
Tell Me Where To Turn



**Mental Health Resources in
Johnson County, Iowa**

Revised 2015

For more information,
contact The Crisis Center:
319.351.0140

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This brochure has been prepared as a public service by the Johnson County Suicide Prevention Coalition. It does not represent an endorsement of any of the services listed, but its intent is to acquaint you with available resources.

For more information, call The Crisis Center of Johnson County at 319.351.0140.

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CRISIS ASSISTANCE INFORMATION

The Crisis Center of Johnson County

1121 Gilbert Ct.

24-Hour Crisis Line - 351-0140

Food Bank - 351-0128

Crisis Chat - www.iowacrisischat.org

National Suicide Prevention Lifeline

800-273-8255

Veterans' Crisis Line

24-hours - 800-273-8255, +1

Alcoholics Anonymous

P.O. Box 487

338-9111

www.aa-ic.org

Ambulance, Johnson County

Emergency - 911

Abbe Iowa City Community Mental Health Center

1039 Arthur St.

338-7884

www.abbemhc.org

Coralville Police Department

1503 5th St., Coralville

248-1800

Emergency - 911

Department of Public Safety

University of Iowa

335-5022

Emergency - 911

Domestic Violence Intervention Program (DVIP)

351-1043

800-373-1043

www.dvpiowa.org

Emergency Treatment Center

University of Iowa Hospitals and Clinics

Carver Pavilion, 200 Hawkins Drive

356-2233

Four Oaks

1916 Waterfront Drive

337-5080

www.fouroaks.org

Youth shelter, group home, and behavioral health services.

Iowa City Police Department

410 E. Washington

356-5275

Emergency - 911

Iowa Help Line

Chat - www.iowahelpline.org

Call/Text - 855-800-1239

Johnson County Jail Alternatives

855 S. Dubuque St., Suite 202B

319-688-5819

Referrals to community-based services for those involved with the criminal justice system.

Johnson County Sheriff

511 S. Capitol Street

356-6020

Emergency - 911

Mercy Hospital / Mercy On Call

500 E. Market Street

358-2767

On call - 800-358-2767

www.mercyiowacity.org

Prelude Behavioral Services

430 Southgate Avenue

351-4357

www.preludeiowa.org

Psychiatric Unit

University of Iowa Hospitals & Clinic

353-6314

Rape Victim Advocacy Program (RVAP)

332 S. Linn, Suite 100

335-6001

24 hours - 800-228-1625

www.rvap.org

University of Iowa Hospitals and Clinics

200 Hawkins Drive
 356-1616
 800-777-8442
www.uihealthcare.org

Iowa City VA Health Care System

Veterans 24-hour crisis line - 800-273-8255, +1

601 Highway 6 West
 338-0581

www.iowacity.va.gov

For veterans only

YourLifeIowa

Chat - www.yourlifeiowa.org

Call - 855-581-8111

Text - 855-895-TEXT (8398)

Youth crisis counseling via chat, phone, and text.

CHILD/ADOLESCENT SERVICES**YourLifeIowa**

Chat - www.yourlifeiowa.org

Call - 855-581-8111

Text - 855-895-TEXT (8398)

Youth crisis counseling via chat, phone, and text.

Big Brothers Big Sisters of Johnson Co.

3109 Old Hwy 218 S.

337-2145

www.bbbsjc.org

Child Abuse Hotline

24 hours - 800-362-2178

Children's Center for Therapy

1552 Mall Dr.

319-351-5437

childrenscenterforterapy.org

Child Development Clinic

UI Center for Disabilities and Development

200 Hawkins Drive

888-573-5437

www.uihealthcare.org/CDD

Child Psychiatry Services

University of Iowa Hospitals and Clinics

200 Hawkins Drive

888-573-5437

<http://www.uichildrens.org/mentalhealth/>

Abbe Iowa City Community Mental Health Center

1039 Arthur St.

338-7884

www.abbemhc.org

Families, Inc.

233 S. 2nd St., West Branch

643-2532

www.familiesinc.org

Home-based counseling services for children and families.

Family Systems**Systems Unlimited**

1519 S. Gilbert St.

338-9212

www.sui.org

Therapy services for children, adults, couples, families, and groups.

Four Oaks

1916 Waterfront Drive

337-5080

www.fouroaks.org

Youth shelter, group home, and behavioral health services.

