

State of Iowa Crisis & Help Lines

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

<https://www.foundation2.org/services/crisis-center/>

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 text 'Compass' to 85511 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 or <https://cfiowa.org/programs/domestic-violence/>

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: (855) 581-8111 or text (855) 895-8398 or www.drugfreeinfo.org

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

Iowa Foster & Adoptive Parents Association: (515) 229-8747 or <http://www.ifapa.org/>

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

Disability Rights of Iowa | Law Center for Protection and Advocacy: (515) 278-2502 or

<https://disabilityrightsiowa.org/>

Disability Rights of Iowa aims to defend and promote the human and legal rights of Iowans who have disabilities and mental illness. We promote safety, opportunity, access, and self-determinations for all Iowans.

Iowa Sexual Abuse Hotline: (800) 284-7821 or <https://isah.uiowa.edu/get-help/>

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

Iowa Victim Service Call Center (800) 770-1650 or text "IOWAHELP" to 20121 or

<http://www.survivorshelpline.org/>

Anyone who has been affected by domestic violence, sexual violence, human trafficking, homicide and any other violent crime.

Speech to Speech: (877) 735-1007

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

TEEN Line: (310) 855-4673 or text 'TEEN' to 839863 or <https://teenlineonline.org/>

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 or <http://ylc.org/>

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 of Cedar Rapids: (319) 382-0948 or 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) RUNAWAY or text 66008 or www.1800runaway.org/

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

One Iowa NORTH: (641) 583-2024 or <https://north.oneiowa.org/about/>

One Iowa NORTH is an affiliate of [One Iowa](#), a statewide lesbian, gay, bisexual, transgender, and queer/questioning (LGBTQ) organization preserving and advancing equality for LGBTQ individuals in Iowa through grassroots efforts and education.