Brain Health Resources

Distributed by Jefferson County Brain Health and Wellness Alliance

CRISIS HOTLINES

Need emergency help?

National Suicide and Crisis Lifeline
988

Your Life Iowa - Crisis services
855-581-8111

TEXT/CHAT/CALL WARMLINES

Feeling down and want to chat?

Iowa Warmline
844-775-9276

The Trevor Project
866-488-7386
Thetrevorproject.org
LGBTQ Youth crisis: text, chat, call

Support Text Line
Text "Listen" to 741741
24/7 counseling and emotional support

COUNSELING & THERAPY

Ardent Counseling Center
888-870-1775

Compassionate Counseling
641-454-5054

Iowa Counseling Services
641-919-4004

Optimae LifeServices
641-472-5771

R and R Counseling
(319) 293-3635

River Hills Behavioral Health Clinic
641-451-6380

Sattva Integrative Therapy
320-295-1263

Seeds of Hope Counseling
641-200-1514

ACCESS POINT & EDUCATION

Mental Health Agency of Southeast Iowa
641-472-8637
seiowalink.org
Access point for alcohol, drugs, gambling, or mental health services and coordinator of disability services

National Alliance for Mental Illnesses - SE Iowa
319-750-2220
https://namiiowa.org/
Education for families and advocacy for the mentally ill

CRISIS SERVICES

National Youth Crisis
800-442-4673
https://nationaltoolkit.csw.fsu.edu/

Domestic Violence Intervention Program
800-373-1043

Eating Disorder Coalition of Iowa
edciowa.org

Jefferson Co. Health Center (psychiatrist/emergency room) **641-472-4111**
2000 S. Main Street, Fairfield, Iowa

Rape, Abuse, & Incest National Network
800-656-4673
https://www.rainn.org/

Iowa Sexual Abuse Hotline
800-284-7821
https://rvap.uiowa.edu/isah/

SIEDA
641-472-6140
https://www.sieda.org/
Outpatient services: mental health, drugs, gambling & alcohol

Veterans Crisis Line
800-273-8255
https://www.veteranscrisisline.net/

ADDICTION ISSUES

SAMHSA-Substance Abuse & Mental Health Services
800-662-HELP (4357)
SAMHSA's National Helpline
Treatment information (in English and Spanish)

Alcohol & Drug Dependency Services
319-385-2216
www.addsiowa.org

Alcoholics Anonymous **319-338-9111**

Narcotics Anonymous **800-897-6242**

WELLNESS

Let's Go Jeff Co!
http://letsgojeffco.com/

RESOURCE DIRECTORY

Jefferson County Resource Guide
Jefferson County Directory of Resources.pdf
A comprehensive guide to all resources specifically in Jefferson County, Iowa

OTHER RESOURCES

Department of Human Services
641-472-5011 or 800-362-2178
Medicaid/Title 19, Hawk-I, cash & food assistance

Jefferson County WIC Clinic
641-680-2001 or 1-800-452-1098
https://ahfa.org/wic-2/
Food/nutrition program for women and young children

Public transportation
800-227-6390
10-15 Transit
Call for an appointment 48 hours in advance

Updated: 10/15/2023

Food Resources

MEALS, LUNCHES

Optimae Resource & Recovery Center
Monday through Friday: 12–1 PM
301½ W. Burlington Ave., Fairfield

MEALS, SUPPERS

First Lutheran Church
Tuesday night: 4–5:15 PM / No charge, no ID required.
201 W. Briggs Ave., Fairfield

Golden Magnolia Sanctuary
Thursday, Friday, Saturday nights: 5:30–8:00 PM / Pay-as-you-may, no ID required.
goldenmagsanctuary@gmail.com
linktr.ee/goldenmagsanctuary
200 S. Main St. (enter on Washington Ave., north side)

FOOD PANTRIES

First United Methodist Church
First Monday morning of each month: Clients must call by the 22nd of the preceding month. Deliveries possible. TEFAP Eligibility Form required, updated annually.
201 N. Court St., Fairfield
641-919-6352 or 641-472-4303