Grant Wood Area Education Agency

200 Holiday Road, Coralville

351-2510

www.aea10.k12.ia.us

Joan Buxton School Children's Aid

688-1000, or contact your child's school.

Assistance with school supplies, shoes, clothing, boots, medications and vision care for children.

Johnson County Department of Social Services

855 S. Dubuque St.

356-6090

www.johnson-county.com

Johnson County Public Health

855 S. Dubuque St.

356-6045

Immunizations, dental services, lead screening, developmental screening, medical transportation, and assistance with finding insurance.

Juvenile Court Services

855 S. Dubuque St.

356-6076

Mayor's Youth Empowerment Program

407 Highland Court

341-0060

www.myep.us

Seashore Psychology Clinic

University of Iowa

375 Jefferson St.

335-2467

<http://psychology.uiowa.edu/resources/seashore-clinic>

Tanager Place

2309 C Street SW, Cedar Rapids

286-4545

www.tanagerplace.org

United Action for Youth

410 Iowa Avenue

338-7518

www.unitedactionforyouth.org

Individual, group, and family counseling; teen parent programming; and youth drop-in center.

ADULT COUNSELING/THERAPY**Abbe Iowa City Community Mental Health Center**

1039 Arthur St.

338-7884

www.abbemhc.org

Community Pastoral Counseling Service

30 N. Clinton Street

337-2519

Personal and family counseling. Non-denominational.

The Crisis Center of Johnson County

1121 Gilbert Ct.

24-Hour Crisis Line - 351-0140

Food Bank - 351-0128

Crisis Chat - www.iowacrisischat.org

Family Systems**Systems Unlimited**

1519 S. Gilbert St.

338-9212

www.sui.org

Therapy services for children, adults, couples, families, and groups.

Hillcrest Supported Living

449 Highway 1 West

337-4204

hillcrest-fs.org

Iowa City VA Health Care System

Veterans 24-hour crisis line - 800-273-8255, +1

601 Highway 6 West

338-0581

www.iowacity.va.gov

For veterans only

Prelude Behavioral Services

430 Southgate Avenue

351-4357

www.preludeiowa.org

Psychiatric Unit

University of Iowa Hospitals & Clinics

200 Hawkins Drive

353-6314

Seashore Psychology Clinic

University of Iowa

375 Jefferson St.

335-2467

<http://psychology.uiowa.edu/resources/seashore-clinic>

University of Iowa Counseling Service

3223 Westlawn

335-7294

Open to University of Iowa students only.

FINANCIAL RESOURCES/ DISCOUNT PROGRAMS

University of Iowa Employee Assistance Program

121 University Services Building
335-2085
<http://hr.uiowa.edu/fsseap>
Faculty, staff and their families only.

Women's Resource and Action Center (WRAC)

130 N. Madison Street
335-1486
<http://wrac.uiowa.edu/>

EDUCATION

Iowa City Public Library

123 S. Linn Street
356-5200
www.icpl.org
Computer classes

Iowa Vocational Rehabilitation Services

1700 S. 1st Avenue, Suite 25D
354-4766
www.ivrs.iowa.gov
Assist individuals who have disabilities to achieve their employment independence and economic goals.

Kirkwood Learning Center for Community and Continuing Education

1816 Lower Muscatine Road
887-3658
www.kirkwood.edu/iowacity
Certificate programs, online classes, non-credit courses, professional development.

UI Division of Continuing Education

University of Iowa
335-2575
Toll free - 800-272-6430
www.continuetolearn.uiowa.edu

NAMI of Johnson County

1105 Gilbert Ct.
337-5400
www.namijc.org
Provides classes on mental illness for individuals & families

CenturyLink

302 S. Linn St.
351-2242
Support and discounts for qualifying low-income telephone and internet customers.

The Crisis Center of Johnson County

1121 Gilbert Ct.
Food Bank - 351-0128

General Assistance

855 S. Dubuque St., Suite 202B
356-6090
Provides financial assistance to low-income residents

HACAP (Hawkeye Area Community Action Program)

367 Southgate Ave.
337-5765
www.hacap.org
Energy assistance/weatherization, Headstart, transitional housing.

Iowa City Housing Authority

410 E. Washington
356-5400
Section 8 Housing Vouchers
www.icgov.org/ICHA
Rental assistance, vouchers, and affordable housing services.

Iowa Rent Reimbursement Claims

Iowa Department of Revenue
1-800-367-3388
www.state.ia.us/tax
Claim a refund for property taxes paid through rent for elderly or disabled Iowans.

