

## SPIRITUAL SERVICES

**Mid-Prairie Council of Churches**  
(319) 648-2331

**Washington Ministerial Association**  
(319) 653-3950

## INSURANCE INFORMATION

**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) 318-2596  
**Community Health Center of SE Iowa**  
(319) 728-7400 or (319) 768-5858

**Washington County Public Health**  
(319) 653-7758

- Hawk-I and Medicaid for Pregnant Women and Children

## TRANSPORTATION

**Washington County Mini Bus**  
(319) 653-2853

**Access2Care for Non-Emergency Medical Transportation**  
(866) 572-7662 (IA Medicaid Fee-for-Service)  
(844) 544-1389 (Amerigroup)  
(833) 404-1061 (Iowa Total Care)

## ADDITIONAL RESOURCES

**Paws & More Animal Shelter**  
[washingtonpawsandmore1978@gmail.com](mailto:washingtonpawsandmore1978@gmail.com)  
(319) 653-6713

- Helps families and pets in crisis; emergency housing, pet food, supplies, and more.

**Southeast Iowa NAMI - National Alliance on Mental Illness**  
<https://namisoutheastiowa.org/>  
[namisoutheastiowa@gmail.com](mailto:namisoutheastiowa@gmail.com)  
(319) 750-2220

**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:



## QUESTIONS

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

- Information and referral
- Coordination for Uninsured and/or Non-Medicaid covered services

Visit this link for additional information:  
<https://seiowalink.org/>

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

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# Washington County, Iowa Mental Health Resource Guide



MENTAL HEALTH COALITION

A society where mental health well-being is the root of a healthy community.

## 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 #1 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.

## CRISIS & EMERGENCY SERVICES

### CRISIS HOTLINES

#### Your Life Iowa

<https://yourlifeiowa.org/> (Live Chat)

(855) 581-8111 (call)

(855) 895-8398 (text)

If you are in a crisis and need immediate assistance

**DIAL**  
9-8-8

Always remember in a medical emergency dial 9-1-1

## MENTAL HEALTH CRISIS SERVICES

### Hillcrest Family Services - Urgent Care

(319) 653-6161

2175 Lexington Blvd, Building 2, Washington, IA

### GuideLink Center (24/7 Access)

(319) 688-8000

300 Southgate Ave., Iowa City, IA

### Southern Iowa Mental Health Center (24/7 Access)

(641) 682-8772

1527 Albia Road, Ottumwa IA

### Washington County Hospital and Clinics, Emergency Room

(319) 653-5481

400 East Polk St, Washington, IA

## MENTAL HEALTH TREATMENT

### DROP-IN & RECOVERY CENTER

#### Choices (Adults Only)

(319) 591-8176

114 West 2nd St., Washington, IA

- Mental Health & Peer Support

### CARE COORDINATION

#### Hillcrest Family Services - Integrated Health Home (IHH) Services

(319) 527-4455 (main office)

(319) 653-6161 (local office)

- Peer support

### COUNSELING, THERAPY & MEDICATION PRESCRIBING

#### Aurora Counseling and Wellness, LLC

Dawn Keith, LMHC

(319) 531-7721

#### Crystal Lotus Counseling

Sandi Ropp, LMHC

(319) 461-7391

#### Explorer 2 Counseling Center

(319) 591-8004

#### Grace C. Mae Advocate Center

(319) 653-2930

#### Hillcrest Family Services/Community Mental Health Center

(319) 653-6161

- Includes Medication Management Services

#### Holistic Resources

(319) 665-2848

#### Iowa Family Counseling

(641) 777-2774

#### Iowa City VA Healthcare System

(319) 338-0581 or (800) 637-0128

- Includes Hospital & Medication Management Services

#### Optimae LifeServices

(319) 591-8111

- Includes Medication Management Services

#### Silver Springs Counseling and Wellness Maquel Ranck

[maquel.silversprings@gmail.com](mailto:maquel.silversprings@gmail.com)

#### Turning Point Counseling and Psychotherapy

(319) 656-2085

#### WCHC McCreedy Medical Clinic Jessie Anderson, PMHNP-BC

(319) 653-7291

- Includes Medication Management Services

## DRUG & ALCOHOL SERVICES

#### Community & Family Resources

(319) 653-7597

### SUPPORT GROUPS

#### Al-Anon

<https://iowa-al-anon.org/>

- Support for family and friends

#### Alcoholics Anonymous

<https://www.aa-iowa.org/>

#### Celebrate Recovery

<https://www.celebraterecovery.com/>

(319) 548-0073 (Brighton)

(319) 480-2012 (Washington)

#### Narcotics Anonymous

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

#### Nar-Anon

<https://www.nar-anon.org/>

## VIOLENCE PREVENTION

#### Domestic Violence Intervention Program

(800) 373-1043

#### Rape Victim Advocacy Program

(319) 335-6000