

MENTAL HEALTH RESOURCE GUIDE - WASHINGTON COUNTY, IOWA

INFORMATION & REFERRAL

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

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

EMERGENCY SITUATIONS
If you are in a crisis and need immediate assistance

DIAL
9-1-1

CRISIS HOTLINES

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

National Suicide Prevention Lifeline
(800) 273-8255

DROP-IN CENTER

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

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

UIHC Outreach, Washington Cty. Hospital
(319) 356-2513
• Psychiatry Services Only, One day per month

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

VIOLENCE PREVENTION

Domestic Violence Intervention Program
(800) 373-1043

Rape Victim Advocacy Program
(319) 335-6000

DRUG & ALCOHOL SERVICES

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

INSURANCE INFORMATION

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

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

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