The Lord's Cupboard of Jefferson County
Monday, Tuesday, Thursday, and Friday, 1–3:30 PM; and Wednesday, 1–5 PM: Jefferson County residents who meet the income guidelines posted at www.lordscupboard.org/need-food.html can receive a weekly order of milk, bread/rolls, desserts, and a protein. TEFAP Eligibility Form required (updated annually) along with proof of residence within past 90 days, government issued ID, and reusable bags (if possible).
www.lordscupboard.org/index.html
303 N. 4th St., Fairfield
Sunday, 9–11 AM; Wednesday, 3–6 PM; Thursday, 5–8 PM
or call 318-548-0073 for an appointment

Fairfield Community School District food pantry
Located at Fairfield High School, the food pantry is open to families who have a child in the Fairfield school district. Parents are able to make an appointment once a week. Meat is often available.
641-472-2059

FOOD PANTRIES

First Church of the Nazarene
First Tuesday afternoon of each month: Pickup from 4–5:30 PM. Drive-thru pickup at the church location. TEFAP Eligibility Form required, updated annually.
www.iowanazarene.org/fairfield
201 N. 5th St., Fairfield
641-472-5849

Brighton Community Church:
First Thursday of month: 10:30–11:30 AM
101 S. Mechanic St., Brighton
319-548-0073

Hope Lutheran Church
First Thursday of the month: 10:30–11:30 AM
Old Brighton Gym, Brighton
319-220-3234

JEFFERSON COUNTY LITTLE FREE PANTRIES

www.facebook.com/groups/jeffersoncountylittlefreepantries

Fairfield
- 1112 Granville Ave., MIU Campus
- 605 E. Madison Ave.
- 410 W. Lowe Ave.
- 1300 S. 2nd St.
- 500 E. Burlington Ave.
- 2200 W. Jefferson Ave. / SIEDA
- Gear Ave. between 10th and 12th Streets
- 501 N. 2nd St. / Everybody's grocery store
- 2601 W. Briggs Ave., behind Wal-Mart at Foursquare Church

Lockridge
- 103 S. Center St., near the post office

Libertyville
- Libertyville City Hall, 108 N. Main St.

Updated: 04/04/2023

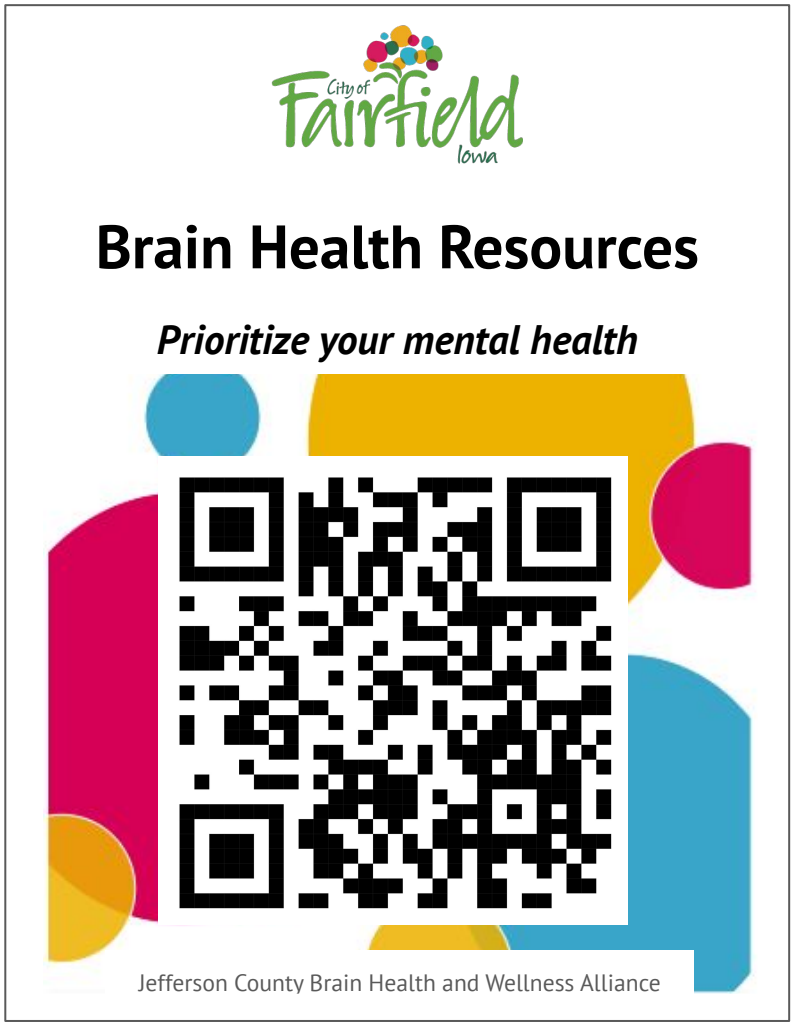
Backgrounds

Brain Health Resource Guide

Food Resource Guide

4"X6" QR Posters (DRAFT)

