

Resources for Mental Health and Addiction

Crisis

Emergency	_____	911
Note: Mobile Crisis Team Available through the Police.		
Community Information	_____	211
Teen Line	_____	1-800-443-8336
Statewide Crisis Line	_____	1-800-332-4224
Suicide Prevention Lifeline	_____	1-800-273-8255
Veteran Administration Crisis	_____	Press "1"
Adult Child Protective Services (Abuse Services)	_____	1-800-362-2178
Domestic Abuse Hot Line	_____	1-800-942-0333
Polk County Crisis & Advocacy	_____	515-286-3600
Iowa Statewide Sexual Abuse Hotline	_____	1-800-284-7821
*Broadlawn Medical Center Crisis Center	_____	515-282-5752
Mental Health Services	_____	515-282-5750
*Lutheran Crisis: Mental Health Access Center	_____	515-263-5249
Counseling and Psychiatry Clinic	_____	515-241-2300
*Mercy Franklin Crisis: Help Center	_____	515-271-6111
Gambling Hotline	_____	1-800-BETSOFF (238-7633)
Narcotics Hotline	_____	515-244-2277
Alcoholics Anonymous Hotline	_____	515-282-8550
Youth Emergency Shelter & Services	_____	515-282-9377
United Way	_____	515-244-1010

*If you are interested in mental health commitment information contact your local clerk of court or any of the above hospitals.

*Each hospital has mental health counseling and substance abuse counseling available.

For additional resources, call 211 or go to www.vnsdm.org for a community resource directory.

Notes:

Mental Health Counseling

Eyerly Ball Community Health Services	515-243-5181
Orchard Place/Child Guidance Center	515-244-2267
Mosaic	515-246-1840
Employee & Family Resources Counseling/Ed 1-800-327-4692 or	515-244-6090
Des Moines Pastoral Counseling Center	515-274-4006
Children & Families of Iowa	515-288-1981
Catholic Charities	515-244-3761
Lifeworks Counseling Services	515-255-8399

Education/Support

National Alliance on Mental Illness-Iowa (NAMI Iowa)	515-254-0417
Nami Greater Des Moines	515-277-0672
Ask Resource Center	515-243-1713
Iowa Coalition against Domestic Violence	515-244-8028
Iowa Coalition against Sexual Assault	515-244-7424
Prelude (Substance Abuse/Gambling Counseling)	515-262-0349
American Lung Association of Iowa Health System	515-278-5864
Iowa Safe Schools (GLBT support)	515-471-8024
United Way of Central Iowa	515-246-6500
Al-Anon	515-277-5059
Overeater Anonymous	515-491-4934
Family Directions of Iowa (family/parenting support)	515-255-9490
Senior Services-Polk County Health Department	515-286-3679
Young Women's Resources Center	515-244-4901
Primary Healthcare Outreach	515-248-1500

Disclaimer: This List is not meant to be all-inclusive of the resources available in our community and is provided for your convenience in locating services for students, families, and clients.