

## 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](mailto: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**