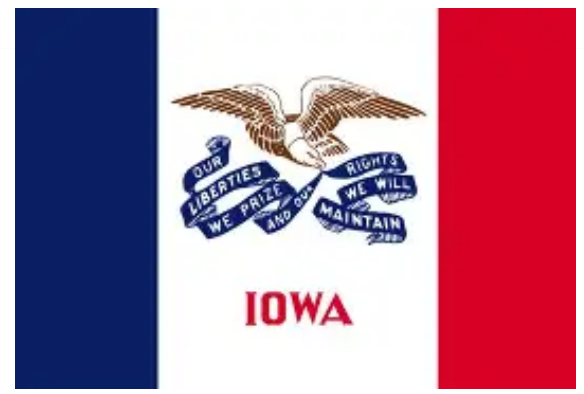


Iowa



- 988 Suicide & Crisis Lifeline — Call or text 988
- Your Life Iowa
 - Call or text 855-581-8111
 - 💬 Live chat available
 - Mental health support
 - Substance-use help
 - Crisis counseling
- 211 Iowa — Dial 211
 - Connects to shelters, food, and mental health resources

Mental Health Services & Counseling

- Iowa Department of Health and Human Services Behavioral Health Division
 - Provides:
 - Mental health services Crisis
 - response Substance-use
 - treatment Community-
 - based care

Community Mental Health Providers

Iowa uses regional Mental Health & Disability Services (MHDS) systems that offer:

- Therapy & counseling
- Psychiatric care Crisis
- services
- Case management

Major Providers by Region

Des Moines Area

- Broadlawns Medical Center Behavioral Health
 - Inpatient and outpatient psychiatric care Primary
- Health Care Inc
 - Mental health counseling and primary care

Eastern Iowa (Cedar Rapids / Iowa City)

- AbbeHealth Services
Crisis services, counseling, and recovery programs University of
- Iowa Hospitals and Clinics Behavioral Health
Psychiatric care and therapy

Western Iowa

- Plains Area Mental Health Center
Community mental health and addiction treatment

Addiction Recovery & Rehabilitation Programs

Statewide Treatment Access

- Iowa Substance Use Disorder Services
Offers:
 - Detox programs
 - Residential rehab
 - Outpatient treatment Medication-
 - assisted treatment