3159
Website: www.mahaskahealth.org/outpatient-services/behavioral-health-services.html

Community Health Centers of Southern Iowa
302 NE 14th St., Leon, IA
Phone: 641-446-2383
Website: www.chcsi.org
Centerville Office: (641) 856-6471

Optimae Life Services
226 West Main Street, Suite 201, Ottumwa, IA
Phone: 641.684.6441
Website: www.optimaelifeservices.com/

First Resources Corporation
102 North Hancock St., Ottumwa, IA
Phone: 641-682-2800
Website: www.firstresources.us/services/mental-health-services
Southeast Iowa Link (SEIL)


Visit co.washington.ia.us/quicklinks.aspx?CID=39

If you are experiencing a crisis, please call the helpline (Your Life Iowa): 1-855-581-8111 or text 1-855-895-8398

If an emergency is life threatening, call 911 or go to the nearest hospital emergency room.

**Optimae Life Services**
823 North Sixth Street, Suite 1, Burlington, IA
Phone: 319-754-4618
Website: [www.optimaelifeservices.com/](http://www.optimaelifeservices.com/)

**Hillcrest Family Services**
2175 Lexington Blvd. Bldg. #2, Washington, IA
Phone: 319-653-6161 or 877-437-6333
Website: [hillcrest-fs.org/](http://hillcrest-fs.org/)

**First Resources Corporation**
211 West Monroe, Mount Pleasant, IA
Phone: 319-201-1064
Website: [www.firstresources.us/services/mental-health-services/](http://www.firstresources.us/services/mental-health-services/)

**First Resources Corporation**
407 N. 4th Street, Burlington, IA
Phone: 319-752-4399
Website: [www.firstresources.us/services/mental-health-services/](http://www.firstresources.us/services/mental-health-services/)

**Counseling Associates**
1522 Morgan Street, Keokuk, IA
Phone: 319-524-0510
1014 Avenue H, Fort Madison, IA
Phone: 319-372-7689
Website: [www.counselingassociatesonline.com](http://www.counselingassociatesonline.com)

**Young House Family Services**
629 Blondeau Street, Suite 201
Keokuk, IA 52632
Phone: 319-524-2386
Website: [www.younghouse.org/](http://www.younghouse.org/)

**Optimae Life Services**
605 East Winfield Avenue, Mount Pleasant, IA
Phone: 319-385-2830
Website: [www.optimaelifeservices.com/](http://www.optimaelifeservices.com/)

**Hillcrest Family Services**
106 N Jackson St., Mount Pleasant, IA
Phone: 319-385-7177 or 877-437-6333
Website: [hillcrest-fs.org/](http://hillcrest-fs.org/)

**First Resources Corporation**
218 N. 2nd Street, Wapello, IA
Phone: 319-527-4455 or 877-437-6333
Website: [hillcrest-fs.org/](http://hillcrest-fs.org/)

**First Resources Corporation**
#1 Lower Level, 605B South 23rd Street, Fairfield, IA
Phone: 641-472-4106
Website: [www.firstresources.us/services/mental-health-services/](http://www.firstresources.us/services/mental-health-services/)

**Great River Medical Center**
Mercy Plaza, Ste. 251, 1225 S. Gear Ave., West Burlington
Phone: (319) 768-3700
Website: [www.greatriverhealthsystem.org/Health-Services/Mental-Health.aspx](http://www.greatriverhealthsystem.org/Health-Services/Mental-Health.aspx)
Southwest Iowa MHDS Region

Serving Cass, Fremont, Harrison, Mills, Monona, Montgomery, Page, Pottawattamie & Shelby Counties.

Visit swiamhds.com/

If you are experiencing a crisis, please call HOPE-4-IOWA Crisis Call Line at 844-673-4469. If an emergency is life threatening, call 911 or go to the nearest hospital emergency room.

CHI Health Clinic Psychiatric Associates
(Mercy Council Bluffs)
SWIA MHDS Region contracted provider.
801 Harmony, Suite 302, Council Bluffs, IA
Phone: 712-328-2609
Website: www.chihealth.com/

Waubonsie Mental Health Center
SWIA MHDS Region contracted provider.
216 West Division, Clarinda, IA
Phone: 712-542-2388
Website: www.waubonsiemhc.com/
Satellite offices:
Shenandoah - Phone: 712-81-7900
Red Oak - Phone: 712-581-7900

CHI Health Mercy Council Bluffs
800 Mercy Dr., Council Bluffs, IA
Phone: 712-328-5000
Website: www.chihealth.com/en/services/behavioral-care.html

Heartland Family Services
2101 S 42nd Street, Omaha, NE
Phone: 402-552-7400 or 877-553-3001
Satellite offices: Glenwood - Phone: 712-527-2177 and Logan - Phone: 712-644-2946
Website: heartlandfamilyservice.org/

Children’s Square
N. 6th St. & Ave. E, Council Bluffs, IA
Phone: 712-322-3700
Website: childrenssquare.org/programs/behavioral-health/outpatient-services/

CHI Psychiatric Associates (Missouri Valley)
SWIA MHDS Region contracted provider.
704 North 8th St., Missouri Valley, IA
Phone: 712-642-9246
Website: www.chihealth.com/

Burgess Health Center
SWIA MHDS Region contracted provider.
1600 Diamond St., Onawa, IA
Phone: 712-423-2311
Website: www.burgesshc.org/services/mental-health/

Myrtue Medical Center of Behavioral Health
1213 Garfield Ave, Harlan, IA
Phone: 712-755-5056 or 712-755-4315
Website: www.myrtuemedical.org/our-services/behavioral-health

Catholic Charities
Council Bluffs, IA
Phone: 712-328-3086
Website: www.catholiccharitiesdm.org/our-services/counseling/

Created by Iowa State University Extension and Outreach, Human Sciences –July 2020

Reference to any commercial product, process, or service, or the use of any trade, firm, or corporate name is for general informational purposes only and does not constitute an endorsement, recommendation, or certification of any kind. Persons using such products assume responsibility for their use and should make their own assessment of the information and whether it is suitable for their intended use in accordance with current directions of the manufacturer.

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.