

Mental Health and Psychology Contacts

This list is meant to serve as a starting point for families seeking therapy/counseling services. It is not an all-inclusive list and is not meant to serve as a referral or a recommendation.

Child Guidance Center (Orchard Place)
808 5th Avenue
Des Moines, IA
(515) 244-2267
<http://www.orchardplace.org/index.php/cgc/>

Children and Families of Iowa
501 Southwest Ankeny Road
Ankeny, IA
(515) 289-2272
<http://www.cfiowa.org>
NicoleW@cfiowa.org

Lifeworks, Inc.
600 42nd Street
Des Moines, IA 50312
(515) 255-8399
<http://www.lifeworksdm.com>

1609 North Ankeny Blvd.
Ankeny, IA
515-255-8399

Broadlawns Medical Center-Mental Health Services
(515) 282-5750
<http://www.broadlawns.org/mental-health-services.cfm>

Mercy Franklin Center
1818 48th Street
Des Moines, IA 50310
(515) 271-6000
<http://www.mercydesmoines.org/behavioralhealth/index.cfm>

Iowa Health Counseling & Psychiatry Clinic

6000 University Avenue, Suite 200

West Des Moines, IA 50266

(515) 241-2300

<http://www.iowahealth.org/meet-the-staff-of-counseling-centers-of-central-iowa.aspx>

YESS (Youth Emergency Services and Shelter)

918 Southeast 11th Street

Des Moines, IA 50309

(515) 243-7825

<http://yessiowa.typepad.com/>

Des Moines Pastoral Counseling Center

8553 Urbandale Avenue

Urbandale, IA 50322

(515) 274-4006

<http://www.dmpcc.org/>

New Life Counseling (Faith-based Christian Counseling)

225 NW School Street

Ankeny, IA 50023

(515) 964-5003

<http://www.newlife-counseling.com/index.html>

Center for Interpersonal Effectiveness

2525 N. Ankeny Blvd. Ste. 113

Ankeny, IA 50023

(515) 289-9136

<http://www.cie-ankeny.com/home>

info@cie-ankeny.com

Kavalier & Associates

1003 Grand Avenue

West Des Moines, IA 50265

(515) 267-1003

<http://www.kavalierandassociates.com/>

Central Iowa Psychological Services
3737 Woodland Ave, Ste 415
West Des Moines, IA 50266
515-222-1999
<http://www.iowacounseling.com/>

Integrative Counseling Solutions
Cheryl Garland, Clinical Director – Therapist
1200 Valley West Dr. #306
West Des Moines, IA 50266
Phone: (515) 267-1340
Fax: (515) 267-1355
www.integrativecs.net

Iowa Center for Psychological Health
Gloria Krause
333 SW 9th St, Suite J
Des Moines, IA 50309
Phone: (515) 777-3075
Fax: (515) 777-1719
<http://www.icfph.com/>

Broadlawns Hospital
1801 Hickman, DM
Crisis Service: 282-5752 Psychiatric: 282-5695

- Sees both children and adults
- Private insurance, Title 19, or sliding fee scale
- Limited evening appointments available, but not for initial appointment

Catholic Social Services
601 Grand Ave, DM
244-3761

- Sees both children and adults
- Sliding fee scale only; (does not take insurance)
- Evening appointments available on Tuesday and Thursdays

Child Psychiatry (Dr. Kunze & Dr. Dewdney)
939 Office Park Rd, WDM
288-5570

- Sees both children and adults
- Private insurance only

- Limited evening appointments (therapist discretion)

Counseling Centers for Central IA

6000 University, WDM

241-2300

- Sees both children and adults
- Private insurance
- Has therapists and psychiatrists on staff
- Evening appointments available

Children and Families of Iowa (CFI)

1111 University Ave, DM

288-1981

- Sees both children and adults
- Takes private insurance, Title 19, sliding fee scale (based on income, family size)
- Evening appointments and very limited weekend appointments

Compass Clinical Associates (formally Wadle and Assoc.)

2500 82nd Place, Urbandale

270-1344

- Sees both children and adults
- Private pay, private insurance, and Title 19
- Has therapists, Nurse Practitioner, Physician Assistants and Psychiatrist on staff
- Some therapists do evening/weekend appointments; medication providers do not

Counseling for Growth and Change

6959 University, Windsor Hts.

243-1020

- Sees both children and adults
- Adolescent sexual offender group; School groups
- Takes private insurance and Title 19
- Limited evening and weekend appointments available (therapist discretion)

Des Moines Child Guidance (Dr. Nightingale)

808-5th Ave. DM

244-2267

- Sees children only (will see adults as it relates to the child)
- Private insurance, Title 19, or sliding fee scale
- Has therapists and psychiatrist/psychiatric nurse on staff
- Evening appointments available on Monday thru Thursday

Des Moines Pastoral Counseling Services
8553 Urbandale
274-4006

- Family and Individual Counseling Services
- Private Insurance, Title 19, or sliding fee scale
- “COOL” Group Program – Child Overcoming the Obstacles of Life

