

Central Iowa Community Services (CICS)

Serving Boone, Franklin, Greene, Hamilton, Hardin, Jasper, Madison, Marshall, Poweshiek, Story & Warren Counties.

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

Eyerly-Ball Community Mental Health Services

1301 Center Street, Des Moines, IA

Phone: 515-241-0982

Website: eyerlyball.org/

Capstone Behavioral Healthcare

306 N. 3rd Ave. E, Newton, IA

Phone: 641.792-4012

Website: www.capstonebh.com/

Eyerly-Ball Community Mental Health Services

105 S. Marshall, Boone, IA

Phone: 515-298-0181

Website: eyerlyball.org/

Center Associates

9 North 4th Ave., Marshalltown, IA

Phone: 641-752-1585

After Hours Emergency Number: 641-752-8467

Website: www.centerassoc.com/

Eyerly-Ball Community Mental Health Services

521 University Boulevard, Suite 121, Ames, IA

Phone: 515-598-3300

Website: eyerlyball.org/

Crossroads Behavioral Health

102 W. Summit, Winterset, IA

Phone: 515-462-3105

Website: www.crossroadsbhs.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/>

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/

Midwest Counseling

821 5th Ave., Grinnell, IA 50112

Phone: 641-236-1644

Website: www.midwestcounselingllc.com/

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.optimaelifetimeservices.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.

Orchard Place/Child Guidance

808 5th Ave., Des Moines, IA

Phone: 515.244.2267

www.orchardplace.org/

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/>
- Ames Community Resources <https://www.counseling.iastate.edu/wp-content/uploads/2020/01/Story-Co-Spring-2020-Community-Provider-List.pdf>

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/

Prairie Ridge Integrated Behavioral Healthcare

320 N. Eisenhower Ave., Mason City, IA
Phone: 641-424-2391

Website: prairieridge.net/

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

MercyOne North Iowa Behavioral Services

1000 4th St. SW, Mason City, IA 50401

Phone: 641-428-7797

Website: <https://www.mercyone.org/location/mercyone-north-iowa-behavioral-services-center>

Eastern Iowa MHDS Region

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

Visit www.scottcountyiowa.com/community/eastern-iowa-mh-ds-region or call 563-326-8273.

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/

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/

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

Eyerly-Ball Community Mental Health Services

1301 Center Street, Des Moines, IA
Phone: 515-241-0982

Website: eyerlyball.org/

Guthrie County Hospital

710 N. 12th, Guthrie Center, IA
Call specialty clinic at 641-332-3900.

Website: guthriecountyhospital.org/mental-health/

Audubon County Memorial Hospital

515 Pacific Ave., Audubon, IA
712-563-5304

Website: www.acmhosp.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/

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/

Pathways

1827 First Street West, Suite C, Independence, IA
Phone: 319-334-6163

Website: <https://www.pathwaysb.org/>

Abbe Center for Community Mental Health

520 11th St. NW, Cedar Rapids, IA
Phone: 319-398-3562

Website: www.abbemhc.org/

Pathways

111 10th Street, Waverly, IA
Phone: 319-352-2064

Website: www.pathwaysb.org/

Hillcrest Family Services

2005 Asbury Rd., Dubuque, IA
Phone: 563-583-7357 Toll Free: 877-437-6333

Website: hillcrest-fs.org/

Pathways

3362 University Avenue, Waterloo, IA
Phone: 319-235-6571

Website: www.pathwaysb.org/

Abbe Center for Community Mental Health

211 2nd Ave. NE., Independence, IA
Phone: 319-334-4010

Website: www.abbemhc.org/

Abbe Center for Community Mental Health

105 Broadway Pl., #19, Anamosa, IA
Phone: 319-462-4307

Website: 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

Serving Clay, Kossuth, Osceola, Palo Alto, Winnebago & Worth Counties.

Visit nwiacareconnections.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

600 9th Ave. N, Sibley, 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

1401 Hill Ave., Spirit Lake, IA

Phone: 800-242-5101

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_services_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/fortdodge/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/

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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/>

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.

Visit <http://wapellocounty.org/departments/central-point-of-coordination/south-central-behavioral-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.

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)

Serving Des Moines, Henry, Jefferson, Keokuk, Lee, Louisa, Washington & Van Buren Counties.

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.optimaellifervices.com/

Hillcrest Family Services

2175 Lexington Blvd. Bldg. #2, Washington, IA
Phone: 319-653-6161 or 877-437-6333
Website: hillcrest-fs.org/

First Resources Corporation

211 West Monroe, Mount Pleasant, IA
Phone: 319-201-1064
Website: 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/

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

Young House Family Services

629 Blondeau Street, Suite 201
Keokuk, IA 52632
Phone: 319-524-2386
Website: www.younghouse.org/

Optimae Life Services

605 East Winfield Avenue, Mount Pleasant, IA
Phone: 319-385-2830
Website: www.optimaellifervices.com/

Hillcrest Family Services

106 N Jackson St., Mount Pleasant, IA
Phone: 319-385-7177 or 877-437-6333
Website: hillcrest-fs.org/

Hillcrest Family Services

218 N. 2nd Street, Wapello, IA
Phone: 319-527-4455 or 877-437-6333
Website: 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/

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

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/

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/

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

Burgess Health Center

SWIA MHDS Region contracted provider.

1600 Diamond St., Onawa, IA

Phone: 712-423-2311

Website: www.burgesshc.org/services/mental-health/

CHI Health Mercy Council Bluffs

800 Mercy Dr., Council Bluffs, IA

Phone: 712-328-5000

Website: www.chihealth.com/en/services/behavioral-care.html

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

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/

Catholic Charities

Council Bluffs, IA

Phone: 712-328-3086

Website: www.catholiccharitiesdm.org/our-services/counseling/

Children's Square

N. 6th St. & Ave. E, Council Bluffs, IA

Phone: 712-322-3700

Website: childrenssquare.org/programs/behavioral-health/outpatient-services/

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