



MENTAL HEALTH & COUNSELING RESOURCES

2022

Specific hours and availability may be subject to change. Call before seeking services.

IF YOU ARE IN CRISIS:

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| Mental Health Access Center 501 13 th Street NW Cedar Rapids IA 52405 | 319-892-5612 | Daily 8 AM - 10 PM | Provides care for those experiencing a mental health or substance use disorder crisis that requires immediate attention. Refer to the website for the most up-to-date hours and services. |
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Name & Location Phone Number Days/Hours Services Provided

DOMESTIC & FAMILY VIOLENCE COUNSELING

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| Horizons – A Family Service Alliance: Child Witness to Violence 819 5 th Street SE Cedar Rapids, IA 52401 | 319-398-3943 | Monday - Friday 8 AM - 4 PM | Counseling for families. Financial Coaching/HUD Housing Counseling, Offers Meals on Wheels and they offer representative payee services. |
| Iowa Domestic Abuse Program 951 29 th Avenue SW Cedar Rapids, IA 52404 | 319-730-1136 | Monday - Friday 8 AM - 4:30 PM | IDAP consists of 24 sessions. Each session is two hours in length. Class times vary throughout the week. The cost of the program is \$500. The majority of clients are court-ordered. Must be 18 or older to enroll. |
| St. Luke's Child Protection Center 1095 North Center Point Rd. Hiawatha, IA 52233 | 319-369-7908 | Monday - Friday 8 AM - 4:30 PM | Conducts interviews and exams of alleged child-abuse (sexual and physical) victims referred from DHS and law enforcement. Makes referrals for counseling. Care Program for drug endangered children – children exposed to drug during or after birth. Clients are referred by DHS, social worker or physician for Care Program |
| Waypoint Domestic Violence Program 318 5 th Street SE* Cedar Rapids, IA 52401 <i>*Office location</i> | <u>Business:</u> 319-365-1458 <u>24-hour Crisis & Support</u> 319-363-2093 or 800-208-0388 | Monday - Friday 8 AM - 5 PM 24-hour Crisis & Support Line, emergency medical advocacy or legal system advocacy | Waypoint provides support services to help victims and their families deal with the trauma of domestic violence, including individual and group counseling, support for youth and families, teen support, and advocacy within the medical, legal and social service systems. Waypoint is committed to providing comprehensive support services to anyone regardless of race, ethnicity, class or sexual identity. All domestic violence services are free and confidential. The Cedar Rapids office serves residents from Linn, Jones and Benton Counties. The Waterloo office serves residents of Black Hawk County. The Dubuque office serves residents of Dubuque, Buchanan and Delaware Counties. |

For more information regarding community resources, contact United Way 2-1-1 on a landline telephone at 2-1-1, by cellphone at 319-739-4211, or 1-866-469-2211. 211 now has an app that can be downloaded by searching "211 Iowa" on either Apple App store or Google Play. For more information you can visit www.211iowa.org/211app. To obtain a copy of the Resource Charts, go to www.linncountyiowa.gov/communityservices or contact Linn County Community Services at 319-892-5600. For questions about the Resource Charts, contact Linn County Community Services at 319-892-5600.