Kavalier and Associates Dr. Kavalier
1003 Grand Ave, WDM
267-1003

- Sees both children and adults
- Therapist who specialize in ADHD and Grief counseling
- Medication management
- Private pay or private insurance
- Has therapists and psychiatrist on staff

Life Works, Inc.
600 42nd St, DM
255-8399

- Sees children and families
- Title 19 and private insurance
- Remedial Services (Title 19 only)

Life Line Resources
3125 Douglas Ave Suite 100
256-8001

- Title 19, individual counseling and Substance Abuse counseling

Mercy Pediatric and Neurology and Psychiatry Center
271-6000 Helpline: 271-6111 Toll Free: (866) 595-4959

- Must have initial assessment prior to making psychiatric appointment
- Inpatient/Outpatient Programs for Children & Adolescents with Mental Illness
- Therapeutic groups and counseling
- Private insurance or Title 19

New Sight
2340 Euclid Ave, DM
263-0019

- Provider for Title 19 and BHIS Services

Next Step Counseling Services
3812 Ingersoll, DM
255-2500

- Title 19 and Private Pay

Polk County Crisis & Advocacy Services
2309 Euclid Ave., DM
286-3600

- 24-hour crisis response services
- Provides support and services to victims of any type of crime
- Counseling
- Support groups for kids in schools (SIGNA)
- Works with Crime Victim Compensation Program

Young Women's Resource Center
705 – E2nd St., DM
244-4901

- Free to young women 11-21 yrs
- Individual Counseling – at the center or in schools
- Groups—For pregnant young women; Parenting; Middle School groups
- Community Day Wednesdays—clothing vouchers, diapers, infant supplies

Youth Emergency Services & Shelter, Hope Clinical Connections
918 SE 11th Street, DM
282-9377

- Family and Individual Counseling Services
- Shelter Services (3-5 day)
- Integrated Health Home Model for children with a mental health diagnosis

General Counseling Services

Unity Point Student Assistance Program
1301 Penn Ave., Suite 305
Des Moines, IA 50316
(515)263-4004 or (800)732-4490

Next Step Counseling – Mike Koch
3812 Ingersoll
Des Moines, Iowa 50312
(515)255-2500

Catholic Charities
(515) 244-3761

Central Iowa Counseling, Ltd.
Carla Davis
607 8th St SW Suite C
Altoona, IA 50009
(515)967-9150

Central Iowa Psychological Services
3737 Woodland Ave, Ste 415
West Des Moines, IA 50266
(515)222-1999
www.iowacounseling.com

Child Psychiatry (Dr. Kunze & Dr. Dewdney)
939 Office Park Rd, Ste. 200
West Des Moines, IA
(515) 288-5570 50265

Children and Families of Iowa
1111 University Ave.
Des Moines, Iowa 50314
(515)288-1981

Compass Clinical Associates (formerly Wadle and Assoc.)
2500 82nd Place
Urbandale, IA
(515)270-1344

Counseling Centers for Central IA
6000 University, West Des Moines IA 50266
(515) 241-2300
Lakeview Medical Park (515) 241-2300
Iowa Lutheran Hospital (515) 263-5184

Counseling for Growth and Change
6959 University Avenue,
Windsor Heights, Iowa
(515) 243-1020

Des Moines Pastoral Counseling Center
8553 Urbandale Ave.
Urbandale, IA 50322
(515) 274-4006

Family Legacy- Deb Gipple
(works well with Autism and ADD/ADHD)
(515) 727-1338
2 locations:
5415 NW 88th St, Suite 100
Johnston, Iowa 50131
185 NE Dartmoor Dr.
Waukee, Iowa 50263

First Call for Help
(515) 246-6555

Iowa Department of Human Services
(515) 281-3147

Iowa Lutheran Hospital-Behavioral Health Access Center
(515) 263-5249
1-800-522-4944

Kavalier and Associates
1003 Grand Ave
West Des Moines, IA
(515) 267-1003

Life-Line Resources L.L.C. (some specialty in diversity)
3115 Douglas Av.
Des Moines, IA 50310
Office: (515)235-4720

Lutheran Social Services
(515) 274-4946

Polk County Health Department
(515) 286-3798
www.polkcountyiowa.gov/health

University of Iowa Psychiatric Hospital
(319) 353-6314

Visiting Nurse Services
Mental Health and Behavioral Health Intervention Services
1200 University Ave. Suite 205
Des Moines, Iowa 50314
(515)558-9946

Crisis Services

Broadlawns Medical Center – Mental Health Services
(515) 282-2331

Crisis and Advocacy Services (formerly Victim Services)
2309 Euclid Avenue
Des Moines, IA 50310
(515) 286-3600

Iowa Coalition Against Sexual Assault (CASA)
3030 Merle Hay Rd
Des Moines, IA 50310
(515) 244-7424
communications@iowacasa.org

Lutheran Hospital
Adolescent Dual Diagnosis Services
700 E. University Ave.
Des Moines, IA 50316
(515) 263-2333

Mercy Franklin/Mercy First Step
Behavioral Health Center
1818 48th St.
Des Moines, IA 50310
(515) 271-6000
Help Center: (515) 271-6111

