SPIRITUAL SERVICES

If you or a loved one are looking for spiritual service, you can find information from the following resource.

Washington Ministerial Association (319) 653-3950

INSURANCE INFORMATION

If you are looking for insurance options and ways to pay for utilizing healthcare resources, you can find information from the below resources.

Department of Human Services https://dhsservices.iowa.gov Help Center (855) 889-7985 Local DHS (800) 642-6249

• Medical, hawk-I, Medicaid/Title 19

Health Insurance Market Place https://www.healthcare.gov Help Center (800) 319-2596 Community Health Center of SE Iowa (319) 728-7400 or (319) 768-5858

Washington County Mental Health and Disability Services (319) 653-7751

TRANSPORTATION

If you are in need of transportation to and from health related appointments, these resources are available.

Washington County Mini Bus (319) 653-2853

It's Okay to Ask for Help!

Always remember, in an **EMERGENCY**

DIAL 9-1-1

QUESTIONS

Washington County Mental Health and Disability Services (319) 653-7751

Information and referral

Visit this link for additional information:

http://co.washington.ia.us/220/ Mental-Health-Disability-Services-MHDS

or scan this QR code:



ADDITIONAL RESOURCES

Washington County Directory of Community Services

Visit this link for additional information:

https://washph.com/Portals/washph/docs/202012-Washington-County-Directory-of-Community-Services.pdf?ver=2020-01-09-161234-993



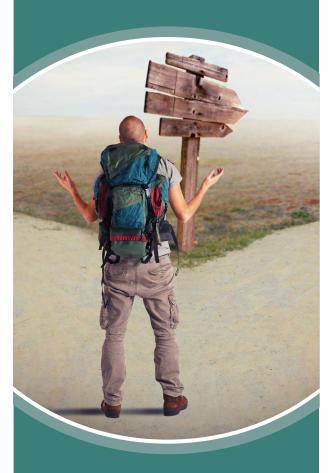
or scan this QR code:

DIAL 2-1-1 or visit: https://www.21liowa.org/

Ask Aunt Bertha: https://www.findhelp.org/

To submit new or corrected information for this brochure, please email: washcomhds@co.washington.ia.us

Are you LOST on where to find HELP?
Look inside!



Washington County, Iowa

Mental Health Resource Guide



ABOUT THE MENTAL HEALTH RESOURCE GUIDE

One in five American adults have experienced a mental health related issue and rates of individuals with a mental health concern continue to rise. Mental Health is a critical part to overall wellness. Early mental health support can help before problems with daily living develop.

The #I reason residents do not receive care or counseling when needed is because they do not know where to go.

This guide is intended to provide information and serve as a resource for accessing mental health resources. It can be used to aid you, your family, or neighbors in the event you find yourself needing assistance in dealing with:

- Depression, anxiety and/or any other mental health concern
- 2. Any crisis or potential crisis with any of these concerns

CRISIS SERVICES

If you or a loved one is experiencing severe emotional distress, these services are available.

MENTAL HEALTH CRISIS SERVICES

Hillcrest Family Services - Urgent Care (319) 653-6161

2175 Lexington Blvd, Building 2, Washington, IA

Washington County Hospital and Clinics, Emergency Room

(319) 653-5481

400 East Polk St, Washington, IA

EMERGENCY SITUATIONS
If you are in a crisis and need immediate assistance

DIAL 9-1-1

CRISIS HOTLINES

Your Life Iowa - 24/7 Mental Health Crisis Line - https://yourlifeiowa.org/

(855) 581-8111 (call) (855) 895-8398 (chat or text)

24/7 National Suicide Prevention Lifeline (800) 273-8255

MENTAL HEALTH TREATMENT

If you or a loved one is looking for treatment or management options for mental health related concerns, these services are available.

DROP-IN CENTER (Mental Health Support)

Choices (Adults Only)

(319)591-8176

114 West 2nd St, Washington, IA

CASE MANAGEMENT & CARE COORDINATION

Integrated Health Home Services

(319) 527-4455 (main office) (319) 653-6161 (local office)

- Caré coordination
- Peer support
- Nurse support services

COUNSELING, THERAPY & MEDICATION PRESCRIBING

Crystal Lotus Counseling Sandi Ropp, LMHC (319) 461-7391

Grace C. Mae Advocate Center (319) 653-2930

Hillcrest Family Services/Community Mental Health Center (319) 653-6161

• Includes Medication Management Services

Iowa Family Counseling (641) 777-2774

lowa City VA Healthcare System (319) 338-0581 or (800) 637-0128

 Includes Hospital & Medication Management Services

Optimae Lifeservices (319) 385-8051

· Includes Medication Management services

Turning Point Counseling and Psychotherapy (319) 656-2085

WCHC Medical Clinic Jessie Anderson, PMHNP-BC (319) 653-7291

• Includes Medication Management Services

DRUG & ALCOHOL SERVICES

If you or a loved one is looking for treatment or management options for drug and/or alcohol related concerns, there are support and treatment options available.

Al-Anon

(319) 653-6911

• Support for family and friends

Prelude Behavioral Services (319) 653-7597

Narcotics Anonymous (800) 897-6242

Alcoholics Anonymous (319) 458-0973

VIOLENCE PREVENTION

If you or a loved one is a victim of rape and/or domestic abuse, there is help at these resources.

Domestic Violence Intervention Program (800) 373-1043

Rape Victim Advocacy Program (319) 335-6000