

State of Iowa Crisis & Help Lines

Foundation 2 Crisis Line: (800) 332-4224 or (319) 362-2174 in Cedar Rapids

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 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 www.extension.iastate.edu/iowaconcern

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

Iowa Domestic Violence Hotline: (800) 942-0333

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 Drug & Alcohol Help Line: (866) 242-4111 or www.drugfreeinfo.org

Substance abuse and gambling information, and referrals to treatment facilities and crisis counseling.

Iowa Foster & Adoptive Parents Association: (800) 277-8145 or www.iafosteradoption.org

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

Iowa Protection & Advocacy Services: (800) 779-2502 or www.ipna.org

Protects and advocates for human and legal rights that ensure individuals with disabilities and/or mental illness a free, appropriate public education, employment opportunities and residence or treatment in the least restrictive environment or method for freedom from stigma. Supports individuals with disabilities to secure their rights and full participation as citizens.

Iowa Sexual Abuse Hotline: (800) 284-7821

Free, confidential counseling and support, as well as referrals to medial and legal advocacy.

Speech to Speech: (877) 526-6690

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

TEEN Line: (310) 855-4673

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*

The Youth Law Hotline: (800) 728-1172

Provides anyone living in Iowa under the age of 18 with free legal advice and information regarding issues affecting youth rights and responsibilities. Professionals who work with youth can also call for legal advice. The most frequently asked questions pertain to the following areas:

- *Emancipation*
- *Custody/Guardianship*
- *Abuse and Neglect*
- *Pregnancy/Reproductive Rights*
- *Runaway/Homeless*
- *School*
- *Delinquency*

Bullying Hotline: (641) 424-9071

Confidential crisis intervention service 24/7.

Your Life Iowa: Bullying Support and Suicide Prevention: (855) 581-8111 or text TALK to 85511 or 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*

PFLAG North Iowa: www.pflagnorthiowa.org

Visiting a local PFLAG chapter is the best way for parents, family members, friends, or lesbian, gay, bisexual and transgender (LGBT) people to get support, receive educational materials, and learn about PFLAG's advocacy efforts.

Children & Adults with ADD of Iowa (CHADD): (563) 263-8476 or www.chadd.org

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

Iowa Family Support Network: (888) 425-4371 or 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) 621-4000

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