| Name & Location | Phone Number | Days/Hours | Services Provided |
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| FINANCIAL COUNSELING | | | |
| Horizons, A Family Service Alliance: Credit & Financial Counseling 819 5 th Street SE Cedar Rapids, IA 52401 | 319-398-3576 | Monday - Friday 8 AM - 4 PM Call first for an appointment. Access their website at http://horizonsfamily.org | Open to all. Provides budget consulting, money management and financial education. Licensed by the Iowa Division of Banking. HUD approved housing counseling. Representative payee services. Accredited. Certified counselors. Call for more information and fee schedule. |
| Consumer Credit Counseling Service of Northeastern Iowa 1003 W. 4 th Street Waterloo, IA 50702 | 319-234-0661 | Monday - Friday, 9 AM - 5 PM | COUNSELING: Counsels clients on how to manage their debt. CCCSIA sets up a system for bill paying that helps the client structure their finances. FINANCIAL LITERACY: Offers courses and workshops. MONEY MAP: Money Map is a program that consists of various courses: credit when credit is due, renting today, check wise, make your move, money motion, money and faith in motion, start right and build your own business. BUDGETING: Clients go over income, expenses, and credit report analyst. HOUSING COUNSELING They do not help with financial assistance for mortgages. |
| Financial Counseling Center 4403 1ST Avenue SE, Ste. 411 Cedar Rapids, IA 52402 | 319-373-8297 | Tuesday - Friday 9:30 AM - 5:30 PM | Open to all. For those individuals that are in need of budget or money management improvement. The cost for service is based on a sliding fee scale. |
| Iowa Mortgage Help Hotline | 877-622-4866 | Monday - Thursday, 8:30 AM – 4:30 PM Closed 12-1 PM Friday, 9 AM - 12 PM | Works with borrowers with any type of mortgage issue, including foreclosure. Free service. www.iowamortgagehelp.com 1 st time home buyers, Payee services, credit counseling |
| GENERAL COUNSELING | | | |
| Catholic Charities 420 6th Street SE, Ste. 220 Cedar Rapids, IA 52401 | 319-364-7121 | Monday - Friday, 8:30 AM - 5 PM Evening appointments available. (Friday 8:30 AM - 2:30 PM) Accepts Insurance case by case | Bilingual (Spanish/English) Counseling services for individuals, families and couples. Pregnancy counseling, Project Rachel (post-abortion), free to birth parents. Telehealth services available. Sliding Scale fee. |
| Covenant Family Solutions 1655 Blairs Ferry Road Marion, IA 52302 | 319-261-2292 | Monday, Tuesday, Friday, 8 AM - 6 PM | Provides individual, couples, and family counseling. Specialties include play therapy, depression, anxiety, and grief/loss, adjustment to medical concerns, addictions, and trauma. Accepted insurances: Wellmark BC/BS, Midland's Choice, Healthsmart, Coventry, Sigma, and several others. Also accepts Medicaid. Sliding fee scale. www.covenantfamilysolutions.com |
| Families First Counseling Services 411 3rd Street SE Suite 160 Cedar Rapids, IA 52401 | 319-433 - 0395 888-316 – 3025 24 HR Emergency Number 1-877-433-0395 | Monday - Friday Flexible hours including daytime and some evenings | Counseling/Therapy services: In-office mental health counseling and therapy for adults and children. Services include marriage, family, and individual counseling. Accepts Title 19 and private pay and sliding scale fee Behavioral Health Intervention Services (BHIS): In-home services to address behaviors and skills your child may be struggling with including: anger management, aggression, defiance, problem solving skills, coping skills, and social skills. BHIS is provided by trained and compassionate staff using evidence based curriculum and activities to develop healthy and appropriate skills. Recipients are children between the ages of 4 and 18 who receive Title 19 and meet service qualifications. www.families-first.net |

| Name & Location | Phone Number | Days/Hours | Services Provided |
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| Foundation 2 Crisis Center 1540 2 nd Avenue SE Cedar Rapids, IA 52403 | 319-362-2174 or 800-332-4224 | Phone answered 24 hours a day. | 24-hour crisis counseling & referrals. Depression and Anxiety Support Group. Youth and Adult Suicide Survivors Support Group. Dispatch for Mobile Crisis |
| Harambee House 404 17 th Street SE Cedar Rapids, IA 52403 | 319-366-1408 | Monday through Friday 8 AM to 4 PM | Access to public computers and phone. Bread/sweets available Tuesday until gone. Clothing closet when staff is available (9-11 am). Rental assistance to qualifying families. |
| Heart and Solutions 3100 E. Avenue NW, Ste. 105 Cedar Rapids, IA 52405 | 800-531-4236 | Monday - Friday, by appointment only. Flexible hours including days & some evenings. | Group, Family, Couple's, and Individuals for ages 3 and up. Behavioral Health Intervention Services. Accepts Title 19 (all MCOs), BC/BS, SED funding, MHDD funding, Crime Victim's Compensation, and private pay. |
| Keys to Living 1642 42nd Street NE Cedar Rapids, IA 52402 | 319-377-2161 | Monday & Tuesday 8 AM - 8 PM Wednesday & Thursday 8 AM - 5 PM Friday 8 AM until 2 PM | Individual and family counseling. Marriage counseling. Play Therapy and EMDR |
| The Olson Marriage and Family Therapy Clinic 1650 Matterhorn Drive NE Cedar Rapids, IA 52402 | 319-368-6493 | Monday – Thursday 10 AM-9 PM Friday 10 AM-5 PM Saturday 8 AM- 2 PM | The Gerald and Audrey Olson Marriage and Family Therapy Clinic offers marriage and family therapy graduate students at Mount Mercy University the opportunity to provide low-cost mental health services to individuals, couples, and families in Cedar Rapids and the greater eastern Iowa area. Under the direct supervision of a licensed mental health practitioner, student interns are able to address a wide range of mental health concerns including Depression, Anxiety, Mood Disorders, Eating Disorders, Attention Deficit / Hyperactivity Disorder, Pervasive Developmental Disorders, Oppositional Defiant Disorder, Sexual Dysfunction. www.olsonmftclinic.com |
| Pediatric Counseling Center 375 Collins Rd NE, Ste. 17 Cedar Rapids, IA 52402 | Dr. Sandra Fischer Angela Cantrell: 319-208-0175 | Monday - Thursday 8 AM - 6 PM Friday, 8 AM - 12 PM Phones answered 9 AM - 5 PM | Pediatric Counseling Center's sole focus is providing quality, evidence-based therapy services to children and adolescents. Therapy services include individual therapy, trauma focused therapy, parent-child interaction therapy (PCIT) and play therapy. |
| Planned Parenthood of East Central Iowa 3425 1 st Avenue SE Cedar Rapids, IA 52402 | 319-363-8572 | Monday, 9 AM - 5 PM Tuesday, 12 PM - 8 PM Wednesday, 9 AM - 5 PM Thursday, 9 AM - 5 PM Friday, 9 AM - 5 PM | Age-appropriate, medically accurate, comprehensive educational programming, including state and nationally approved research proven effective curricula. LGBT inclusive. Please check with your local Planned Parenthood center to determine exactly which services are offered there https://www.plannedparenthood.org/planned-parenthood-heartland |
| United States Department of VA | | | We provide free, confidential counseling and treatment to Veterans for both mental and physical health problems linked to Military Sexual Trauma. MST refers to sexual assault or repeated, threatening sexual harassment which in the military. This could have occurred while the Veteran was serving on active duty, ADT, or inactive duty training. https://www.mentalhealth.va.gov/msthome.asp |
| Veterans Center 4250 River Center Ct NE, Ste D Cedar Rapids, IA 52402 | 319-378-0016 | Monday 8 AM to 7 PM Tuesday 8 AM to 4:30 PM Wednesday 8 AM to 6:30 PM Thursday 8 AM to 7 PM Friday 7:30 AM to 4:30 PM | Counseling for combat veterans of war. Family, material, alcohol, substance abuse and post-traumatic stress disorder counseling. Also serves survivors of military sexual trauma. Can see active military and provide treatment for family that has lost a loved one in the military. <i>Counseling available on weekends by appointment only.</i> |

