

SPIRITUAL SERVICES

Mid-Prairie Council of Churches
(319) 648-2331

Washington Ministerial Association
(319) 653-3950

INSURANCE INFORMATION

Department of Human Services
<https://dhsservices.iowa.gov>
Help Center (855) 889-7985
Local DHS (800) 642-6249
• Medical, hawk-I, Medicaid/Title I9

Health Insurance Market Place
<https://www.healthcare.gov>
Help Center (800) 318-2596
Community Health Center of SE Iowa
(319) 728-7400 or (319) 768-5858

Washington County Public Health
(319) 653-7758
• Hawk-I and Medicaid for Pregnant Women and Children

TRANSPORTATION

Washington County Mini Bus
(319) 653-2853

Access2Care for Non-Emergency Medical Transportation
(866) 572-7662 (IA Medicaid Fee-for-Service)
(844) 544-1389 (Amerigroup)
(833) 404-1061 (Iowa Total Care)

ADDITIONAL RESOURCES

Paws & More Animal Shelter
washingtonpawsandmore1978@gmail.com
(319) 653-6713
• Helps families and pets in crisis; emergency housing, pet food, supplies, and more.

Southeast Iowa NAMI - National Alliance on Mental Illness
<https://namisoutheastiowa.org/>
namisoutheastiowa@gmail.com
(319) 750-2220

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:



QUESTIONS

Washington County Mental Health and Disability Services
(319) 653-7751
• Information and referral
• Coordination for Uninsured and/or Non-Medicaid covered services

Visit this link for additional information:

<https://seiolawlink.org/>

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

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Washington County, Iowa Mental Health Resource Guide



MENTAL HEALTH COALITION

A society where mental health well-being is the root of a healthy community.

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.

CRISIS & EMERGENCY SERVICES

CRISIS HOTLINES

Your Life Iowa

<https://yourlifeiowa.org/> (Live Chat)

(855) 581-8111 (call)

(855) 895-8398 (text)

If you are in a crisis and
need immediate assistance

DIAL
9-8-8

Always remember in a medical emergency dial 9-1-1

MENTAL HEALTH CRISIS SERVICES

Hillcrest Family Services - Urgent Care

(319) 653-6161

2175 Lexington Blvd, Building 2, Washington, IA

GuideLink Center (24/7 Access)

(319) 688-8000

300 Southgate Ave., Iowa City, IA

Southern Iowa Mental Health Center (24/7 Access)

(641) 682-8772

1527 Albia Road, Ottumwa IA

Washington County Hospital and Clinics, Emergency Room

(319) 653-5481

400 East Polk St, Washington, IA

MENTAL HEALTH TREATMENT

DROP-IN & RECOVERY CENTER

Choices (Adults Only)

(319) 591-8176

114 West 2nd St., Washington, IA

- Mental Health & Peer Support

CARE COORDINATION

Hillcrest Family Services - Integrated Health Home (IHH) Services

(319) 527-4455 (main office)

(319) 653-6161 (local office)

- Peer support

COUNSELING, THERAPY & MEDICATION PRESCRIBING

Aurora Counseling and Wellness, LLC

Dawn Keith, LMHC

(319) 531-7721

Crystal Lotus Counseling

Sandi Ropp, LMHC

(319) 461-7391

Explorer 2 Counseling Center

(319) 591-8004

Grace C. Mae Advocate Center

(319) 653-2930

Hillcrest Family Services/Community Mental Health Center

(319) 653-6161

- Includes Medication Management Services

Holistic Resources

(319) 665-2848

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) 591-8111

- Includes Medication Management Services

Silver Springs Counseling and Wellness Maquel Ranck

maquel.silversprings@gmail.com

Turning Point Counseling and Psychotherapy

(319) 656-2085

WCHC McCreedy Medical Clinic

Jessie Anderson, PMHNP-BC

(319) 653-7291

- Includes Medication Management Services

DRUG & ALCOHOL SERVICES

Community & Family Resources

(319) 653-7597

SUPPORT GROUPS

Al-Anon

<https://iowa-al-anon.org/>

- Support for family and friends

Alcoholics Anonymous

<https://www.aa-iowa.org/>

Celebrate Recovery

<https://www.celebraterecovery.com/>

(319) 548-0073 (Brighton)

(319) 480-2012 (Washington)

Narcotics Anonymous

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

Nar-Anon

<https://www.nar-anon.org/>

VIOLENCE PREVENTION

Domestic Violence Intervention Program

(800) 373-1043

Rape Victim Advocacy Program

(319) 335-6000