RESOURCES FOR MENTAL HEALTH AND ADDICTION

CRISIS

Emergency___________________________________________________________ 911
Note: Mobile Crisis Team Available through Police
Community Information_________________________________________________ 211
Teen Line_____________________________________________________________ 1-800-433-8336
Statewide Crisis Line____________________________________________________ 1-800-332-4224
Suicide Prevention Lifeline___________________________________________ 1-800-273-TALK (8255)
Veteran Administration Crisis_________________________________________ press “1”
Adult Child Protective Services (Abuse Services)____________________________ 515-725-2600
Domestic Abuse Hotline_________________________________________________ 1-800-942-0333
Polk County Crisis & Advocacy___________________________________________ 515-286-3600
Iowa Statewide Sexual Abuse Hotline____________________________________ 1-800-284-7821
*Broadlawns Medical Center Crisis Team________________________________ 515-282-5752
Mental Health Services_______________________________________________ 515-282-5750
*Lutheran Crisis: Mental Health Access Center____________________________ 515-263-5249
Lutheran Counseling Center of Central Iowa______________________________ 515-241-2300
*Mercy Franklin Crisis: Help Center______________________________________ 515-271-6111
Mercy Franklin Behavioral Health________________________________________ 515-271-6000
Gambling Hotline______________________________________________________ 1-800-BETSOFF (238-7633)
Narcotics Anonymous Hotline____________________________________________ 515-244-2277
Alcoholics Anonymous Hotline___________________________________________ 515-282-5550
Youth Emergency Shelter & Services meeting______________________________ 515-282-9377
American Red Cross Counseling line_______________________________________ 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 Mental Health Services______________________515-243-5181
Orchard Place/Child Guidance Center____________________________515-244-2267
Mosaic ______________________________________________________ 515-246-1840
Employee & Family Resources Counseling/Education_800-327-4692 or _ 515-224-6090
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 for 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
MECCA (substance/gambling counseling)___________________________515-262-0349
American Lung Association of Iowa________________________________515-278-5864
Iowa Safe Schools (GLBT support)__________________________________515-243-1221
United Way of Central Iowa________________________________________515-246-6500
Al-Anon_______________________________________________________515-277-5059
Overeaters Anonymous___________________________________________515-255-0444
Family Directions of Iowa (family/parenting support)_________________515-255-9490
Senior Services-Polk County Health Department______________________515-286-3679
Young Women’s Resource Center_________________________________515-244-4901
Primary Healthcare Outreach ____________________________________515-248-1500

Developed by the Polk County Mental Health Workgroup. For additional copies contact Mary
Sturdy-Martin at msturdy-martin@mercydesmoines.org

The Polk County Mental Health Workgroup is a collaboration of mental health professionals
from various public and private organizations focusing on mental health education, screening,
and community resources in Polk County.

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.

REVISED 3/2011/MSM