



Mental Health Resource Guide

For Individuals and Families

UNIVERSITY OF IOWA

Name	Number	Email
University Counseling Services	319-335-7294	https://counseling.uiowa.edu/
UI Psychosis Risk, Intervention, Education, and Research (PIER)		https://PIER.uiowa.edu
UI Crisis Support Line	844-461-5420 call or text	
UI Seashore Psychology Clinic	319-335-2467	https://psychology.uiowa.edu/seashore-clinic
UI Department of Psychiatry	319-353-6314	https://uihc.org/primary-and-specialty-care/psychiatry
UI Student Health	319-335-8394	https://studenthealth.uiowa.edu/

JOHNSON COUNTY AND IOWA CITY

Name	Number & Email	Service
Youth		
United Action for Youth 410 Iowa Ave Iowa City IA 52240	319-338-7518 unitedactionforyouth.org	Formal therapy by licensed mental health counselors for teens and families.
Four Oaks Behavioral Health Intervention Services 1916 Waterfront Drive Iowa City IA 52240	319-337-4523 www.fouroaks.org	Individual, family and group skill building to children and families for youth with mental health diagnoses.
Iowa City Community School District Advocacy & Family Resource Centers 1725 N Dodge Street Iowa City IA 52245	319-688-1000 www.iowacityschools.org/pages/ICCS	Support, referrals, resources, case management specifically in the areas of mental health, basic needs (food, clothing, etc.), housing, etc.
Johnson County Social Services Focus on Youth 855 S Dubuque Street - Suite 202B Iowa City IA 52240	319-356-6090 www.johnson-county.com	Assistance with medications for youth, costs of family or individual counseling, behavioral health intervention services, or assist with the costs of a mental health diagnosis or assessment.
Tanager Place Pediatric Integrated Health Services (PIH) 2309 C Street SW Cedar Rapids IA 52404	319-365-9164 www.tanagerplace.org	Assist in locating resources, providing support, and linking children (ages 4-17) to needed health care and mental health care providers.
Adults		
Abbe Center for Community Mental Health Community Mental Health Services 1039 Arthur St Iowa City IA 52240	319-338-7884 www.abbemhc.org	Homeless outreach, case management, housing assistance, mental health support, supported community living and crisis services.
NAMI Johnson County R Place Peer Wellness Center 220 Lafayette Street - Suite 180 Iowa City IA 52240	319-354-3455 http://namijc.org/recovery/	Provides adults (18+) with mental illness access to education on mental wellness, recovery and available crisis intervention.
Optimae LifeServices Intensive Psychiatric Rehabilitation 485 Hwy 1 West Iowa City IA 52245	319-569-61977	Includes one-on-one sessions with each person and group sessions.
Social Outreach Services Supported Community Living (SCL) Services 1570 S. 1st Ave. Iowa City IA 52240	319-855-2744 www.sosjc.org	Works with mental illness and provides supported community living (SCL) services in the community.

CRISIS HOTLINES



ADDITIONAL RESOURCES

Name	Number
National Suicide Prevention Hotline	800-273-8255
Crisis Text line	Text HOME to 741741
NAMI Help Line	800-950-6264
Your Life Iowa Crisis Line	855-581-8111

Name	Number & Hours	Service
GuideLink Center 300 Southgate Ave. Iowa City, IA 52240 www.guidelinkcenter.org	319-400-9879 24/7	Substance use/addiction treatment
Domestic Violence Intervention Program 1105 S Gilbert Ct -Suite 300 Iowa City IA 52240 www.dvpiowa.org	HOTLINE 1-800-373-1043 24/7	Assists adult and youth victims of domestic & dating violence and stalking
Rape Victim Advocacy Program 332 S Linn Street Suite 100 Iowa City IA 52240 www/rvap.uiowa.edu	HOTLINE 800-228-1625 Iowa Sexual Abuse Hotline 800-284-7821	Free, confidential, trauma-informed advocacy to all affected by sexual violence