STATEWIDE CRISIS/REFERRAL NUMBERS

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

Children & Families of Iowa (515) 288-1981
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
- Des Moines Northside (515) 266-6338
- Fort Dodge (515) 573-2193
- Osceola (641) 342-3444
- Ottumwa (641) 954-1233

CommUnity Crisis Services 1-855-325-4296 or (319) 351-0140
www.builtbycommunity.org (Chat line available)
Provides immediate support through crisis intervention, food bank and emergency assistance, and community intervention programs.

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 or text TalkWithUs to 66746.
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 Crisis Chat 1-855-325-4296 (call or text)
http://iowacrisischat.org
Free instant-messaging service that offers online emotional support for anyone in need. Available from 9:00 am to 2:00 am central time, seven days a week. Outside of hours of operation, the link will connect you to the National Suicide Prevention Lifeline's 24/7 chat.

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 Drug and Alcohol Help Line 1-855-581-8111 or text 1-855-895-8398
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 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.

Iowa Victim Service Call Center
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'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.

Speech to Speech
Dial 7-1-1 and request Speech-to-Speech
www.speechtospeech.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 Prevention Trainings

QPR Training. Question. Persuade. Refer. Three steps anyone can learn to help prevent suicide. 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. *https://qprinstitute.com*

Mental Health First Aid is 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. *https://www.mentalhealthfirstaid.org/take-a-course/find-a-course*

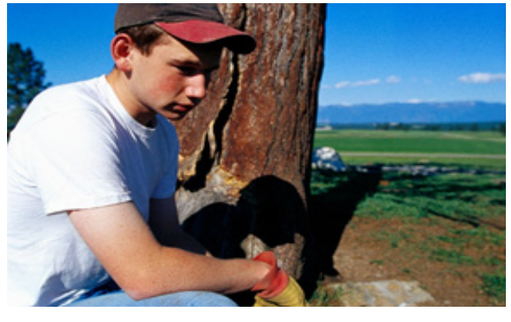
Talk Saves Lives is a community-based presentation from the of the American Foundation for Suicide Prevention (AFSP) that covers the general scope of suicide, research on prevention, and what people can do to fight suicide. Contact Ryan Nesbit at the AFSP Iowa Chapter at *rmnesbit@mchsi.com* or (641)990-4957 to have a *Talk Saves Lives* presentation in your community.

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.

Your Life Iowa
(855) 581-8111, or text (855) 895-8398
https://yourlifeiowa.org
The Iowa Department of Public Health (IDPH) offers a one-stop hub for Iowans looking for help with suicide prevention, problem gambling and substance abuse. The website integrates information and resources previously found on three separate sites, the IDPH Suicide Prevention web page, 1-800-BETS OFF, and the Iowa Substance Abuse Information Center websites. The new system also offers a telephone helpline (all three previous toll free numbers will still be active), mobile-friendly internet-based communications (e.g., online chat), and texting capabilities.



Youth Law Center 1-800-728-1172
http://polk.ia.networkofcare.org/mh/services/agency.aspx?pid=YouthLawCenter_222_2_0
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.

Crisis Connection

There are several crisis hotlines and chat services available to help:

Emergency Response
911

CommUnity Crisis Services
855-325-4296

IowaCrisisChat.org

Iowa Concern
1-800-447-1985

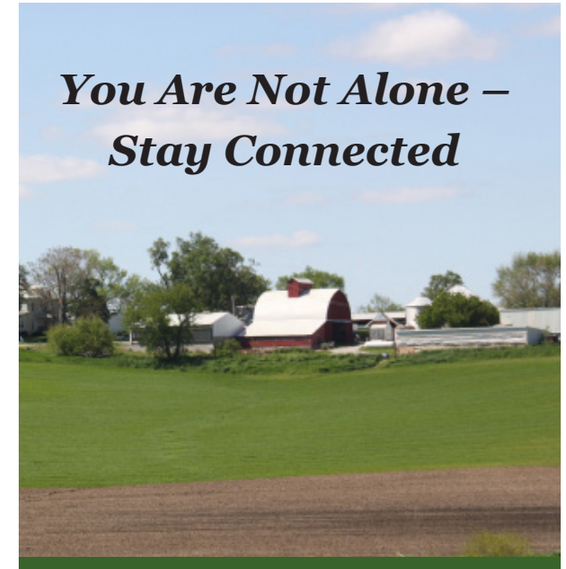
Your Life Iowa
855-581-8111

I-CASH | Iowa's Center for
Agricultural Safety and Health

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



STATEWIDE
CRISIS/REFERRAL NUMBERS