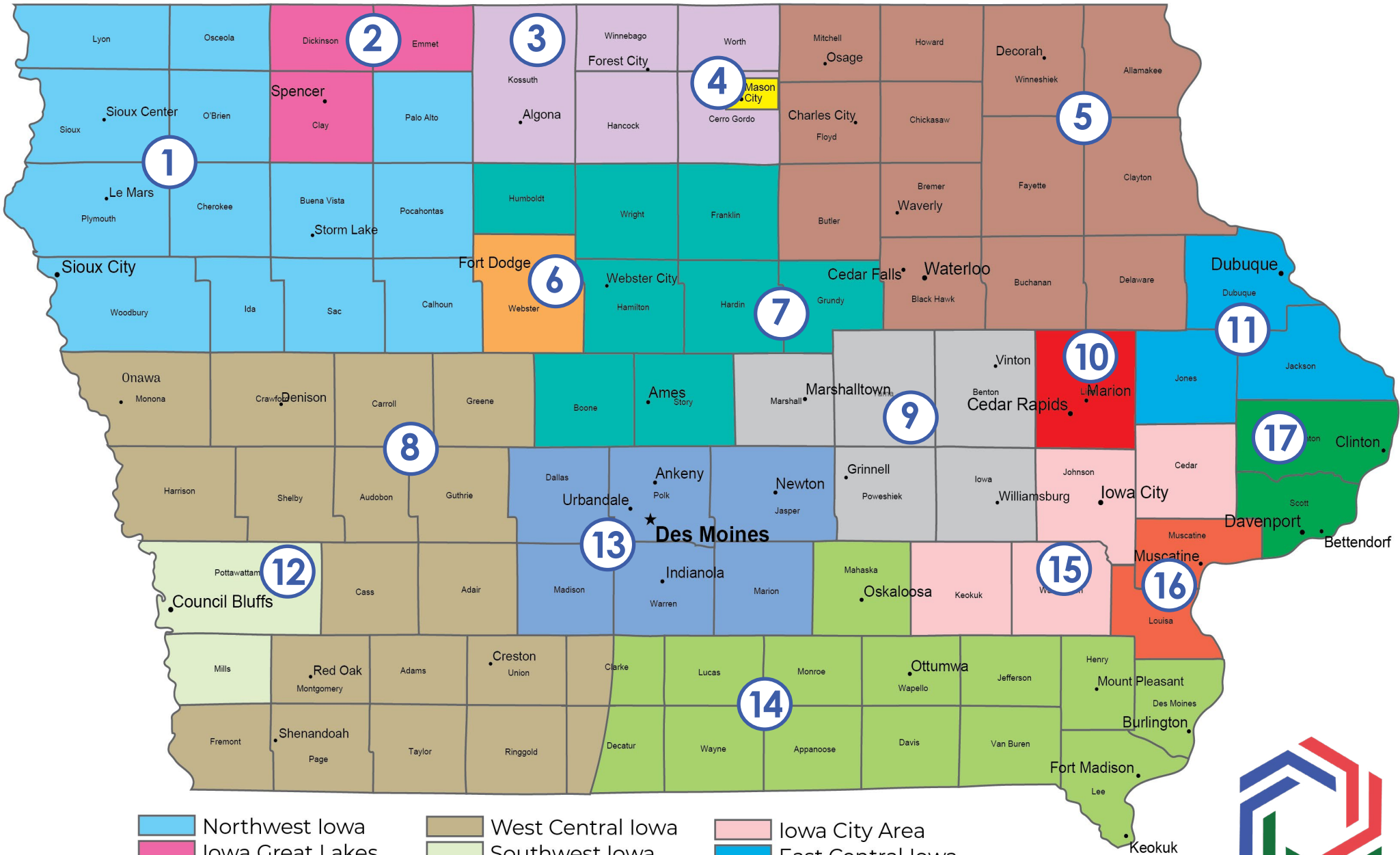


MENTAL HEALTH RESOURCES IN IOWA



- | | | |
|--|---|---|
|  Northwest Iowa |  West Central Iowa |  Iowa City Area |
|  Iowa Great Lakes |  Southwest Iowa |  East Central Iowa |
|  North Central Iowa |  Des Moines Area |  Quad Cities Area |
|  Mason City |  Central Iowa |  Muscatine |
|  Fort Dodge |  Mid Iowa |  Southeast Iowa |
|  Northeast Iowa |  Cedar Rapids Area | |



Mental Health Resources In Iowa

1 Northwest Iowa

Care Connections

24-HR Crisis Line (844) 345-4569
(Clay, Osceola, & Palo Alto Counties)
24-HR Crisis Line (855) 581-8111
(Kossuth, Winnebago & Worth Counties)

