

STATEWIDE CRISIS/REFERRAL NUMBERS

All numbers are available 24 hours a day/7 days a week unless otherwise noted.

Bets Off 1-800-BETS-OFF (2387-633)

<https://1800betsoff.org> (Chat line available)

The Iowa Gambling Treatment Program provides services in person, by phone, through secure chat or video.

Children & Families of Iowa (515) 697-7916

<http://cfiowa.org/programs/mental-health>

Offers out-patient mental health services to support individuals and families wishing to address mental health issues, improve parenting skills and gain perspective in order to reach their goals. Support Center locations:

- Ankeny (515) 289-2272
- Des Moines (515) 288-1981
- Fort Dodge (515) 573-2193
- Osceola (641) 342-3444
- Ottumwa (641) 682-3642

Depression Understood

www.depression-understood.org/information/iowa.htm

Online support community for those with depression, anxiety and other mood related issues.

Disability Rights IOWA 1-800-779-2502

<http://disabilityrightsiowa.org>

Defends and promotes the rights of Iowans who have disabilities and mental illness through a program of self advocacy education, information and referral, and both non-legal and legal systems advocacy.

Disaster Distress Helpline 1-800-985-5990

www.samhsa.gov/find-help/disaster-distress-helpline

Connects Iowans to the nearest crisis center for information, support, and counseling related to stress and anxiety, following a natural or human-caused disaster. (English and Spanish).

Family Caregiver Alliance 1-800-445-8106

www.caregiver.org

Helps family caregivers locate public, nonprofit, and private programs and services nearest their loved one, living at home or in a residential facility. Resources include government health and disability programs, legal resources, and disease-specific organizations.



Foundation 2 1-800-332-4224 or (319) 362-2174

www.foundation2.org (Chat line available)

Provides trained, compassionate telephone counselors to assist Iowans dealing with a crisis, including suicide, divorce, serious illness, problems with friends/family, financial stresses, or substance abuse.

Iowa COMPASS 1-800-779-2001

www.iowacompass.org

Information and referral for people with disabilities, their families, service providers, and members of the community. Information on local, state, and national agencies and programs. Monday through Friday 8:00 am to 5:00 pm.

Iowa Concern 1-800-447-1985

www.extension.iastate.edu/iowaconcern

(Chat line available)

A program of Iowa State University Extension and Outreach serving both urban and rural Iowans at no charge. Information and referral services for a variety of topics with access to an attorney for legal questions, and stress counselors available.

Iowa Domestic Violence & Victim Service

1-800-770-1650 or text "iowahelp" to 20121

www.survivorshelpline.org

Puts domestic abuse survivors or others affected by domestic violence in immediate contact with a trained advocate who can provide crisis counseling. Provides information and education about domestic abuse issues and refers callers to the domestic violence project in their area.

Iowa Drug and Alcohol Help Line 1-866-242-4111

www.drugfreeinfo.org

Contact information for prevention and treatment programs in Iowa; substance abuse and gambling information.

Iowa Foster and Adoptive Parents Association

1-800-277-8145 or (515) 289-4567

www.ifapa.org

Provides resources, referrals, and peer support to foster, adoptive, and kinship families throughout Iowa. Monday through Friday 8:00 am to 4:30 pm.

Iowa Help Line 1-855-800-1239

<http://iowahelpline.org> (Chat line available)

Offers support for therapy, medication management, crisis service access and more.

Iowa KidsNet 1-800-243-0756

www.iakids.org

Responds to crisis calls from foster, adoptive, and kinship families.

Iowa Sexual Abuse Hotline 1-800-284-7821

<https://isah.uiowa.edu> (Chat line available)

Trained advocates provide free, confidential counseling and support, as well as referrals to medical and legal advocacy.



IowaCrisisChat 1-855-325-4296 or

(319) 351-0140

<http://iowacrisischat.org>

Free instant-messaging service that offers online emotional support for anyone in need.

Iowa's Child and Dependent Adult Abuse Hotline

1-800-362-2178

<http://dhs.iowa.gov/report-abuse-and-fraud>

Hotline for reporting suspected child or dependent adult abuse or fraud.

Johnson County Crisis Center 1-855-325-4296 or

(319) 351-0140

www.jccrisiscenter.org (Chat line available)

Provides immediate support through crisis intervention, food bank and emergency assistance, and community intervention programs.



Speech to Speech 1-877-735-1007

www.spechtospeech.org

Free relay services for the hard of hearing, deaf, and those with speech disabilities.

Substance Abuse and Mental Health Services Administration

National Helpline 1-800-662-HELP (4357)

TTY: 1-800-487-4889

www.samhsa.gov

Provides free and confidential treatment, referral and information about mental and/or substance use disorders, prevention, and recovery. (English and Spanish).

Suicide Resources

Free and confidential support for people in distress, and prevention and crisis resources.

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

TTY: 1-800-799-4889

<http://suicidepreventionlifeline.org>

Iowa Suicide Hotlines

www.suicide.org/hotlines/iowa-suicide-hotlines.html

- Iowa/Tri-state Region 1-800-362-8255
Allamakee, Clayton, Fayette, Howard, and Winneshiek Counties
- Ames 1-800-830-7009
Boone, Carroll, Greene and Story Counties
- Cedar Rapids 1-800-332-4224 or (319) 362-2174
- Davenport (563) 421-2975
Clinton, Muscatine and Scott Counties
- Des Moines 1-800-244-7431 or (515) 244-1000
Dallas, Madison, Polk and Warren Counties
- Dubuque (563) 588-4016
- Johnson County (319) 351-0140
- Sioux City (712) 252-5000
- Waterloo (319) 233-8484

TEEN Line

1-800-443-8336 TTY: 1-800-735-2942

www.extension.iastate.edu/teenline

A free, confidential line that provides personal and health-related information and referrals on topics such as health, eating/weight, relations with parents or friends, violence, AIDS/HIV, alcohol or drug use, sexual relationships, birth control/pregnancy, and stress.



United Way Information & Referral 211

www.211.org

Free confidential information and referral helpline that connects people from all communities and of all ages, to health and human services.

Veteran's Crisis Line

1-800-273-8255 or text 838255

TTY: 1-800-799-4889

www.veteranscrisisline.net

Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

Youth Law Line 1-800-728-1172

Anyone living in Iowa who is under the age of 18 can call the hotline to get free legal advice and information regarding issues affecting youth rights and responsibilities. Monday through Friday 8:00 am to 4:30 pm.



Iowa Concern Hotline

1-800-447-1985

Behavioral Health Information and Referral

211

Children & Families of Iowa

(515) 697-7916

National Suicide Prevention Hotline

1-800-273-8255

Emergency Response

911



The University of Iowa • Iowa State University
Iowa Department of Agriculture and Land Stewardship
Iowa Department of Public Health • Non-profits for Farm Health

Information and Resources at

www.i-cash.org



***You Are Not Alone –
Stay Connected***



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