| Name & Location | Phone Number | Days/Hours | Services Provided Phone Number |
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| MENTAL HEALTH COUNSELING | | | |
| Abbe Center for Community Mental Health 520 11 th Street NW Cedar Rapids, IA 52405 | 319-398-3562 | Monday, Tuesday & Thursday 8 AM - 6 PM Wednesday, 8 AM - 7 PM Friday, 8 AM - 4 PM | Provide outpatient mental health services for children, adolescents, families and adults. Services include assessments/evaluations, therapy, medication management, crisis/emergency services as well as community consultation/education. www.abbehealth.org |
| <u>Club 520 Wellness Center</u> 520 11 th Street NW Cedar Rapids, IA 52405 | 319-398-3562 | Monday – Friday 1 PM – 4 PM | Consumer run, recovery focused social support center. Offers structured activities, social opportunities, vocational assistance and recovery support group. Dual recovery anonymous group available to individuals with mental illness and substance abuse issues. Saturday-phone in recovery group 1-2pm |
| <u>Community Support</u> 520 11 th Street NW Cedar Rapids, IA 52405 | 319-365-9109 | Monday-Thursday 8 AM – 4:30 PM Friday 8 AM - 4 PM | Provides an array of home and community based services designed to assist individuals with a chronic mental illness in living as independently as possible in the community. Focus is on illness management and moving forward in the recovery process. Individual and group services offered. Nurses available to provide medication oversight. |
| <u>Intensive Psychiatric Rehabilitation</u> 520 11 th Street NW Cedar Rapids, IA 52405 | 319-398-3562 | Monday - Friday, by appointment only. | The IPR curriculum allows the consumer to identify and overcome barriers to assist them in their recovery process. IPR does require individuals to be an active participant in the rehabilitation process. Individual and group (Cohort) services available. Living, Learning and Work Group Tuesday and Thursdays. |
| <u>Life Skills</u> 520 11 th Street NW Cedar Rapids, IA 52405 | 319-398-3562 | Monday - Thursday 10 AM - 12 PM | Habilitation service that assists individuals who have “stabilized” and now need ongoing skill development. Skills addressed are community integration, coping skills/problem-solving, independent living, leisure skills, developing support networks, and interpersonal skills. |
| <u>Transitional Living</u> 520 11 th Street NW Cedar Rapids, IA 52405 | 319-365-9109 | Monday - Thursday 8 AM - 4:30 PM Friday 8 AM - 4 PM | Habilitation services (skill teaching) which focus on independent living skills are provided in the home or community setting. Coping skills, medication management, find housing, money management, social skills. |
| Mental Health Jail Diversion Program 951 29 th Ave SW Cedar Rapids, IA 52404 | 319-558-8705 | Monday - Friday, 8 AM - 5 PM | Provides correctional supervision and navigation for both the criminal justice and mental health systems for those with mental illness (or are dually diagnosed), brain injury, intellectual and developmental disabilities. Completes mental health assessments in the jail and community to determine eligibility. Coordinates community resources based on identified needs. Provides periodic progress reports to the court as needed. |
| Crisis & Assessment Services Mercy Medical Center 701 10 th Street SE Cedar Rapids, IA 52403 | 319-398-6476 | 24 hours per day, 7 days per week | A mental health access program to provide information, referral, assessment, admission, insurance verification and easy access to mental health issues both public and private. Outpatient services available. Accepts crisis calls. |
| Four Oaks Mental Health Services 1924 D Street SW Cedar Rapids Iowa 52404 | 1-844-364-0259 x6 | Monday through Friday 8 AM-5 PM Call to Schedule, Flexible Appointments days, evening and weekends | Office based individual and family therapy. In home or office based Behavioral Health Intervention Services (BHIS) |

