

Cass County Urgent Need Community Resource Guide

IOWA STATE UNIVERSITY
Extension and Outreach
Healthy People. Environments. Economies.



Compiled in Partnership By:

Cass County ISU Extension
805 West 10th Street
Atlantic, Iowa 50022
712-243-1132

Healthy Cass County Coalition
1408 East 10th Street
Atlantic, Iowa 50022
712-243-7546

**If you are not sure whether the situation is a true emergency, please call 9-1-1
And let dispatch determine whether you need emergency help**

Updated: January 2019

LOCAL RESOURCES

Anita Food Pantry

Amount of Food Provided: 5 days
Visits permitted: Once per month
Documentation Required: Referral from provider, clergy, or other professional
Phone: (712) 762-3645
Address: 208 Chestnut St, Anita, IA 50020
Hours: 1st & 3rd Saturday, 9:00am - 11:00am

Atlantic Food Pantry

Amount of Food Provided: 2 weeks
Visits permitted: Seniors-once per month and All others-6 times per year or emergency exceptions
Documentation Required: Proof of residence
Phone: (712) 243-5019
Address: 19 W. 4th St., Atlantic, IA 50022
Hours: Thursdays, 1:00pm - 3:00pm

Atlantic Area Ministerial Association

A network of church ministers from local communities with access to resources to help those in need.

Phone: (712) 243-2927

Atlantic Police Department

Emergency: Dial 9-1-1
Phone: (712) 243-3512
Address: 23 E. 4th St., Atlantic, IA 50022

Cass County Department of Human Services

Phone: (712) 243-4401
Address: 601 Walnut St., Atlantic, IA 50022

Cass County ISU Extension

Provides unbiased research based information for family, home, business, community or farm

Phone: (712) 243-1132
Address: 805 W. 10th St., Atlantic, IA 50022

Cass County Memorial Hospital

Provides well-coordinated, comprehensive, local healthcare needs for all.

Phone: (712) 243-3250
Address: 1501 E. 10th St., Atlantic, IA 50022

Catholic Charities Phoenix House

Comprehensive services to domestic violence and sexual assault survivors including individual and group counseling, 24/7 crisis response shelter.

Phone: (712) 328-0266 or 1 (888) 612-0266

Connections Area Agency on Aging

Serves aging lowans and 18 and older with disabilities and their caregivers through information, assistance, service coordination and resources for independence.

Phone: 1 (800) 432-9209
Address: 300 W. Broadway, Council Bluffs, IA 51503
Website: www.connectionsaaa.org

Crossroads of Western Iowa

Provides supported living, adult day services, and employment opportunities for adults with disabilities and serious mental illness

Phone: (712) 243-2668
Address: 2307 S. Olive St., Atlantic, Iowa 50022
Website: www.explorecrossroads.com

Cumberland Care & Share Food Pantry

Phone: (712) 774-5659
Address: 500 Main St, Cumberland, IA 50843
Hours: 1st & 3rd Wednesday, 4:00pm- 6:00pm

Full Circle Therapy

Provides a variety of therapy services for children, adults, couples and families.

Phone: (712) 352-0917
Address: 808 East 7th St., Atlantic, IA 50022
Website: www.fullcircletherapyiowa.com

Heartland Family Services

Serving individuals of all ages to strengthen individuals and families in our community through education, counseling, and support services.

Phone: 1 (800) 422-1407
Website: www.heartlandfamilyservice.org

Lord's Cupboard of Griswold

Amount of Food Provided: 1 week

Visits permitted: As needed

Documentation Required: None

Phone: (712) 778-2312
Address: 100 Cass St., Griswold, IA 51535
Hours: 2nd and 4th Tuesday, 1:00pm - 2:00pm

Lutheran Services of Iowa

Licensed therapist provides counseling for children and adolescents. Expertise in trauma-informed care, adverse childhood experiences, sexual assault crisis advocacy, health promotion and education. Accepts both Medicaid and private insurance.

Phone: (712) 323-1558
Website: www.lsiowa.org

Meals on Wheels

Fresh meal delivered daily around noon within Atlantic city limits. Offered Monday through Friday, cost of \$3.50 per meal.

Phone: (712) 250-0036

Southwest Iowa Transit Agency

Offers safe, affordable, reliable transportation for your transit needs.

Phone: 1 (800) 842-8065 or (712) 243-2518

Website: www.swipco.org/transit-swita

Southwest Iowa Mental Health Center

Specialized areas of expertise include child and adolescent psychiatry, family therapy, psychological testing, psychotherapy and marital therapy. Fees for services depend upon family size, gross income and county of residence.

Address: 1500 E. 10th St., Atlantic, IA 50022

Phone: (712) 243-2606

Therapy Place, Inc.

Licensed therapists and psychiatric nurse practitioners offering psychotherapy, psychiatric, state funded and other services.

Phone: (712) 254-9018

Website: www.therapyplaceinc.com

Transitional Services of Iowa

Services assisting children and families who are struggling with behavioral, substance abuse or other issues and needing support and assistance.

Phone: (712) 243-7089

Website: www.transitionalservicesofiowa.org

West Central Community Action

Assists low-income families in becoming self-sufficient. Provides services including WIC, heat assistance, childcare referral, head start, senior aide and more.

