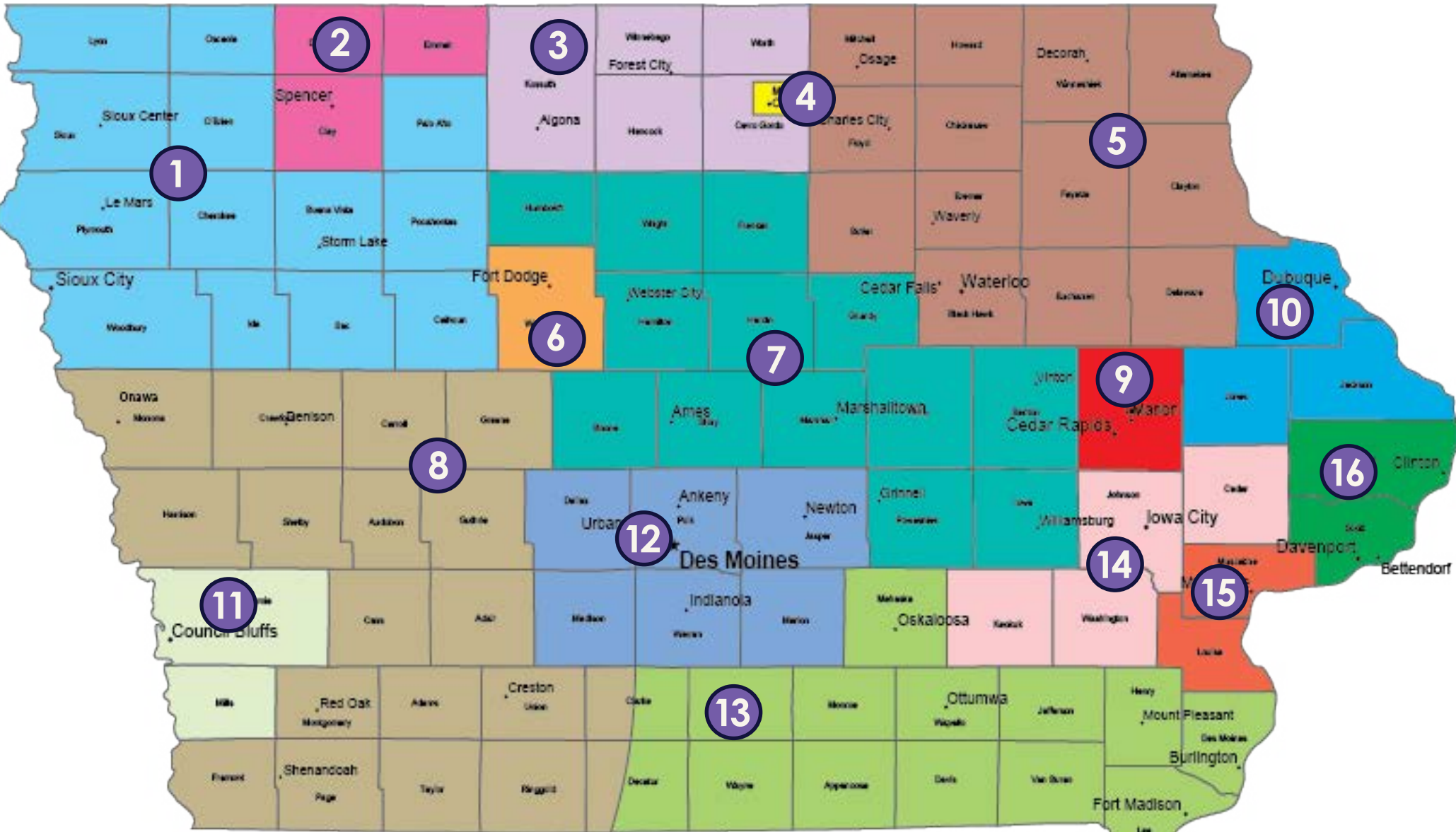


# MENTAL HEALTH RESOURCES IN IOWA



- |   |  |  |
|---|--|--|
| <span style="display: inline-block; width: 20px; height: 10px; background-color: #ADD8E6; border: 1px solid black; margin-right: 5px;"></span> Northwest Iowa     | <span style="display: inline-block; width: 20px; height: 10px; background-color: #D2B48C; border: 1px solid black; margin-right: 5px;"></span> West Central Iowa | <span style="display: inline-block; width: 20px; height: 10px; background-color: #FFC0CB; border: 1px solid black; margin-right: 5px;"></span> Iowa City Area    |
| <span style="display: inline-block; width: 20px; height: 10px; background-color: #FF69B4; border: 1px solid black; margin-right: 5px;"></span> Iowa Great Lakes   | <span style="display: inline-block; width: 20px; height: 10px; background-color: #90EE90; border: 1px solid black; margin-right: 5px;"></span> Southwest Iowa    | <span style="display: inline-block; width: 20px; height: 10px; background-color: #00B0F0; border: 1px solid black; margin-right: 5px;"></span> East Central Iowa |
| <span style="display: inline-block; width: 20px; height: 10px; background-color: #DDA0DD; border: 1px solid black; margin-right: 5px;"></span> North Central Iowa | <span style="display: inline-block; width: 20px; height: 10px; background-color: #6495ED; border: 1px solid black; margin-right: 5px;"></span> Des Moines Area   | <span style="display: inline-block; width: 20px; height: 10px; background-color: #008000; border: 1px solid black; margin-right: 5px;"></span> Quad Cities Area  |
| <span style="display: inline-block; width: 20px; height: 10px; background-color: #FFFF00; border: 1px solid black; margin-right: 5px;"></span> Mason City         | <span style="display: inline-block; width: 20px; height: 10px; background-color: #20B2AA; border: 1px solid black; margin-right: 5px;"></span> Central Iowa      | <span style="display: inline-block; width: 20px; height: 10px; background-color: #FF4500; border: 1px solid black; margin-right: 5px;"></span> Muscatine         |
| <span style="display: inline-block; width: 20px; height: 10px; background-color: #FF8C00; border: 1px solid black; margin-right: 5px;"></span> Fort Dodge         | <span style="display: inline-block; width: 20px; height: 10px; background-color: #FF0000; border: 1px solid black; margin-right: 5px;"></span> Cedar Rapids Area | <span style="display: inline-block; width: 20px; height: 10px; background-color: #90EE90; border: 1px solid black; margin-right: 5px;"></span> Southeast Iowa    |
