

# 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
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
*Broadlawn 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

\*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 available.

For additional resources, call 211 or go to [www.vnsdm.org](http://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 _____	515-224-2297
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](mailto: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 resource available in our community and is provided for your convenience in locating services for students, families, and clients.