Iowa Workforce Development

1700 S. 1st Ave., Suite 11B
351-1035
www.iowaworkforce.org
Work permits, job placement assistance, unemployment insurance, and other labor services.

Johnson County Department of Human Services
855 S. Dubuque St.
356-6090
Food and child care assistance, Medicaid, Family
Investment Program.

**Johnson County Mental Health and Disabilities
Services**
855 S. Dubuque St.
339-6169
Funding for services for qualified individuals.

Salvation Army
1116 Gilbert Ct.
337-3725
www.icsalvationarmy.org

Social Security Administration
1100 6th Street, Coralville
866-964-2039
www.ssa.gov

Veterans' Affairs (Johnson County)
800 S. Dubuque St.
356-6049
Services and benefit referrals for veterans.

FOOD

Agape Cafe
26 E. Market Street
351-2626
Free breakfast on Wednesdays when UI is in session

CCA Community Pantry
Family Resource Center
551 W. Marengo Rd., Tiffin
545-2281

Coralville Ecumenical Food Pantry
203 1st St., Coralville
351-0128

The Crisis Center of Johnson County
1121 Gilbert Ct.
24-Hour Crisis Line - 351-0140
Food Bank - 351-0128

Free Lunch Program
1105 Gilbert Ct.
319-325-0652
www.icflp.org

IC Compassion Food Pantry
2400 Towncrest Dr.
330-9883

Iowa Department of Human Services
356-6050
dhs.iowa.gov/how-to-apply
Apply for food assistance.

Johnson County Senior Dining
28 S. Linn Street
356-5212
www.elderservices.com
Dining sites and Meals on Wheels for elderly Iowans.

North Liberty Community Pantry
89 N. Jones Blvd., North Liberty
626-2711
nlpantry@gmail.com

Salvation Army
1116 Gilbert Ct.
337-3725
www.icsalvationarmy.org

Solon Community Pantry
122 N. West St., Solon
430-8655

St. Joseph's Church Pantry
209 Brady St., Hills
679-2271

HEALTH/MEDICAL

Ask a Nurse

800-593-1414

24 hour health care information

Abbe Iowa City Community Mental Health Center

1039 Arthur St.

338-7884

www.abbemhc.org

Dentistry Clinic

University of Iowa

356-2205

www.uihealthcare.org

Emma Goldman Clinic

227 N. Dubuque St.

800-848-7684

www.emmagoldman.com

Women's gynecological health services. Men's general health services.

Family Medicine Clinic

University of Iowa Hospitals and Clinics

384-7222

www.uihealthcare.org

Free Medical Clinic

2440 Towncrest Drive

337-4459

www.freemedicalclinic.org

Healthy Kids Community Care

Iowa City Community School District

319-631-3204

Free health care for children

Impact (Assertive Community Treatment)

University of Iowa Hospital and Clinics

353-6151

www.uihealthcare.org

Treatment for individuals with severe and persistent mental illness.

Johnson County Public Health

855 S. Dubuque St.

356-6045

Immunizations, dental services, lead screening, developmental screening, medical transportation,

and assistance with finding insurance.

Mercy Hospital

500 E. Market Street

339-0300

On call - 800-358-2767

www.mercyiowacity.org

Mercy Urgent Care

2769 Heartland Dr., Coralville

688/7400

Treatment of minor medical problems, no appointment necessary.

Partnership for Prescription Assistance

www.pparx.com

Referrals to prescription assistance resources.

Planned Parenthood of the Heartland

850 Orchard St.

877-811-7526

www.plannedparenthood.org

Student Disability Services

University of Iowa

3015 Burge Hall

335-1462

www.uiowa.edu

UI Health Care, River Crossing

3056 River Crossing Court, Riverside

467-8355

uihealthcare.org/rivercrossing/

University of Iowa QuickCare

1843 Lower Muscatine Rd.
 767 Mormon Trek Blvd.
 201 S. Clinton St.
 2510 Corridor Way, Coralville
 720 Pacha Parkway, North Liberty
 384-8822

uihealthcare.org/quickcare/

Walk-in medical clinic available to anyone in the community, no appointment necessary.

Iowa City VA Health Care System

Veterans 24-hour crisis line - 800-273-8255

601 Highway 6 West
 338-0581

www.iowacity.va.gov

For veterans only

Visiting Nurses Association

1524 Sycamore St.
 337-9686

www.vnaic.org/

HOUSING/EMERGENCY**Domestic Violence Intervention Program (DVIP)**

351-1043
 800-373-1043

www.dvpiowa.org

Four Oaks

1916 Waterfront Drive
 337-5080

www.fouroaks.org

Youth shelter, group home, and behavioral health services.

