

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.211iowa.org/>

Ask Aunt Bertha:

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

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

rev: 5/2021

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 #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. It can be used to aid you, your family, or neighbors in the event you find yourself needing assistance in dealing with:

1. 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)

- Care 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

Iowa 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