

SPIRITUAL SERVICES

If you or a loved one are looking for spiritual service, you can find information from the following resource:

Washington Ministerial Association
(319) 653-3950

INSURANCE INFORMATION

If you are looking for insurance options and ways to pay for utilizing healthcare resources, you can find information from the below resources.

Department of Human Services
<https://dhsservices.iowa.gov>
Help Center (855) 889-7985
Local DHS (800) 642-6249
• Medical, hawk-l, Medicaid/Title 19

Health Insurance Market Place
<https://www.healthcare.gov>
Help Center (800) 319-2596
Community Health Center of SE Iowa
(319) 728-7400 or (319) 768-5858

Washington County Mental Health and Disability Services
(319) 653-7751

TRANSPORTATION

If you are in need of transportation to and from health related appointments, these resources are available.

Washington County Ambulance Van
(319) 653-2047
Washington County Mini Bus
(319) 653-2853

It's Okay to Ask for Help!

Always remember, in an
EMERGENCY

DIAL
9-1-1

QUESTIONS

Washington County Mental Health and Disability Services
(319) 653-7751
• Information and referral

Visit this link for additional information:
<http://co.washington.ia.us/220/Mental-Health-Disability-Services-MHDS>
or scan this QR code:



ADDITIONAL RESOURCES

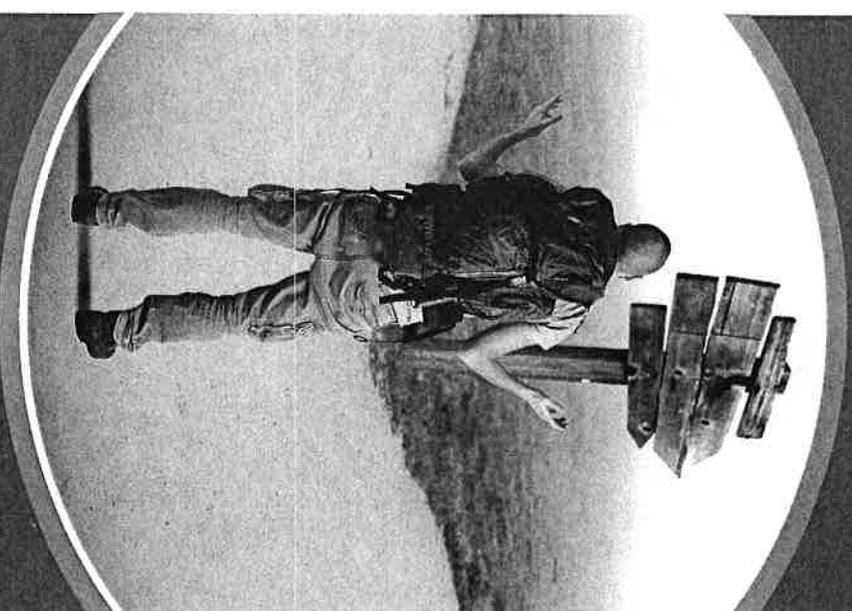
Washington County Directory of Community Services

Visit this link for additional information:
<http://www.washph.com/Portals/29/Directory%20for%20WCPH%20web%20page.pdf>
or scan this QR code:



To submit new or corrected information for this brochure, please email: washcomhds@co.washington.ia.us

Are you LOST on
where to find HELP?
Look inside!



Washington County, Iowa
Mental Health
Resource Guide



ABOUT THE MENTAL HEALTH RESOURCE GUIDE

One in five American adults have experienced a mental health related issue and rates of individuals with a mental health concern continue to rise. Mental Health is a critical part to overall wellness. Early mental health support can help before problems with daily living develop.

The #1 reason residents do not receive care or counseling when needed is because they do not know where to go.

This guide is intended to provide information and serve as a resource for accessing mental health resources. It can be used to aid you, your family, or neighbors in the event you find yourself needing assistance in dealing with:

1. Depression, anxiety and/or any other mental health concern
2. Any crisis or potential crisis with any of these concerns

CRISIS SERVICES

If you or a loved one is experiencing severe emotional distress, these services are available.

MENTAL HEALTH CRISIS SERVICES

Hillcrest Family Services
(319) 653-6161
2175 Lexington Blvd, Building 2, Washington, IA

Washington County Hospital and Clinics, Emergency Room
(319) 653-5481
400 East Polk St, Washington, IA

CRISIS HOTLINES

24 Hour Mental Health Crisis Line
(877) 404-4770

National Suicide Prevention Lifeline
(800) 273-8255

MENTAL HEALTH TREATMENT

If you or a loved one is looking for treatment or management options for mental health related concerns, these services are available.

DROP-IN CENTER (Mental Health Support)

Choices (Adults Only)
(319) 591-8176
114 West 2nd St, Washington, IA

CASE MANAGEMENT & CARE COORDINATION

Integrated Health Home Services
(319) 527-4455 (main office)
(319) 653-6161 (local office)

- Care coordination
- Peer support
- Nurse support services

COUNSELING & THERAPY

Hillcrest Family Services/Community Mental Health Center
(319) 653-6161

- Includes Psychiatry Services

Iowa City VA Healthcare System
(319) 338-0581 or (800) 637-0128

- Includes Hospital & Psychiatry Services

UHC Outreach at Washington County Hospital
(319) 356-2513

- Psychiatry Services Only
- One day per month

COUNSELING & THERAPY, continued

Grace C. Mae Advocate Center
(319) 653-2930

Family Systems
(319) 338-9212 ext 177

Elements Family Therapy and Play Therapy Center
(319) 385-1665

DRUG & ALCOHOL SERVICES

If you or a loved one is looking for treatment or management options for drug and/or alcohol related concerns, there are support and treatment options available.

Washington County Outreach
(319) 653-7749

Al-Anon
(319) 653-6911

- Support for family and friends

Prelude Behavioral Services
(319) 653-7597

Narcotics Anonymous
(800) 897-6242

Alcoholics Anonymous
(319) 458-0973

VIOLENCE PREVENTION

If you or a loved one is a victim of rape and/or domestic abuse, there is help at these resources.

Domestic Violence Intervention Program
(800) 373-1043

Rape Victim Advocacy Program
(319) 335-6000

EMERGENCY SITUATIONS

If you are in a crisis and need immediate assistance

DIAL 9-1-1