

MENTAL HEALTH RESOURCE GUIDE - HENRY COUNTY, IOWA

CRISIS HOTLINES

24 Hour Mental Health Crisis Line
(877) 404-4770

National Suicide Prevention Lifeline
(800) 273-TALK (8255)

CRISIS SERVICES

Hillcrest Family Services
(319) 385-7177

106 N. Jackson St., Mt. Pleasant
www.hillcrest-fs.org

- Walk-in services available

Henry County Health Center
Emergency Room
(319) 385-3141

407 S. White St., Mt. Pleasant

EMERGENCY SITUATIONS

If you are in a crisis and need
immediate assistance

DIAL
9-1-1

CASE MANAGEMENT & CARE COORDINATION

Hillcrest Family Services Integrated
Health Home Services

(319) 385-7177

www.hillcrest-fs.org

- Care coordination
- Peer support
- Nurse support services

Young House Family Services

(319) 752-4000

www.younghouse.org

- Pediatric integrated health program

Updated 10.2019

COUNSELING & THERAPY

Elements Family Therapy & Play Therapy
Center

(319) 385-1665

- Couples, children and families

Hillcrest Family Services

(319) 385-7177

www.hillcrest-fs.org

- Outpatient mental health services for adults & children

Optimae LifeServices

(319) 385-8051

www.optimaelifeservices.com

- Psychiatric evaluations & outpatient counseling

COUNSELING & THERAPY- SPECIALIZED

Domestic Violence Intervention Program

(319) 850-8518

24 hr hotline - (800) 373-1043

www.dvpiowa.org

- Free, confidential support to victim/survivors

Rape Victim Advocacy Program

(319) 541-9809

24 hr hotline - (800) 228-1625

www.rvap.org

- Free, confidential resource and support

CALL/TEXT/CHAT RESOURCE

Your Life Iowa

Call - (855) 581-8111

Text - (855) 895-8398

Resources & live chat - yourlifeiowa.org

- Alcohol, drugs, gambling, suicide, mental health



DROP-IN CENTER

Choices

(319) 201-1064

211 W. Monroe, Mt. Pleasant

www.firstresources.us

- Monday-Friday 9:00am-4:30pm, Sat. 1:00-3:30pm
- Mental health support; Adults only

DRUG & ALCOHOL SERVICES

Alcohol & Drug Dependency Services

(319) 385-2216

www.addsiowa.org

Alcoholics Anonymous

(319) 338-9111

Narcotics Anonymous

(800) 897-6242

INFORMATION & REFERRAL

Department of Human Services

(319) 986-5157

- Sign up for Medical, hawk-I, Medicaid/Title 19

(800) 362-2178

- Report child or dependent adult abuse

Henry County Coordinator for

Disability Services

(319) 385-4050

- Funding and referral assistance

Scan here to access this guide:



or visit

www.HealthyHenryCounty.org/resources