



Mental Health Resources

Distributed by Jefferson County Mental Health and Wellness Alliance



CRISIS HOTLINES

Need emergency help?

National Suicide and Crisis Lifeline
988

Foundation 2 Crisis Line: Youth & Families
800-332-4224

TEXT/CHAT/CALL WARMLINES

Feeling down and want to chat?

Iowa Warmline
844-775-9276

The Trevor Project
866-488-7386

[Thetrevorproject.org](http://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

ACCESS POINT & EDUCATION

Southeast Iowa Link (SEIL) - Jefferson County
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 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/drug/gambling/alcohol

Veterans Crisis Line
800-273-8255

<https://www.veteranscrisisline.net/>

ADDICTION ISSUES

SAMHSA-Substance Abuse & Mental Health Services
800-662-HELP (4357)

<https://www.samhsa.gov/find-help/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