Rolling Hills Community Services Region

(712) 749-2556

Souix Rivers Regional Mental Health & Disabilities Services

(712) 737-1788

Iowa Mental Health Mobile Crisis Outreach

(844) 345-4569

2 Iowa Great Lakes

Care Connections

24-HR Crisis Line (844) 345-4569
(Clay, Osceola, & Palo Alto Counties)

Souix Rivers Regional Mental Health & Disabilities Services

(712) 737-1788

Iowa Mental Health Mobile Crisis Outreach

(844) 345-4569

3 North Central Iowa

Care Connections

24-HR Crisis Line (855) 581-8111
(Kossuth, Winnebago & Worth Counties)

Central Iowa Community Services

24-HR Crisis Line (855) 581-8111

Iowa Mental Health Mobile Crisis Outreach

(855) 581-8111

4 Mason City

Central Iowa Community Services

24-HR Crisis Line (855) 581-8111

Iowa Mental Health Mobile Crisis Outreach

(844) 345-4569

5 Northeast Iowa

County Social Services

(641) 425-2605

Mental Health/Disability Services of East Central Region

(563) 927-5116

Iowa Mental Health Mobile Crisis Outreach

(855) 581-8111

6 Fort Dodge

Central Iowa Community Services

24-HR Crisis Line (855) 581-8111

Iowa Mental Health Mobile Crisis Outreach

(855) 581-8111

7 Central Iowa

Central Iowa Community Services

24-HR Crisis Line (855) 581-8111

County Social Services

(641) 425-2605

Rolling Hills Community Services Region

(712) 749-2556

Iowa Mental Health Mobile Crisis Outreach

(855) 581-8111

Central Iowa Community Services

24-HR Crisis Line (855) 581-8111

Iowa Mental Health Mobile Crisis Outreach

(855) 581-8111

Mental Health Resources In Iowa

8 West Central Iowa

Central Iowa Community Services

24-HR Crisis Line (855) 581-8111

Cross Mental Health Region

Clarke County: 641-414-2968

Decatur County: 641-446-7178

Ringgold County: 641-464-0691

Heart of Iowa Community Services

(515) 993-5872

Rolling Hills Community Services Region

(712) 749-2556

Southwest Iowa Region Mental Health & Disability Services

(712) 328-5812

Iowa Mental Health Mobile Crisis Outreach

(402) 552-7400

9 Mid-Iowa

Central Iowa Community Services

24-HR Crisis Line (855) 581-8111

County Social Services

(641) 425-2605

Mental Health/Disability Services of East Central Region

(563) 927-5116

Iowa Mental Health Mobile Crisis Outreach

(844) 345-4569

10 Cedar Rapids Area

Mental Health/Disability Services of East Central Region

(563) 927-5116

Iowa Mental Health Mobile Crisis Outreach

(855) 581-8111

11 East Central Iowa

Eastern Iowa Mental Health & Disability Services

24-HR Crisis Line (855) 581-8111

Mental Health/Disability Services of East Central Region

(563) 927-5116

Iowa Mental Health Mobile Crisis Outreach

(855) 581-8111 or (563) 583-7357

12 Southwest Iowa

Southwest Iowa Region Mental Health & Disability Services

(712) 328-5812

Iowa Mental Health Mobile Crisis Outreach

(402) 552-7400

13 Des Moines Area

Central Iowa Community Services

24-HR Crisis Line (855) 581-8111

Cross Mental Health Region

641-828-2238 ext. 3868

Heart of Iowa Community Services

(515) 993-5872

Iowa Mental Health Mobile Crisis Outreach

(402) 552-7400

Mental Health Resources In Iowa

14 Southeast Iowa

Cross Mental Health Region

Clarke County: 641-414-2968

Decatur County: 641-446-7178

Lucas County: 641-774-0423

Monroe County: 641-932-2427

Wayne County: 641-872-1301

Iowa Mental Health Mobile Crisis Outreach

(641) 342-1742

15 Iowa City Area

Eastern Iowa Mental Health & Disability Services

24-HR Crisis Line (855) 581-8111

Iowa Mental Health Mobile Crisis Outreach

(844) 430-0375 or (855) 800-1239

16 Muscatine

Eastern Iowa Mental Health & Disability Services

24-HR Crisis Line (855) 581-8111

Iowa Mental Health Mobile Crisis Outreach

(844) 430-0375

17 Quad Cities Area

Eastern Iowa Mental Health & Disability Services

24-HR Crisis Line (855) 581-8111

Iowa Mental Health Mobile Crisis Outreach

(844) 430-0375

Statewide Resources

Your Life Iowa

24-HR Crisis Line (855) 581-8111 or

Text (855) 895-8398

Psychology Today

Lists Therapists in Iowa

211 Iowa

Dial 211 or text zip code to 898211

National Alliance on Mental Illness (NAMI)

(800) 950-6264

NAMI Local Affiliates

Find your local chapter