

MENTAL HEALTH RESOURCE GUIDE - HENRY COUNTY, IOWA

CRISIS HOTLINES

24 Hour Mental Health Crisis Line
855-581-8111

National Suicide Prevention Lifeline
800-273-TALK (8255)

CRISIS SERVICES

Hillcrest Family Services
319-385-7177

106 N. Jackson St., Mt. Pleasant
www.hillcrest-fs.org

- Walk-in services available

Henry County Health Center
Emergency Room
319-385-3141

407 S. White St., Mt. Pleasant

EMERGENCY SITUATIONS

If you are in a crisis and need
immediate assistance

DIAL
9-1-1

CASE MANAGEMENT & CARE COORDINATION

Hillcrest Family Services Integrated
Health Home Services
319-385-7177

www.hillcrest-fs.org

- Care coordination
- Peer support
- Nurse support services

Young House Family Services
319-752-4000

www.younghouse.org

- Pediatric integrated health program

Updated 6.2021

COUNSELING & THERAPY

Domestic Violence Intervention Program
319-850-8518

24 hr hotline - 800-373-1043

www.dvpiowa.org

• Free, confidential support to victim/survivors

Elements Family Therapy & Play Therapy
319-385-1665

• Couples, children and families

Hillcrest Family Services

319-385-7177

www.hillcrest-fs.org

• Outpatient mental health services for adults & children

Optimae LifeServices

319-385-8051

www.optimaelifeservices.com

• Psychiatric evaluations & outpatient counseling

Rape Victim Advocacy Program

319-541-9809

24 hr hotline - 800-228-1625

www.rvap.org

• Free, confidential resources & support

Senior Life Solutions

319-385-6552

www.hchc.org/health-services/senior-life-solutions

• Emotional & behavioral health for adults 65 & over

CALL/TEXT/CHAT RESOURCE

Your Life Iowa

Call 24/7 - 855-581-8111

Text 24/7 - 855-895-8398

Resources & live chat - yourlifeiowa.org

• Alcohol, drugs, gambling, mental health, suicide



DROP-IN CENTER

Choices

319-201-1064

211 W. Monroe, Mt. Pleasant

www.firstresources.us

• Monday-Friday 8:30am-4:30pm
• Mental health support; Adults only

DRUG & ALCOHOL SERVICES

Alcohol & Drug Dependency Services

319-385-2216

www.addsiowa.org

Alcoholics Anonymous

319-338-9111

Narcotics Anonymous

800-897-6242

OTHER RESOURCES

Department of Human Services

319-986-5157

• Sign up for medical, hawk-I, Medicaid/Title 19

800-362-2178

• Report child or dependent adult abuse

Henry County Coordinator for

Disability Services

319-385-4050

• Funding and referral assistance

SEIBUS

866-753-5107

• Public transportation, call for an appointment

Scan here to access this guide:



HealthyHenryCounty.org/Resources