

**Children & Families of Iowa** (515) 288-1981

<https://cfiowa.org/programs>

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.



**CommUnity Crisis Services**

1-855-325-4296 (phone/text)  
(319) 351-0140 (local)

<https://builtbycommunity.org>

Provides immediate and non-judgmental support for individuals facing emotional, food, or financial crisis through their Crisis Services, Food Bank, and Basic Needs programs.

24/7

**Disability Rights Iowa** 1-800-779-2502 or

(515) 278-2502 (local)

<http://disabilityrightsowa.org>

Defends and promotes the rights of Iowans with disabilities or mental illness through self advocacy education, information and referral, and both non-legal and legal systems advocacy.

**Disaster Distress Helpline**

1-800-985-5990  
or text TalkWithUs to 66746

[www.samhsa.gov/find-help/disaster-distress-helpline](http://www.samhsa.gov/find-help/disaster-distress-helpline)

Provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This is a toll-free, multilingual, Spanish/deaf, hard of hearing support line.

24/7

**Family Caregiver Alliance** 1-800-445-8106

[www.caregiver.org/taxonomy/term/74](http://www.caregiver.org/taxonomy/term/74)

Provides services and support to family caregivers of adults with physical and cognitive impairments, such as Parkinson's, stroke, Alzheimer's and other types of dementia. Services include assessment, care planning, direct care skills, wellness programs, respite services, and legal/financial consultation vouchers.

**Farmtown Strong**

<https://farmtownstrong.org>

The American Farm Bureau Federation and National Farmers Union have teamed up to bring attention to the opioid epidemic and provide information and resources to help those struggling with opioid abuse.

**Foundation 2**

1-800-332-4224 or  
(319) 362-2174 (local)

[www.foundation2.org](http://www.foundation2.org)

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

24/7

**Iowa COMPASS** 1-800-779-2001

[www.iowacompass.org](http://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.

**Iowa Concern** 1-800-447-1985

(chat line available)

[www.extension.iastate.edu/iowaconcern](http://www.extension.iastate.edu/iowaconcern)

A program of Iowa State University Extension and Outreach serving rural and urban Iowans on topics including legal, financial, stress and crisis/disaster related issues.

**Iowa Crisis Chat**

1-855-325-4296 (call or text)

<http://iowacrisischat.org>

A free and confidential online resource for emotional support operated by the CommUnity Crisis Services and Food Bank.

24/7

**Iowa Department on Aging** 1-800-532-3213 or

(515) 725-3333 (local)

TTY (515) 725-3333

[www.aging.iowa.gov](http://www.aging.iowa.gov)

Resources, tools, and support to enable Iowa Area Agencies on Aging to effectively deliver services and resources for people 60 years of age or older.



**Iowa Foster and Adoptive Parents Association**

(515) 289-4567

[www.ifapa.org](http://www.ifapa.org)

Resources, referrals, and peer support to foster, adoptive, and kinship families throughout Iowa.

**Iowa Sexual Abuse Hotline**

1-800-284-7821 (national)

(319) 335-6000 (local)

<https://rvap.uiowa.edu/directory>

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

24/7

**Iowa Victim Service Call Center**

1-800-770-1650 or

text "iowahelp" to 20121

<http://survivorshelpline.org/the-call-center.php>

A resource to victims and survivors of crime in Iowa. Callers are given the full attention they deserve on issues including human trafficking, incest, sexual abuse as a child, sexual assault, child physical abuse, teen dating violence, domestic violence, and more.

24/7

**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.

24/7

**National Helpline**

1-800-662-4357

[www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

The Substance Abuse and Mental Health Services Administration (SAMHSA) helpline is a free, confidential, treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

24/7

**National Suicide Prevention Lifeline**

1-800-273-8255

<https://suicidpreventionlifeline.org>

Provides free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

24/7

**Relay Iowa**

Dial 711

<https://hamiltonrelay.com/iowa/index.html>

Hamilton Relay provides telecommunications relay services for the state of Iowa including TTY, Voice Carry Over (VCO), Hearing Carry Over (HCO), Speech-to-Speech (STS), Visually Assisted Speech-to-Speech (VA STS), Spanish and CapTel®.

**Teen line**

(310) 855-4673 or text TEEN to 839863

<https://teenlineonline.org/>

A confidential hotline for teens, where they can talk, text or email with peers who have received specialized training.

24/7







### **The Trevor Project**

1-866-488-7386 (text & chat)

[www.thetrevorproject.org](http://www.thetrevorproject.org)

The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth. These services include a hotline and online crisis intervention chat service.

24/7

### **United Way Information & Referral**

Dial 211

[www.211.org](http://www.211.org)

Free confidential information and referral helpline that connects people of all ages and from all communities, to health and human services (180 languages are available).

24/7

### **Veteran's Crisis Line**

1-800-273-8255 or text 838255

TTY: 1-800-799-4889

[www.veteranscrisisline.net](http://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.

24/7

### **Your Life Iowa**

(855) 581-8111 or text (855) 895-8398

<https://yourlifeiowa.org>

The Iowa Department of Public Health offers everyday life support on topics including alcohol, drugs, gambling, suicide, mental health, vaping and e-cigarettes.

## **Suicide Prevention Trainings**

### **QPR Training. Question. Persuade. Refer.**

<https://qprinstitute.com>

Three steps anyone can learn to help prevent suicide. The QPR Training Institute offers trainings to individuals or groups, in both online and in-person formats. Visit the QPR website to find a trainer near you.

### **Mental Health First Aid**

[www.mentalhealthfirstaid.org/take-a-course/find-a-course](http://www.mentalhealthfirstaid.org/take-a-course/find-a-course)

An evidence based training that helps community members identify and respond to signs of mental illness. Visit the website to find a training near you.

### **Talk Saves Lives**

A community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Attendees will learn the risk and warning signs of suicide, and how together, we can help prevent it. Contact Joani Moller, Area Director, for the AFSP Iowa Chapter at [jmoller@afsp.org](mailto:jmoller@afsp.org) or (515)-508-0195 to have a *Talk Saves Lives* presentation in your community.

### **CommUnity Crisis Trainings**

<https://builtbycommunity.org/training>

CommUnity offers a variety of trauma-informed care, suicide prevention, and suicide intervention trainings. For more information on the trainings contact [training@builtbycommunity.org](mailto:training@builtbycommunity.org).

### **Youth Law Center** 1-800-728-1172 or

(515) 244-1172 (local)

<http://ylc.org>

Provides free juvenile court representation to Polk County youth and free legal advice to youth across the state of Iowa. The Center provides youth, and professionals who work with youth, legal information pertaining to areas such as emancipation, abuse and neglect, sex abuse, family problems, school, traffic, homelessness, chemical dependency, delinquency, guardianship/custody and teen parenting issues.

## **Crisis Connection**

There are several crisis hotlines and chat services available to help. If you are having a mental health or substance abuse emergency, please contact 911 or go to your nearest emergency room for immediate assistance.

### **Emergency Response**

**911**

### **CommUnity Crisis Services (call/text)**

**855-325-4296**

### **Iowa Concern**

**1-800-447-1985**

### **Iowa Crisis Chat**

[www.iowacrisischat.org](http://www.iowacrisischat.org)

### **National Suicide Prevention Hotline**

**1-800-273-8255**

### **United Way Health and Human Services Information and Referral**

**211**

### **Your Life Iowa**

**Call: (855) 581-8111**

**Text: (855) 895-8398**



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

**Additional information and resources are available at**

[www.i-cash.org](http://www.i-cash.org)

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



## **STATEWIDE RESOURCES and HOTLINES**

March 2020

