

211

Dial 211

www.211.org

A free, confidential, information and referral system that acts as a single point of contact for health and human service programs, community services, disaster services, and governmental programs.

ML

24/7

Child or Dependent Adult Abuse Reporting

1-800-362-2178

<https://hhs.iowa.gov/report-abuse-fraud>

A hotline for reporting suspected child or dependent adult abuse or fraud.

24/7

Children & Families of Iowa

(515) 288-1981

(515) 243-6147 (24/7 local crisis hotline)

<https://cfiowa.org/programs>

Dedicated to improving the lives of children and families throughout Iowa. Offices across the state provide services including family support, childcare, career training, and behavioral health.



CommUnity Crisis Services

988 (chat line available)

1-855-581-8111 (mobile crisis line)

(319) 351-0128 (Food Bank)

<https://builtbycommunity.org>

A volunteer-driven organization that provides immediate and non-judgmental support for individuals facing emotional, food, or financial crisis.

ML

24/7

Crisis Text Line

Text HOME to 741741

www.crisistextline.org/text-us/

Provides free, high-quality, text-based mental health support and crisis intervention by a community of trained volunteers to support people in need.

ML

24/7

Disability Rights Iowa

1-800-779-2502 or (515) 278-2502

<http://disabilityrightsiaowa.org>

Provides Iowans with the knowledge, advocacy, representation, and assistance they need to defend their rights. Services are free to adults and children with a wide range of disabilities.

ML

Disaster Distress Helpline

1-800-985-5990

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

A national hotline dedicated to providing year-round disaster crisis counseling. Crisis support service is available to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters.

ML

24/7

Domestic Violence and Sexual Assault Crisis Services

1-800-373-1043 or 800-228-1625

<https://dvpiowa.org>

Provides supportive services to victims of domestic violence, sexual violence, dating violence, stalking and human trafficking. Free and confidential crisis intervention services include 24-hour safe shelter and hotline; advocacy with law enforcement, courts, medical and social services; counseling and support groups; housing services; youth support services; and community education. Services are available for victims/survivors and their partners, friends, and family members.

ML

24/7

Family Caregiver Alliance

1-800-445-8106

www.caregiver.org

Provides services 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.

ML

Farm Family Wellness Alliance

www.farmfoundation.org/resources/farm-family-wellness-alliance/

Provides a peer-to-peer, farmer-to-farmer support community to all farm families across the U.S. with ongoing referral services as needed.

Foundation 2 Crisis Services

988 or (319) 362-2174

www.foundation2.org

Trained counselors provide compassionate, confidential, and accessible support for individuals and families navigating stress, anxiety, suicide or other crises. Services are available at no cost.

24/7



Iowa Area Agencies on Aging

1-866-468-7887

<https://hhs.iowa.gov/programs/programs-and-services/aging-services>

Provides support, services, and advocacy for Iowans aged 60 years and older.

Iowa Concern

1-800-447-1985 (chat line available)

www.extension.iastate.edu/iowaconcern

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

ML

24/7

Iowa Crisis Chat

988 (chat line available)

<http://iowacrisischat.org>

A free and confidential online resource for emotional support, staffed by highly trained crisis counselors and operated by CommUnity Crisis Services and Food Bank.

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 for victims and survivors of crime in Iowa. Trained advocates offer support and resources on issues including domestic violence, elder abuse, human trafficking, sexual violence, other crimes, and traumatic life experiences.

24/7

LifeLong Links

1-866-468-7887

<https://lifelonglinks.org/>

Searchable database for disability and aging-related home and community services in Iowa.

North Central Farm and Ranch Stress Assistance Center

<https://farmstress.org/>

Provides stress management and mental health resources and services for agricultural producers and stakeholders in the North Central region.

Personal Assistance Services

1-833-999-FARM (3276) 24 hours/day

Text (314) 451-5727 to chat 9am-5pm CT

<https://farmfamilywellness.com/>

Provides farm families with resources to produce and sustain positive change through all seasons of life.

24/7

Relay Iowa

Dial 711

<https://hamiltonrelay.com/iowa>

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®.

ML



SAMHSA National Helpline

1-800-662-4357

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 for individuals and families facing mental and/or substance use disorders.

ML

24/7

Suicide & Crisis Lifeline

988 (chat line available)

<https://988lifeline.org/>

Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress across the U.S. and its territories. The national network combines local care and resources with national standards and best practices.

ML 24/7

Telepsychology Training Clinic

(319) 535-0437

<https://education.uiowa.edu/research/research-centers-and-initiatives/rural-psychology-collaborative>

Offers free, virtual, and short-term mental health counseling to Iowans who may have limited access to mental health care. If long term care is indicated, referrals to community resources can be provided.

Trans Lifeline

(877) 565-8860

<https://translifeline.org>

A grassroots hotline offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

ML

The Trevor Project

1-866-488-7386 (chat line available)

www.thetrevorproject.org

The leading suicide prevention and crisis intervention nonprofit organization providing information and support for LGBTQ+ young people.

24/7

Veterans Crisis Line

Dial 988 then press 1 or text 838255

www.veteranscrisisline.net (chat line available)

Serves veterans, service members, National Guard and Reserve members, and those who support them. Responders are trained in crisis intervention and military culture.

24/7

Your Life Iowa

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

(chat line available)

<https://yourlifeiowa.org>

Provides free, confidential support on topics including alcohol, drugs, gambling, suicidal thoughts, and mental health.

24/7



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 courses to individuals or groups, in both online and in-person formats. Visit the QPR website to find a local trainer.

Mental Health First Aid

www.mentalhealthfirstaid.org/take-a-course/find-a-course

Mental Health First Aid provides skills needed to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. Visit the website to find a training nearby.

Talk Saves Lives: An Introduction to Suicide Prevention

A community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to help save lives. Contact Amara Huffine, Area Director for the American Foundation for Suicide Prevention (AFSP) Iowa Chapter at ahuffine@afsp.org or (515) 508-0195 to schedule a local presentation.

CommUnity Crisis Trainings

<https://builtbycommunity.org/training>

CommUnity offers crisis intervention and mental health training. For more information contact ryan.dickson@builtbycommunity.org

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24/7 Available 24 hours a day/7 days a week

ML Multilingual resources available, check the website for details.

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

Crisis Text Line

Text HOME to 741741

CommUnity Crisis Services (call/text)

988

Iowa Concern

1-800-447-1985

Iowa Crisis Chat

www.iowacrisischat.org

National Suicide Prevention Lifeline

988

United Way Health and Human Services Information and Referral

211

Your Life Iowa

Call: (855) 581-8111

Text: (855) 895-8398



University of Iowa and Iowa State University
Iowa Department of Agriculture and Land Stewardship
Iowa Department of Health and Human Services
Non-profits for Farm Health

Additional information and resources are available at www.i-cash.org

You Are Not Alone – Stay Connected



STATEWIDE RESOURCES and HOTLINES

April 2026