| <span style="display: inline-block; width: 20px; height: 10px; background-color: #A0522D; border: 1px solid black; margin-right: 5px;"></span> Northeast Iowa     |  |  |

# Mental Health Resources In Iowa

## 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

## 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

### [Your Life Iowa](#)

988

## 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

### [Your Life Iowa](#)

988

## 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

### [Your Life Iowa](#)

988

## 4 Mason City

### [Central Iowa Community Services](#)

24-HR Crisis Line (855) 581-8111

### [Your Life Iowa](#)

988

## 5 Northeast Iowa

### [County Social Services](#)

(641) 425-2605

### [Mental Health/Disability Services of East Central Region](#)

(563) 927-5116

### [Your Life Iowa](#)

988

## 6 Fort Dodge

### [Central Iowa Community Services](#)

24-HR Crisis Line (855) 581-8111

### [Your Life Iowa](#)

988

## 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

### [Your Life Iowa](#)

988

# 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

### [Rolling Hills Community Services Region](#)

(712) 749-2556

### [Southwest Iowa Region Mental Health & Disability Services](#)

(712) 328-5812

### [Your Life Iowa](#)

988

## 9 Cedar Rapids Area

### [Mental Health/Disability Services of East Central Region](#)

(563) 927-5116

### [Your Life Iowa](#)

988

## 10 East Central Iowa

### [Mental Health/Disability Services of East Central Region](#)

(563) 927-5116

### [Your Life Iowa](#)

988

## 11 Southwest Iowa

### [Southwest Iowa Region Mental Health & Disability Services](#)

(712) 328-5812

### [Your Life Iowa](#)

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## 12 Des Moines Area

### [Central Iowa Community Services](#)

24-HR Crisis Line (855) 581-8111

### [Cross Mental Health Region](#)

641-828-2238 ext. 3868

### [Your Life Iowa](#)

988

## 13 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

### [Your Life Iowa](#)

988

## 14 Iowa City Area

### [Mental Health and Disability Services of the East Central Region](#)

319-325-5908

### [Your Life Iowa](#)

988

## 15 Muscatine

### [Mental Health and Disability Services of the East Central Region](#)

319-325-5908

### [Your Life Iowa](#)

988

## 16 Quad Cities Area

### [Mental Health and Disability Services of the East Central Region](#)

319-325-5908

### [Your Life Iowa](#)

988

# **Mental Health Resources In Iowa**