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| PATH Homeless Outreach Program (Abbe) 520 11 th Street NW Cedar Rapids, IA 52405 | 319-398-3562 | Monday - Friday, by appointment only | Outreach to individuals experiencing homelessness that have unmet mental health needs. Assistance navigating the mental health systems and arranging for needed treatment. Referrals may come from self, family, shelters, mental health providers, law enforcement, etc. |
| Lutheran Services in Iowa First Lutheran Church 1000 3 rd Avenue SE Cedar Rapids, IA 52403 | Intake 888-457-4692 Office 563-582-0044 | Monday - Friday, 8 AM - 5 PM <i>(Some evening hours are available on a case by case basis and need)</i> | Mental Health assessments; individual, family, couples and group psychotherapy; and behavioral intervention services (BHS) for individual, family and group, skill development. Psychoeducation and counseling. |
| Mercy Family Counseling 1340 Blair's Ferry Rd, Ste. A Hiawatha, IA 52233 | 319-398-6575 | Monday - Friday, 8 AM - 4:30 PM | Provides services that address a whole range of individual, couple, and family issues. Families who have concerns about their child's behavior, emotional, attention or learning difficulties may seek help at Mercy Family Counseling. Counseling services for adults address marital and family difficulties, anxiety, depression, grief and adjustment to illness issues. Testing for all ages is available to evaluate personality, learning and neurobehavioral concerns. Has psychologists that specializes in Autism |
| Mercy Medical Behavioral Services 701 10 th Street SE Cedar Rapids, IA 52403 | 319-398-6553 | 24 hours a day, seven days a week. | Inpatient hospitalization for mental health/substance abuse patients requiring a safe, supportive environment. Mental Health Unit (locked) Services for individuals. For adults 18 years and older. |
| National Suicide Prevention Lifeline | 800-273-8255 (TALK) | 24 hours a day. | 24-hour suicide prevention hotline. |
| St. Luke's Hospital Adult Partial Hospitalization 810 1 st Ave NE Cedar Rapids, IA 52403 | 319-369-8176 | Monday - Friday, 8 AM - 4 PM Program 9 AM - 3:30 PM | Assists adults who are experiencing life crisis or emotional problems. Provides intensive treatment while client remains outpatient. Offers goal setting and coping, social skills, therapy and talk groups, and adult partial program. |
| Tanager Place Mental Health Clinic 1030 5 th Avenue SE Cedar Rapids, IA 52403 | 319-286-4545 | Monday, Tuesday & Thursday 8 AM - 7 PM Wednesday, 8 AM - 6 PM Friday, 8 AM - 4:30 PM | Tanager Place's Mental Health Clinic provides comprehensive outpatient mental health services to children, adolescents and families. Professional staff offer medication management, individual and family therapy, play therapy, music therapy and applied behavior analysis for children with an autism spectrum disorder. Individualized care and specific treatment goals are established for all patients. www.tanagerplace.org |
| SUBSTANCE ABUSE & GAMBLING COUNSELING | | | |
| Alcoholics Anonymous | 319-365-5955 888-425-4266 | 24 hours per day. | Call for information on AA and al-anon meetings in Cedar Rapids area. www.aa-cedarrapids.org Can speak with a volunteer if support needed. |
| ASAC Adult Residential 3601 16 th Avenue SW Cedar Rapids, IA 52404 | 319-390-4611 | Monday - Friday, 8 AM - 5 PM 24 hours a day | 22-bed residential substance abuse treatment program for men and women 18 years of age and older. Ten bed halfway house program. www.asac.us |

