

**ADDITIONAL SERVICES AVAILABLE AT NO COST FOR ADULTS AND CHILDREN**

**Psychiatry While In Jail** – Psychiatry appointments are available to those in jail within the CICS region.

**Crisis Line** – Support on the telephone, anytime, day or night, for people looking for help with their emotions or mental health.

**Warm Line** – A phone line staffed by peer counselors, who provide support to individuals who are experiencing a personal crisis.

**DROP-IN CENTERS FOR ADULTS**

Community Drop-In Centers for Adults – A place to gather with others to relax, learn, socialize, or participate in activities.

**24-HOUR YOUR LIFE IOWA CRISIS LINE/CICS MOBILE RESPONSE**

**855-581-8111**

Answered by Foundation 2 Crisis Services

**A crisis is any stress or pressure that has become too great for you to cope with alone.**



CICS supports individuals and strengthens communities by serving the unique needs of individuals with mental health and intellectual and other developmental disabilities in the following 15 Iowa counties.

Contact a Service Coordinator in your local CICS county office listed below, Monday-Friday, 8:00 a.m.-4:30 p.m.

**BOONE COUNTY**  
900 W. 3rd St.  
Boone, Iowa 50036  
(515) 433-0593

**CERRO GORDO COUNTY**  
220 N. Washington Ave.  
Mason City, Iowa 50401  
(641) 494-3550

**FRANKLIN COUNTY**  
123 1st Ave. SW  
Hampton, Iowa 50441  
(641) 456-2128

**GREENE COUNTY**  
114 N. Chestnut St.  
Jefferson, Iowa 50129  
(515) 433-4883

**HAMILTON COUNTY**  
500 Fairmeadow Dr.  
Webster City, Iowa 50595  
(515) 832-9550

**HANCOCK COUNTY**  
545 State St. Ste. 1  
Garner, Iowa 50438  
(641) 494-3551

**HARDIN COUNTY**  
1201 14th Ave.  
Eldora, Iowa 50627  
(641) 939-8167

**JASPER COUNTY**  
115 N. 2nd Ave. E  
Newton, Iowa 50208  
(641) 791-2304

**MADISON COUNTY**  
112 N John Wayne Dr.  
Winterset, Iowa 50273  
(515) 493-1453

**MARSHALL COUNTY**  
101 E. Main St.  
Marshalltown, Iowa 50158  
(641) 754-6390

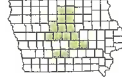
**POWESHIEK COUNTY**  
200 4th Ave. W  
Grinnell, Iowa 50112  
(641) 236-9199

**STORY COUNTY**  
126 S. Keillogg Ave. Ste. 001  
Ames, Iowa 50010  
(515) 663-2930

**WARREN COUNTY**  
1007 S. Jefferson Way  
Indianola, Iowa 50125  
(515) 961-1068

**WEBSTER COUNTY**  
308 Central Ave.  
Fort Dodge, Iowa 50501  
(515) 573-1485

**WRIGHT COUNTY**  
120 1st Ave. NW  
Clarion, Iowa 50525  
(515) 532-3309



A 15-county region that works to develop support for people with mental health concerns or developmental disabilities.



Supporting Individuals.  
Strengthening Communities.



**SERVICES AVAILABLE AT NO COST FOR ADULTS AND CHILDREN**

**Service Coordination** – Meetings with a person who helps people find and apply for programs and services to reach their goals.

**Mobile Crisis Response** – Teams of professionals provide on-site, face-to-face mental health services for individuals or families experiencing mental health crises. They can respond wherever the crisis is occurring – in people’s homes, the community, or other locations where people live, work, attend school, or socialize. To access, call the Your Life Iowa Crisis Line 24/7.

**Crisis Psychiatry** – Appointments reserved by CICS for people experiencing a crisis with their psychiatric medication.

**Crisis Therapy** – Appointments reserved by CICS for people experiencing a crisis that they would like to speak to a therapist about.

**Community-Based Crisis Stabilization** – Short-term (5-day) services designed to stabilize individuals experiencing a mental health crises in the community by providing daily psychiatric services where people live, work, attend school or socialize.

**Residential-Based Crisis Stabilization** – This service is similar to Community-Based Crisis Stabilization, but also offers a place to stay during a mental health crisis when needed.

**Subacute Services** – Subacute care is a mental health service provided in a facility that is more intensive than services typically received in the community, but less intensive than acute care.

*Each county has a service coordinator that will help you find and apply for programs and services to reach your goals. CICS may also be able to pay for services.*

**IOWA WARM LINE  
844-775-9276**

If you are struggling with a mental health or substance abuse issue, but are not in crisis and need someone to talk to, call the Iowa Warm Line. Available 24 hours a day, 7 days a week.

**SERVICES THAT MAY HAVE A FEE**

**Outpatient Services for Adults and Children**

**Non-Crisis Psychiatry** – Service coordinators have information about available psychiatrists. They can help people set up appointments.

**Non-Crisis Therapy** – Service Coordinators have information about available therapists. They can help people set up appointments.

**Housing Supports for Adults**

**Supported Community Living** – Assistance with learning skills such as cooking, cleaning and money management. These skills are taught one on one, in people’s homes and in the community.

**Residential Care Facilities** – A place to live with others when there is not enough support for people to live alone.

**Short-Term Rental and Utilities Assistance** – Help paying rent and utilities in a time of crisis.

**Work Supports for Adults**

**Supported Employment** – Help with the entire job-finding process, as well as support after people are hired.

**Pre-Vocational Training** – Help to build skills so that people are ready for the job-finding process.

**Group Employment Training** – Opportunity to build on-the-job skills in a group setting to prepare people for a job on their own.

**Other Services for Adults and Children**

**Transportation for Adults** – Public transit for essential services such as day programs or other pre-authorized needs or services.

**Home Health Aides for Adults** – Services that provide personal care, including help to bathe, get in and out of bed and exercise.

**Intensive Psychiatric Rehabilitation for Adults** – Services designed to prevent or reduce the need for services in a hospital or residential setting, and to promote recovery.

**Mental Health Advocata for Adults and Children** – An individual who helps people who are under a court commitment for mental health.

**Respite for Adults and Children** – Support for caregivers to provide temporary relief for individuals and their families.