Mobile Crisis Response Team
945 19th Street
Des Moines, IA 50314
(515) 283-4811

Orchard Place/Child Guidance Center (sets aside a number of emergency slots each day)
808 5th Ave.
Des Moines, IA 50309
(515)244-2267

Polk County Department of Human Services
2309 Euclid Avenue
Des Moines, IA 50310
(515) 725-2600, (515) 283-9238

Family Counseling

Children and Families of Iowa
1111 University Ave.
Des Moines, Iowa 50314
(515)288-1981

Family Legacy
(515) 727-1338
2 locations:
5415 NW 88th St, Suite 100
Johnston, Iowa 50131
185 NE Dartmoor Dr.
Waukee, Iowa 50263

Family Therapy Solutions
Jeremy Overbaugh
4685 Merle Hay Road, Ste. 207
Des Moines, IA 50322
515-278-2978

LifeWorks
600 42nd Street
Des Moines, IA 50312
(515) 255-8399

Sequel Care of Iowa
107 E 5th Street
Des Moines, IA 50309
(515) 274-9607

Grief Services

Amanda the Panda
1821 Grand Ave
West Des Moines, IA 50265
(515) 223-4847

Des Moines Area Religious Counsel-Grief Support Group
(515) 277-6969

Hamilton's Funeral Home – Sasha Mudlaff Sasha.Mudlaff@hamiltonsfuneralhome.com

Substance Abuse

Al-Anon Information Service Center
939 Office Park Rd #113
West Des Moines, IA 50265
(515) 277-5059
www.al-anondesmoines.org

Cornerstone (Program of Children and Families of Iowa)
501 S.W. Ankeny Rd.
Ankeny, Iowa 50023
(515)289-2272

Employee & Family Resources
Katie Reed - Prevention
1446 Martin Luther King Parkway
Des Moines, Iowa 50314
(515)471-2356

Lutheran Dual Diagnosis
700 E. University Ave.
Des Moines, IA 50316
(515) 263-2333

PACE (Program of Orchard Place)
620 8th St.
Des Moines, Iowa
(515)697-5700

Homelessness

Iowa Rental Help (assistance with rent payments, utility payments, moving expenses, security deposits, rental deposits)

www.iowarentalhelp.com

1-800-432-7230

Youth Emergency Shelter Services - Iowa Homeless Youth Centers

1219 Buchanan Street, Des Moines, Iowa 50316

(515) 265-1222

24 Hour Line: (515) 249-1443

Suicide

American Foundation for Suicide Prevention

(212) 363-3500

www.afsp.org

NAMI Iowa Alliance for the Mentally Ill

(statewide information and advocacy)

1-800-417-0417

amiiowa@aol.com

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Statewide Iowa Crisis Hotline

1-800-332-4224

Young Moms/Dads

Lutheran Family Service of Iowa

7177 Hickman Road Suite 2

Des Moines, IA 50322

(515)251-4900

A New Beginning Catholic Charities - adoption counseling
601 Grand Ave.
Des Moines, Iowa 50309
(515) 237-5082, (515) 244-3761

Ruth Harbor House
534 42nd St, Des Moines, IA 50312
(515) 279-466

Visiting Nurse Services
1200 University Ave. Suite 205
Des Moines, Iowa 50314
(515)558-9946

Young Women's Resource Center – Diane Tinker
818 5th Avenue
Des Moines, IA 50309
515.244.4901
www.ywrc.org

LGBTQ Services

The Des Moines PRIDE Center
419 SW 8th Street
Des Moines, IA 50309
(515) 608-8856

Dr. Joe Freund (LGBT focused-physician)
Franklin Family Practice Center
4908 Franklin Avenue
(515) 280-4930

GLSEN
212-727-0135
www.glsen.org

Iowa Pride Network
777 3rd Street #312
Des Moines, IA 50319
(515) 471-8062
www.iowapridenetwork.org

Eating Disorders

Michelle Roling
1412 Hy Vue Street
Adel, Iowa 50003
(515) 423-0958

OMNI Behavioral Health
Specialist in Eating Disorder
5115 F Street
Omaha, NE 68117
(402) 397-9866

University of Iowa Eating Disorder Specialty Clinic
(319) 353-6314

Education and Career Services

ASK Resource Center
5665 Greendale Rd, Suite D
Johnston, IA 50131
(515) 243-1713
www.askresource.org

DMAcc Youth Consortium
(Adult High School Diploma and HiSET)
Greg McCullough
DMAcc – Southridge Room 1C
1111 E Army Post Road
Des Moines, IA 50315
(515) 287-8702

Iowa Job Corps
Ottumwa location: (641) 682-2000
Denison location: (712) 263-4192
<http://www.jobcorps.gov/>

Iowa Works – Iowa Work Force Development
1000 E Grand Ave.
Des Moines, IA 50319
(515) 281-5387, 1-800-562-4692
www.iowaworkforce.org

Vocational Rehab
510 E 12th Street
Des Moines, IA 50319
(515) 281-4311
Lisa Robinson – Rehabilitation Counselor
(515) 281-4255
www.ivrs.iowa.gov