



IOWA MENTAL HEALTH RESOURCES



Need to talk?

Need a quick referral for someone who needs to talk?

National Suicide Prevention Lifeline: Call 1-800-273-8255 Available 24 hours everyday

Red Nacional de Prevención del Suicidio: 1-888-628-9454 Available 24 hours everyday

NAMI Helpline: Call 1-800-940-6264 M – F 10:00 am – 6:00pm EST

Crisis Text Line: Text 741741

Emergency: Call: 9-1-1

For an electronic version of this document with live links to these trusted websites listed below, please visit www.osymigrant.org/mentalhealth.

Substance Abuse and Mental Health Services Administration

Click on Behavioral Health Treatment Services Locator.

Find treatment facilities confidentially and anonymously (enter an address, city, or zip code). Search by:

- Type of Care
- Service Settings
- Emergency Mental Health Services
- Facility Operation
- Payment / Insurance / Funding Accepted
- Payment Assistance Available
- Special Programs / Groups Offered
- Age Groups Accepted
- Language Services
- American Indian or Alaskan Native Languages
- Other Language

Eligible mental health treatment facilities include:

- Facilities that provide mental health treatment services and are funded by the state mental health agency (SMHA) or other state agency or department
- Mental health treatment facilities administered by the U.S. Department of Veterans Affairs
- Private for-profit and non-profit facilities that are licensed by a state agency to provide mental health treatment services, or that are accredited by a national treatment accreditation organization

Iowa Department of Human Services, Division of Mental Health and Disability Services

MHDS is responsible for planning, coordinating, monitoring, improving and partially funding mental health and disability services for the State of Iowa.



IOWA MENTAL HEALTH RESOURCES



Mental Health Resources in Iowa: Public mental health services in Iowa are administered and provided by the Iowa Department for Human Services—Division of Mental Health and Disability Services. Substance use and addiction treatment services are overseen by the Iowa Department of Public Health—Bureau Substance Abuse.

Iowa 211 is a free referral and information helpline that connects people to a wide range of health and human services, 24 hours a day, 7 days a week. To contact 2-1-1, simply dial the numbers 2-1-1 from any phone.

National Suicide Prevention Lifeline: 1-800-273-8255

[Live “chat” with Lifeline staff is an option.]

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. We are committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

Crisis Text Line: Text 741741

Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to communicate by text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis. Their goal is to help texters move from hot moments to a cool calm. Sometimes that means making referrals to longer term or local resources.

• **[Resource Handout about the Crisis Text Line](#)**

NAMI/National Alliance on Mental Illness

NAMI is a nationwide advocacy group for individuals and families living with mental illnesses.

Call the NAMI Helpline: 800-950-6264 (Monday – Friday, 10:00am – 8:00pm EST)

Or in a crisis? Text NAMI to 741741

Iowa NAMI State Organization ○ Phone (515) 254-0417

- Affiliate contact information identified by county
- 11 Iowa affiliates, plus additional support groups

Mental Health America

Mental Health America promotes mental health as a critical part of overall wellness, including prevention services for all, early identification and intervention for those at



IOWA MENTAL HEALTH RESOURCES



risk, integrated care, services and supports for those who need it, with recovery as the goal.

- **Iowa Affiliate Mental Health America** There is one (1) affiliate in Iowa.

Mental Health First Aid

This national web site has links to find a MHFA course near you. Mental Health First Aid teaches people how to identify, understand, and respond to signs of mental illnesses and substance use disorders in your community.

Depression and Bipolar Support Alliance

DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

Active Minds

Text “Brave” to 741-741 to reach the Crisis Text Line (free 24/7 support). Active Minds is changing the conversation about mental health impacting college students and mental health on 600 campuses, including 13 in Iowa.

Boys Town National Hotline 1-800-448-3000

Text: VOICE to 20121

The Hotline is open 24 hours a day, 365 days a year, and is staffed by specially trained Boys Town counselors. It is accredited by the American Association of Suicidology (AAS).

- Spanish-speaking counselors and translation services representing more than 140 languages are available, along with a TDD line (1-800-448-1833), that allows counselors to communicate with speech-impaired and hearing-impaired callers.

National Maternal Mental Health Hotline

Call or Text: 1-833-TLC-MAMA (1-833-852-6262)

The Hotline provides free, confidential support, resources and referrals to any pregnant and postpartum mothers facing mental health challenges and their loved ones. The service is available via phone and text in English or Spanish.