| Name & Location | Phone Number | Days/Hours | Services Provided |
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| ASAC Downtown Office: 317 7th Avenue SE, Ste. 203 Cedar Rapids, IA 52401 | 319-247-4873 | Monday - Friday, 8 AM - 5 PM & by appointment. | Substance abuse assessments and individual and group treatment services for adults including extended outpatient, intensive outpatient and aftercare. Serves Spanish-speaking population. www.asac.us |
| ASAC East Office 4837 1st Avenue SE, Ste. 206 Cedar Rapids, IA 52402 | 319-447-1921 | Monday - Friday, 8 AM - 5 PM & by appointment. | Substance abuse assessments and individual and group treatment services for adults including extended outpatient, intensive outpatient and aftercare. www.asac.us |
| ASAC Heart of Iowa 4050 Bowling Street SW Cedar Rapids, IA 52404 | 319-862-1050 | Monday - Friday, 8 AM - 5 PM 24 hours a day | Residential, outpatient, and halfway house services for pregnant women and women with children. On-site housing for 36 families. www.asac.us |
| ASAC West Office 3601 16 th Avenue SW Cedar Rapids, IA 52404 | 319-390-4611 | Monday - Friday, 8 AM - 5 PM | Substance abuse assessments and individual and group treatment services for adults. Services include extended outpatient, intensive outpatient, aftercare, and family counseling for concerned others. Residential treatment for adults. Youth residential and outpatient programs. www.asac.us |
| ASAC Youth Services 3601 16 th Avenue SW Cedar Rapids, IA 52404 | 319-390-4611 | Monday - Friday 8 AM - 5 PM 24 hours a day | Youth residential and outpatient services. ASAC's Youth Residential program has 22 beds for male and female adolescents ages 13 – 18. Joint program with Four Oaks. www.asac.us |
| Abbe Community Based Peer Support | 319-398-3562 | Hours Vary | Peer Based Mental Health Support for experiences in the community. Individual and Group available. |
| Iowa Substance Abuse Information Center | 1-866-242-4111 | Phones answered 24/7 | Educational materials available. Referrals to treatment centers. Media resources. Training center. Behavioral health employer listing statewide database. www.drugfreeinfo.org |
| Prelude Behavioral Services 430 Southgate Avenue Iowa City, IA 52240 | 319-531-4357 | Monday-Friday 8 AM – 8 PM 24/7 Crisis line available | Problem gambling services, assessment and evaluation, family services, individual and group counseling, continuing care, financial counseling, transitional housing, and prevention/education. Inpatient unit. |
| Mercy Hospital – Sedlacek Treatment Center 5975 Rockwell Drive NE Cedar Rapids, IA 52402 | 319-398-6226 | Treatment is Monday - Thursday Counselors available Monday - Friday, 8 AM - 4:30 PM | Assessments, evaluations, OWI evaluations, school consultations, outpatient aftercare, family and education programs. |
| St. Luke's Chemical Dependency Services 810 1 st Avenue NE Cedar Rapids, IA 52403 | 319-363-4429 | Monday – Friday 8 AM - 5 PM | Chemical dependency evaluations, intensive outpatient treatment, aftercare, relapse prevention, intervention training, individual counseling and information and referral. Extended outpatient program. Dual diagnosis outpatient group. |
| Iowa Warm Line | 1-844-775-9276 | 5 - 10 PM Daily | Peer run, open to individuals for problem solving and support for mental health. Not a crisis line |
| The Salvation Army 1000 C Avenue NW Cedar Rapids, IA 52405 | 319-364-9131 | Monday - Friday, 8:30 AM - 4:30 PM Closed 12 PM - 1 PM All days by appointment Breakfast served, 8 AM - 9 AM Lunch served, 12 PM - 1 PM | The Salvation Army is both a social service and a religious organization. The Army practices an integrated ministry uniting spiritual, social and physical support. Seeks first to meet the immediate needs of families and individuals in crisis and stabilize their situations. Spiritual counsel is made available to those who seek it. The Salvation Army's core social services focus on meeting basic human needs. Locally, social service programs include emergency disaster services, senior activities, community meal and pantry program, homeless prevention and transportation assistance, holiday programs and youth activities. Transportation assistance may include tickets for the City bus and purchase of gas for qualifying individuals. The Salvation Army does not have volunteers to provide transportation. Rental and utility assistance. |