



# Wellness Coalition of Rural Linn County

Healthy Communities. Healthy Futures.

**\*IF THIS IS AN EMERGENCY CALL 911 or 988 IMMEDIATELY**

## Community Resources:

Note: \* = available 24hrs

Resource	Contact Information	Hours of Availability
*Foundation 2 Crisis Center	319-362-2174 988	24/7
*Foundation 2 Mobile Crisis Outreach	988 (The services are provided at no cost to you.)	24/7
*Mental Health Access Center	319-892-5612	24/7
*Waypoint Domestic Violence Program	319-363-2093 24-hour Crisis & Support 319-365-1458 Business 800-208-0388	24-hour Crisis & Support Line, emergency medical advocacy or legal system advocacy 8:00 AM - 5:00 PM (Monday-Friday)
Area Substance Abuse Council (ASAC)	319-390-4611	7:30 AM - 8:00 PM (Monday-Thursday) 7:30 AM - 5:00 PM (Friday)
*Alcoholics Anonymous	319-365-5955 888-425-4266	24/7
*Iowa Substance Abuse Information Center	866-242-4111	Phones answered 24/7
*Abbe Center for Community Mental Health, Club 520 Wellness Center	319-398-3562	8:00 AM - 5:00 PM (Monday), 8:00 AM - 6:00 PM (Tuesday & Thursday), 8:00 AM - 7:00 PM (Wednesday), 8:00 AM - 4:00 PM (Friday) Emergency Crisis (24/7)
*SAMHSA's National Helpline	800-662-4357	24/7

*Your Life Iowa	855-581-8111 Call 855-895-8398 Text	24/7
Rape Victim Advocacy Program (RVAP)	319-335-6000 Crisis Line *800-284- 7821 Iowa Sexual Abuse Hotline	24-hour confidential crisis help line. 9:00 AM - 5:00 PM (Monday-Friday)
Riverview Center	319-540-0080, *888-557-0310 24-Hr Hotline	8:00 AM - 5:00 PM (Monday-Friday)
Planned Parenthood of the Heartland	877-811-7526	M 9:00 AM - 5:00 PM Tu 12:00 PM - 8:00 PM W 9:00 AM - 3:00 PM Th 7:30 AM - 3:30 PM F 11:00 AM - 4:00 PM
*Narcotics Anonymous	1-800-897-6242	24/7
*United Way 211	398-5372 or 866-469-2211	24/7 Information & Referral
*Alcohol A 24 Hour Helpline of Recovery	366-3118	24/7
American Red Cross	393-3500	9:00 AM - 3 PM (Monday-Friday)
DHS Child Abuse Reporting	892-6800	M-F 8:00 AM - 4:30 PM
*Mercy Medical Center ER	398-6037	24/7
*UnityPoint St. Luke's Hospital ER	369-7105	24/7
*National Suicide Prevention Lifeline	800-SUICIDE	24/7
*Domestic Violence Crisis Line	1-800-208-0388	24/7
*The Trevor Project (LGBTQ+)	Call: 866-488-7386 Text: 678-678	24/7
*Girls & Boys Town National Hotline	(800) 448-3000	24/7

*24-Hour Crisis Intervention Line	HOTLINE 1-855-325-4296	24/7
Crisis Chat Intervention Program	www.iowacrisischat.org	Available 7 days/ week 9:00 am – 2:00 am
*Child Abuse Hotline	HOTLINE 1-800-362-2178	24/7
*Outreach Services & Advocacy for Victims of Domestic Violence	HOTLINE 1-800-373-1043	24/7
Mercy on Call	HOTLINE 1-800-358-2767	7am-12am (midnight)
*Suicide Prevention	HOTLINE 800-273-8255	24/7

**Other Tips:**

- ★ Always call 911 during an immediate crisis.
- ★ Take all signs and warning signs of suicide seriously.
- ★ If you notice warning signs of suicide be sure to ask the question “Are you thinking about suicide?” or “Are you thinking about killing yourself?”
  - **If you cannot ask the question, be sure to find someone who can.**
- ★ Use Question. Persuade. Refer. (QPR) or use the Mental Health First Aid ALGEE Action Plan.

**MHFA ACTION PLAN  
(ALGEE)**

