



## CRISIS HOTLINES

*Need emergency help?*

National Suicide and Crisis Lifeline

**988**

Foundation 2 Crisis Line: Youth & Families

**800-332-4224**

## TEXT/CHAT/CALL WARMLINES

*Feeling down and want to chat?*

Iowa Warmline

**844-775-9276**

The Trevor Project

**866-488-7386**

[Thetrevorproject.org](http://thetrevorproject.org)

LGBTQ Youth crisis: text, chat, call

Support Text Line

**Text "Listen" to 741741**

24/7 counseling and emotional support

## COUNSELING & THERAPY

Ardent Counseling Center

**888-870-1775**

Compassionate Counseling

**641-454-5054**

Iowa Counseling Services

**641-919-4004**

Optimae LifeServices

**641-472-5771**

River Hills Behavioral Health Clinic

**641-451-6380**

Sattva Integrative Therapy

**320-295-1263**

## ACCESS POINT & EDUCATION

Southeast Iowa Link (SEIL) - Jefferson County

**641-472-8637**

[seiowalink.org](http://seiowalink.org)

Access point for alcohol, drugs, gambling, or mental health services and coordinator of disability services for SE Iowa.

National Alliance for Mental Illnesses - SE Iowa

**319-750-2220**

<https://namiiowa.org/>

Education for families and advocacy for the mentally ill

## CRISIS SERVICES

National Youth Crisis

**800-442-4673**

<https://nationaltoolkit.csw.fsu.edu/>

Domestic Violence Intervention Program

**800-373-1043**

Eating Disorder Coalition of Iowa

[edciowa.org](http://edciowa.org)

Jefferson Co. Health Center Emergency Room

**641-472-4111**

2000 S. Main Street, Fairfield, Iowa

Rape, Abuse, & Incest National Network

**800-656-4673**

<https://www.rainn.org/>

Iowa Sexual Abuse Hotline

**800-284-7821**

<https://rvap.uiowa.edu/isah/>

SIEDA

**641-472-6140**

<https://www.sieda.org/>

Outpatient services: mental health/drug/gambling/alcohol

Veterans Crisis Line

**800-273-8255**

<https://www.veteranscrisisline.net/>

## ADDICTION ISSUES

**SAMHSA-Substance Abuse & Mental Health Services**

**800-662-HELP (4357)**

<https://www.samhsa.gov/find-help/national-helpline>

Treatment information (in English and Spanish)

Alcohol & Drug Dependency Services

**319-385-2216**

[www.addsiowa.org](http://www.addsiowa.org)

Alcoholics Anonymous **319-338-9111**

Narcotics Anonymous **800-897-6242**

## WELLNESS

Let's Go Jeff Co!

<http://letsgojeffco.com/>

## RESOURCE DIRECTORY

Jefferson County Resource Guide

[Jefferson County Directory of Resources.pdf](#)

A comprehensive guide to all resources specifically in Jefferson County, Iowa

## OTHER RESOURCES

Department of Human Services

**641-472-5011 or 800-362-2178**

Medicaid/Title 19, Hawk-I, cash & food assistance

Jefferson County WIC Clinic

**641-680-2001 or 1-800-452-1098**

<https://ahfa.org/wic-2/>

Food/nutrition program for women and young children

Public transportation

**800-227-6390**

[10-15 Transit](#)

Call for an appointment 48 hours in advance