

Iowa Crisis & Help Lines

Foundation 2 Crisis Line: 988 or (319) 362-2174 in Cedar Rapids or visit

<https://www.foundation2.org/services/crisis-center/>

Trained compassionate counselors for anyone in Iowa dealing with a crisis such as:

- Suicide
- Divorce
- Serious Illness
- Family/Friend Issues
- Financial Stresses
- Substance Abuse, etc.

Iowa COMPASS: (800) 779-2001 or visit www.iowacompass.org

Information and referral service for individuals with disabilities, their families, service providers and other members of the community. 8 a.m. to 5 p.m. Monday – Friday.

Iowa Concern: (800) 447-1985 or visit www.extension.iastate.edu/iowaconcern

Access to an attorney for legal education, stress counselors, information and referral services for a variety of topics. Website features an extensive database for legal, finance, crisis/disaster and personal health issues.

Iowa Domestic Violence Hotline: (515) 243-6147 or visit <https://cfiowa.org/programs/domestic-violence/>

Connects domestic abuse survivors or others affected by domestic violence to a trained advocate who can:

- Provide crisis counseling
- Provide information/education about domestic abuse issues
- Refer callers to the domestic violence project in their area of the state

Iowa Foster & Adoptive Parents Association: (515) 229-8747 or visit <http://www.ifapa.org/>

Resources, referrals and peer support to foster, adoptive and kinship families throughout Iowa. 8 a.m. to 5 p.m. Monday – Friday.

Disability Rights of Iowa | Law Center for Protection and Advocacy: (515) 278-2502 or visit <https://disabilityrightsiowa.org/>

Disability Rights of Iowa aims to defend and promote the human and legal rights of Iowans who have disabilities and mental illness. We promote safety, opportunity, access, and self-determinations for all Iowans.

Iowa Victim Service Call Center: (800) 770-1650 or text "IOWAHELP" to 20121 or visit <http://www.survivorshelpline.org/>

For anyone who has been affected by domestic violence, sexual violence, human trafficking, homicide or any other violent crime.

Speech to Speech: (877) 735-1007

Relay services for the hard of hearing, deaf and those with speech disabilities.

Teen Line: (800) 852-8336 or text "TEEN" to 839863 or visit <https://teenlineonline.org/>

Free, confidential line that provides personal and health-related information and referrals on topics such as:

- Health
- Eating/Weight
- Relations with Parents or Friends
- Violence
- AIDS/HIV
- Alcohol or Drug Use
- Sexual Relationships
- Birth Control/Pregnancy
- Stress

Bullying Hotline: (641) 424-9071

Confidential crisis intervention service 24/7

Children & Adults with ADD of Iowa (CHADD): (563) 260-0320 or visit www.chadd.org

CHADD is a national organization that offers support, education, and advocacy to individuals with attention deficit disorder and their parents.

Your Life Iowa: (855) 895-8398/text or visit www.yourlifeiowa.org

Talk 7:30 p.m. to 12 a.m. Monday – Thursday / Text 4 p.m. to 8 p.m. Everyday

- Depression
- Greif & Loss
- Mental Health
- Rape, Sexual Violence & Domestic Violence
- Stress & Anxiety
- Suicide

Iowa Family Support Network: (515) 558-9946 or visit www.iafamilysupportnetwork.org

Information and referral for Early ACCESS, IDEA Part C services, along with Family Support Services and Group Based Parenting Programs. IFSN also contains a statewide Resource Directory, Statewide Events, National Resources and Projects/Research related to early childhood intervention.

Runaway Safeline: (800) RUNAWAY or visit www.1800runaway.org/

Switchboard provides confidential information, referral, and counseling services to runaway youth and homeless youth, youth in crisis, and their families.

One Iowa: (515) 288-4019 or visit <https://oneiowa.org/>

One Iowa is a statewide lesbian, gay, bisexual, transgender, and queer/questioning (LGBTQ) organization preserving and advancing equality for LGBTQ individuals in Iowa through grassroots efforts and education.