Shelter House

429 Southgate Ave.
 351-0326

www.shelterhouseiowa.org

Emergency shelter, transitional shelter, and drop-in services for people experiencing homelessness.

HOUSING/LONG TERM**Chatham Oaks Care Facility**

4515 Melrose Avenue
 887-2701

www.chathamoaks.org

Hillcrest Family Services

Birch House
 745 Pepper Drive

341-9849

hillcrest-fs.org

Residential care, education programs, and mental health counseling.

Iowa City Housing Authority

410 E. Washington

356-5400

Section 8 Housing Vouchers

www.icgov.org/ICHA

Rental assistance, vouchers, and affordable housing services.

Successful Living

2406 Towncrest Dr.

356-0947

www.icsuccess.org

Independent living resources for adults with mental illness.

LEGAL SERVICES**Disability Rights Iowa**

400 E. Court Ave., Des Moines
 515-278-2502

800-779-2502

Advocacy and legal services for people with disabilities and mental illness.

Iowa City Human Rights Division

410 E. Washington Street

356-5022

<http://www.icgov.org/?id=1128>

Investigates housing, credit, education, and employment discrimination.

Iowa Compass

100 Hawkins Drive #S295

800-779-2001

Referral information and legal advocacy for Iowans with disabilities and their families.

Iowa Legal Aid

1700 S. 1st. Ave.

351-6570

www.iowalegalaid.org

Legal assistance to low-income Iowans.

MENTAL HEALTH FACILITIES – INPATIENT**4 North**

Mercy Hospital

500 E. Market Street

358-2767

800-358-2767

www.mercyic.org**Mercy Behavioral Services**

701 10th Street SE, Cedar Rapids

398-6474

www.mercycare.org**Psychiatric Unit**

University of Iowa Hospitals & Clinics

200 Hawkins Drive

353-6314

Iowa City VA Health Care System**Veterans 24-hour crisis line - 800-273-8255**

601 Highway 6 West

338-0581

www.iowacity.va.gov

For veterans only.

MENTAL HEALTH SERVICES FOR THE ELDERLY**Alzheimer's Foundation**

866-232-8484

www.alzfdn.org**Abbe Iowa City Community Mental Health Center**

1039 Arthur St.

338-7884

www.abbemhc.org**Elder Services Inc.**

1556 1st Ave. S.

338-0515

www.elderservicesinc.com**Iowa Geriatric Education Center**

University of Iowa

335-5756

Johnson County Senior Center

28 S. Linn Street

356-5220

www.icgov.org/senior

Wide variety of activities, classes, and services designed to promote socialization.

Pathways Adult Day Health Center

817 Pepperwood Lane

339-6162

Therapy, exercise, social interaction, supportive counseling and daily living skills.

Psychiatric Unit

University of Iowa Hospitals & Clinics

200 Hawkins Drive

353-6314

RECREATION/LEISURE**Compeer**Compeeric@gmail.com

383-6264

www.compeerjohnsoncountyiowa.org

Matches volunteers with adults who have mental illness.

SUBSTANCE ABUSE

Coralville Public Library

1401 5th Street
248-1850
www.coralvillepubliclibrary.org

Coralville Recreation Department

1506 8th Street, Coralville
248-1750
www.coralville.org

Iowa City Public Library

123 S. Linn Street
356-5200
www.icpl.org

Iowa City Recreation Center

220 S. Gilbert Street
356-5100
www.icgov.org/

Kirkwood Learning Center for Community and Continuing Education

1816 Lower Muscatine Road
887-3658
www.kirkwood.edu/iowacity
Certificate programs, online classes, non-credit courses, professional development.

North Liberty Library

520 W. Cherry St.
626-5701
www.northlibertylibrary.org

R Place Peer Center

220 Lafayette St.
Monday - Friday, 1 - 5 p.m.
351-3455
Support groups for people experiencing mental health conditions.

Uptown Bills

730 S. Dubuque St.
339-0804
www.uptownbills.org
Gathering place and support groups for people of all abilities.

Alcoholics Anonymous

P.O. Box 487
338-9111
www.aa-ic.org

Chemical Dependency Center

University of Iowa
200 Hawkins Drive
384-8765
www.uihealthcare.org

Iowa Substance Abuse Information Center (ISAIC)

3750 Williams Blvd., Cedar Rapids
24 hours - 866-242-4111
398-5133
www.drugfreeinfo.org
Statewide clearinghouse for substance abuse information.