Recommended placement: all Fairfield businesses, bulletin boards, Little pantries & libraries, MIU, churches



Check the QR traffic: https://me-qr.com/entry/

Brain Health QR Code

Recommended placement: all Fairfield businesses, bulletin boards, Little pantries & libraries, MIU, churches

Check the QR traffic: https://me-qr.com/entry/

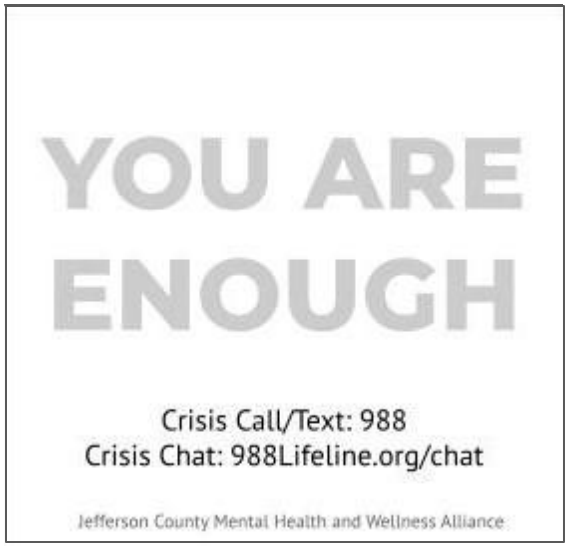
City of Fairfield Iowa

Brain Health Resources

Prioritize your mental health

Jefferson County Brain Health and Wellness Alliance

Creating a Magnet & Laptop Stickers



Concerned about a citizen?

Suggested protocol:

1. If there is clearly an immediate threat that this person will harm themselves or others, call 911 and ask for a “welfare check”. Several Fairfield police are trained to make an in-person visit to the person to confirm their safety and the safety of others around them.
2. If there is not an immediate threat, reach out to the person as a friend. “I’m concerned that you don’t seem to be yourself lately. How are you doing? Is there anything I can do to help?”
3. If the person is currently under the care of a professional, help them to schedule an appointment with their caregiver.
4. If the person is not under the care of a professional, help them reach out to SEIL - Sandy Stever who will point them in the right direction.

PRINTING COSTS AND RESOURCES (February, 2023)

MAGNETS - StandOurStickers.com

Product: Square Magnets
Customizations: Straight
Part #: square-magnets
Size: 3
Qty: 250
Unit Price: $0.4572
Total: $114.30

Subtotal: $114.30
Discount: $17.15
Tax for Iowa (0%): $0.00
Shipping (USPS Priority Mail™): $18.05
Order Total: **$115.20**

METALLIC STICKERS

Uprinting.com

Size: 2.5" x 2.5"
Paper: 70 lb. Sticker
Printed Side: Front Only
Metallic Side: Foil on Front
Quantity: 1,000

Sub Printing Cost:$84.94
Discount:– $16.99
Total: $84.94
Tax: $4.76
Shipping & Handling: $24.37
Order Total: **$97.08**

PRINTING COPIES

Printivity.com

Color Copies Mental Health Resource Guides
Quantity: 500
Number Of Sides: Single Sided
Paper Type: 50 lb. Text, Uncoated
Document Length: 1 page/document
Orientation: Portrait
Dimension: 8.5" x 11.0" (Portrait)
Finishing: Collated; Add Full Bleed
Total: **$92.65**

Color Copies - QR Code Mini-posters
Quantity: 50
Name: QR mini posters
Number Of Sides: Single Sided
Paper Type: 50 lb. Text, Uncoated
Document Length: 1 page/document
Orientation: Portrait
Dimension: 8.5" x 11.0" (Portrait)
Finishing: Collated; Add Full Bleed
Total: $**22.55**

Scotch Letter Size Thermal Laminating Pouches **$19.60**
5 mil 11 1/2 x 9 50/Pack TP585450
Qty 1

GRAND TOTAL: $347.08

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Improving Brain Health & Wellness

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for Jefferson County

Food Resources