Phone: (712) 243-5421

Address: 304 Chestnut St., Atlantic, IA 50022

Website: www.westcentralca.org

Zion Recovery Services

Provides substance abuse intervention and recovery services for individuals and families.

Phone: (712) 243-5091

Address: 1500 E. 10th St., Atlantic, IA 50022

Website: www.zionrecovery.org

CASS COUNTY GOVERNMENT SERVICES

Address: 5 W. 7th St., Atlantic, IA 50022

Website: www.atlanticiowa.com/county

Cass County Attorney

Phone: (712) 243-4504

Cass County General Relief

Phone: (712) 243-4424

Cass County Public Health

Phone: (712) 243-7546

Address: 1408 E. 10th St., Atlantic, IA 50022

Cass County Sheriff

Emergency: Dial 9-1-1

Phone: (712) 243-2206

Cass County Veterans Affairs

Phone: (712) 243-6662

Guthrie County Environmental Health

Phone: (641) 747-3972

Address: 2002 State St., Guthrie Center, IA 50115

STATE/REGIONAL SERVICES

Alcoholics Anonymous

A fellowship of individuals who share their experience and hope to help others recover from alcoholism. Visit the website for meeting information.

Phone: (712) 328-9979

Website: www.aa-iowa.org/meetings/atlantic-a-a-group-4/

Iowa Department of Human Services

Provides programs and services to help Iowans achieve healthy, safe, stable, and self-sufficient lives.

Phone: 1 (800) 972-2017

Hours: 24 hours a day, 7 days a week

Website: www.dhs.iowa.gov

Iowa FOCUS

Provides supported community and home-based living that helps with daily living needs for individuals with disabilities, chronic mental illness or brain injury.

Phone: (712)-323-4024

Website: www.iowafocus.com

Iowa Red Cross

Provides disaster relief and helps people with immediate needs during disasters.

Phone: (515) 243-7681

Iowa Workforce Development

State agency committed to providing employment services for individual job seekers.

Phone: (866) 239-0843

Website: www.iowaworkforcedevelopment.gov

Poison Control Center

24-hour telephone guidance for poison emergencies is provided, free of charge to prevent poisonings, save lives, and limit injury from poisoning

Phone: 1 (800) 222-1222

Website: www.poison.org

SIRHA - Southern Iowa Regional Housing Authority

Provides rent assistance or rent subsidy to low income individuals, families, elderly or disabled who meet qualifying guidelines for a variety of programs offered.

Phone: (641) 782-8585

Website: www.sirha-ia.org

Your Life Iowa

Confidential help for suicide prevention, problem gambling and substance abuse issues, including drugs and alcohol.

Phone: (855) 581-8111

Website: www.yourlifeiowa.org

HOTLINES

Boys and Girls Town Hotline

Helping children, family and communities suffering from abuse, addiction, abandonment or violence.

Phone: 1 (800) 448-3000

Website: www.boystown.org/hotline

Iowa Mortgage Help Hotline

Statewide referral hotline, foreclosure intervention, negotiation and mediation services with loan servicers and lenders.

Phone: (877) 622-4866

Website: www.iowamortgagehelp.com

ISU Extension and Outreach AnswerLine

Provides information and resources for consumers with home and family questions such as food safety, preparation, cleaning and more.

Phone: 1 (800) 262-3804

Website:

www.extension.iastate.edu/humansciences/answerline

Quitline Iowa

A free program that provides helpful tools, information and support throughout your quit tobacco process.

Phone: 1 (800) QUIT-NOW (784-8669)

Website: www.quitlineiowa.org

Runaway Hotline

If you are thinking of running from home, if you have a friend who has run away, or if you are a runaway ready to go home.

Phone: 1 (800) RUNAWAY or text 66008

Website: www.1800RUNAWAY.org

Iowa DHS Child and Dependent Adult Abuse Hotline

Confidential reporting and assessment of suspected abuse against children and dependent adults in Iowa.

Phone: 1 (800) 362-2178

Website: www.dhs.iowa.gov/report-abuse-and-fraud

State of Iowa Sexual Abuse Hotline

Provides free, confidential, trauma-informed service for people in Iowa affected by sexual violence.

Phone: 1 (800) 284-7821

Website: <https://isah.uiowa.edu/>

Suicide Helpline

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources, and best practices for professionals.

Phone: 1 (800) 273-8255

Website: www.suicidepreventionlifeline.org

Teen Line Iowa

For teens and those who care about teens; offering guidance and information on personal and health issues. Counseling and support for teens about their health, relationships, body, and sexuality.

Phone: 1 (800) 443-8336

Website: www.extension.iastate.edu/teenline

Iowa Concern Line

A free, confidential resource to Iowans who need financial, legal, stress or crisis assistance.

Phone: 1 (800) 447-1985

Website: www.extension.iastate.edu/iowaconcern

National Human Trafficking Hotline

If you or someone you know is a victim, call now to access support and services to get help and stay safe.

Phone: 1 (888) 373-7888

Text: 233733

Website: www.humantraffickinghotline.org