Narcotics Anonymous

P.O. Box 5164, Des Moines
800-897-6242
www.iowa-na.org

Prelude Behavioral Services

430 Southgate Avenue
351-4357
www.preludeiowa.org

Sedlacek Treatment Center

5975 Rockwell Dr., Cedar Rapids
398-6226
<http://www.mercycare.org/services/sedlacek-treatment-center/>
Inpatient chemical dependency treatment.

Iowa City VA Health Care System

Veterans 24-hour crisis line - 800-273-8255
601 Highway 6 West
338-0581
www.iowacity.va.gov
For veterans only

SUPPORT GROUPS

There are many support groups in Johnson County. The following numbers should be contacted for referral information:

Alcoholics Anonymous - 338-9111
Brain Injury Alliance - 515-274-9757
Abbe Iowa City Community Mental Health Center - 319-338-7884
Coping with Suicide Loss - 351-0140
Crisis Center of Johnson County - 351-0140
Elder Services, Inc. - 339-0515
Iowa City Public Library - 356-5200
Johnson County Senior Center - 356-5220
Mercy On Call - 358-2767
National Alliance on Mental Illness of Johnson County - 337-5400
United Action for Youth - 338-7518
University Counseling Service - 335-7294
Women's Resource and Action Center - 335-1486

INTERNET MENTAL HEALTH RESOURCES

American Academy of Child and Adolescent Psychiatry
www.AACAP.org/

The Center for Mental Health Resources
www.mentalhealth.org/

Crisis Chat
www.iowacrisischat.org
www.iowahelpline.org

National Alliance on Mental Illness
www.nami.org/

National Institute of Mental Health
www.nimh.nih.gov/

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org

Nemours Foundation
www.kidshealth.org/

SUPPORTED COMMUNITY LIVING

Access 2 Independence

1556 S. 1st Ave.
338-3870
www.access2independence.org
Advocacy, information referrals, peer counseling, and independent living skills training.

Builders of Hope

1570 S. 1st Ave
358-2912
www.buildersofhope.us
Supported community living services.

Abbe Iowa City Community Mental Health Center

1039 Arthur St.
338-7884
www.abbemhc.org

Goodwill Industries of the Heartland

1410 S. First Avenue
866-466-7881
www.goodwillheartland.org
Vocational evaluation and training.

Hillcrest Supported Living

449 Highway 1 West
337-4204
hillcrest-fs.org

Impact (Assertive Community Treatment)

University of Iowa Hospital and Clinics
353-6151
www.uihealthcare.org
Treatment for individuals with severe and persistent mental illness.

Optimae Life Services

1121 Shirken Dr.
337-2008
www.optimaelifeservices.com

Successful Living

2406 Towncrest Dr.
356-0947
www.icsuccess.org
Independent living resources for adults with mental illness.

TRANSPORTATION

Burlington Trailways

170 E. Court Street
753-2864

Cambus

University of Iowa
<http://transportation.uiowa.edu/>
Free and open to the public.

Coralville Bus System

248-1790
900 10th St., Coralville
www.coralville.org

Iowa City Transit

356-5151
1200 S. Riverside Dr.
www.icgov.org

Johnson County Public Health

855 S. Dubuque St.
356-6045
Medical transportation.

SEATS of Johnson County

339-6128
4810 Melrose Ave.
Transportation for people with disabilities.

VOCATIONAL PROGRAMS/EMPLOYMENT

Goodwill Industries of the Heartland

1410 S. First Avenue
866-466-7881
www.goodwillheartland.org
Vocational evaluation and training.

Iowa Vocational Rehabilitation Services

1700 S. 1st Avenue, Suite 25D
354-4766
www.ivrs.iowa.gov
Assist individuals who have disabilities to achieve their employment independence and economic goals.

Iowa Workforce Development

1700 S. 1st Ave., Suite 11B
351-1035
www.iowaworkforce.org
Work permits, job placement assistance,
unemployment insurance, and other labor services.

Kirkwood Learning Center for Community and Continuing Education

1816 Lower Muscatine Road
887-3658
www.kirkwood.edu/iowacity
Certificate programs, online classes, non-credit courses, professional development.

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