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**CRISIS ASSISTANCE INFORMATION****Alcoholics Anonymous**

*Free and open to all support meetings for alcohol abuse.*

319-338-9111 (24 Hour Hotline)

*Call for meeting times or talk with a volunteer.*

[www.aa-ic.org](http://www.aa-ic.org)

**Ambulance, Johnson County**

Emergency: 911

**Child and Dependent Adult Abuse Hotline (24/7)**

*Call if you suspect a child or dependent adult is being abused.*

1-800-362-2178

**CommUnity Crisis Services and Food Bank**

Formerly The Crisis Center

*Provides immediate and non-judgmental support for individuals facing emotional, food, or financial crisis*

1121 Gilbert Ct., Iowa City

Crisis Phone/Text (24/7): 1-800-325-4296

Local Crisis Line: 319-351-0140

Food Bank: 319-351-0128

Crisis Chat: [www.iowacrisischat.org](http://www.iowacrisischat.org)

**Coralville Police Department**

1503 5th St., Coralville

319-248-1800

Emergency: 911

**Domestic Violence Intervention Program (DVIP)**

*Provides services to victim/survivors of domestic violence, dating violence, stalking and human trafficking.*

1-800-373-1043

[www.dvipiowa.org](http://www.dvipiowa.org)

**Four Oaks**

*Youth shelter, group home, and behavioral health services.*

1916 Waterfront Dr., Iowa City

319-337-4532

[www.fouroaks.org](http://www.fouroaks.org)

**InsideOut Reentry**

*Resource center, mentoring, and community meetings for individuals returning from incarceration*

500. N. Clinton Street, Iowa City

319-338-7996 or 319-621-6263 (cell)

Email: [insideoutreentry@gmail.com](mailto:insideoutreentry@gmail.com)

<https://www.insideoutreentry.com/>

**Iowa City Police Department**

410 E. Washington St., Iowa City

319-356-5275

Emergency: 911

**Iowa Helpline**

*Support and services to those experiencing anxiety, depression, hopelessness, or suicidal thoughts.*

Chat: [www.iowahelpline.org](http://www.iowahelpline.org)

Call / Text: 1-855-800-1239

**Iowa Warmline**

*Peer-run listening line staffed by people in recovery. Anyone that needs to talk can call.*

1-844-775-9276

**VA Health Care System Iowa City**

*For veterans only*

601 US-6, Iowa City

Crisis line (24/7): 1-800-273-8255, Press 1

319-338-0581

[www.iowacity.va.gov](http://www.iowacity.va.gov)

**Iowa Victim Service Call Center**

*Support and resources for domestic violence, sexual assault, human trafficking, homicide, and other violent crimes. Advocates will help connect you to programs in your area*

1-800-770-1650

Text “iowahelp” to 20121

**Johnson County Jail Alternatives**

*Referrals to services for those involved with the criminal justice system.*

855 S. Dubuque St., Suite 202B, Iowa City

319-688-5819

egould@co.johnson.ia.us

**Johnson County Sheriff**

511 S. Capitol St., Iowa City

Emergency – 911

319-356-6020

**Mercy Hospital**

500 E. Market Street

319-339-0300

On call: 1-800-358-2767

**Psychiatric Unit:** 319-358-2767; 1-800-358-2767

**Outpatient Psychiatric Clinic:** 319-388-1324

**Urgent Care:** 319-688-7400

*Treatment of minor medical problems, no appointment necessary*

2769 Heartland Dr., Coralville

[www.mercyiowacity.org](http://www.mercyiowacity.org)

**Mobile Crisis Outreach Program (24/7)**

*Mental health counselors are dispatched to homes, schools, emergency rooms, or public places where a mental health crisis is occurring*

1-855-800-1239

**National Child Abuse Hotline (24/7)**

*Crisis intervention, information, and referrals to emergency, social service, and support resources.*

1-800-422-4453

**National Domestic Violence Hotline (24/7)**

*Support for victims, survivors, and friends/family members who are concerned about a loved one*

1-800-799-7233

Chat: <https://www.thehotline.org/>

**National Suicide Prevention Lifeline (24/7)**

*Free and confidential support for people in distress and crisis resources for you or your loved ones*

Phone: 1-800-273-8255

Chat: <https://suicidepreventionlifeline.org/chat/>

**Rape Victim Advocacy Program (RVAP)**

*Free, confidential and trauma-informed services for anyone impacted by sexual violence.*

332 S. Linn, Suite 100, Iowa City

Crisis Line (24/7): 335-6000

Or 1-800-228-1625

[www.rvap.org](http://www.rvap.org)

**Shelter House**

*Emergency shelter, transitional shelter, and drop-in services for people experiencing homelessness*

429 Southgate Ave., Iowa City

319-351-0326

[www.shelterhouseiowa.org](http://www.shelterhouseiowa.org)

**UI Department of Public Safety**

*Crime reporting and concerns about student wellbeing*

800 University Capitol Center

200 S. Capitol St., Iowa City

General number: 319-335-5022

Threat assessment (for concerns about student wellbeing or safety): 319-384-2955

<https://police.uiowa.edu/>

**University of Iowa Hospitals and Clinics**

200 Hawkins Dr., Iowa City

319-356-1616

1-800-777-8442

[www.uihc.org](http://www.uihc.org)

**Psychiatric Unit:** 319-353-6314  
**Emergency Treatment Center**  
 1008 Roy Carver Pavilion  
 200 Hawkins Dr., Iowa City  
 319-356-2233

**UIHC Crisis Stabilization Unit**  
*Accessible through emergency department. Provides a short-term stay for those in emotional crisis.*  
 200 Hawkins Dr., Iowa City  
 1-800-777-8442

**Veterans' Crisis Line (24/7)**  
*Veterans and those concerned about them can call for support and to find local resources.*  
 1-800-273-8255

**YourLifeIowa**  
*Provides crisis assistance and information on substance abuse, problem gambling, and suicide.*  
 Chat: [www.yourlifeiowa.org](http://www.yourlifeiowa.org)  
 Call: 855-581-8111; Text: 855-895-8398

## **CHILD/ADOLESCENT SERVICES**

**4 C's Community Coordinated Child Care**  
*Provides temporary childcare for families in crisis*  
 1500 Sycamore Street, Iowa City  
 (319) 338-7684  
<http://iowa4cs.com/>

**Big Brothers Big Sisters of Johnson Co.**  
*1-to-1 mentoring for those facing adversity between 6 and 18 years of age*  
 3109 Old Hwy 218 S., Iowa City  
 319-337-2145  
[www.bbbsjc.org](http://www.bbbsjc.org)

**Child Psychiatry Services**

*Both outpatient and inpatient, includes medication management, educational consultation, psychological testing, individual therapy, and family counseling*

University of Iowa Hospitals and Clinics

200 Hawkins Dr., Iowa City

1-888-573-5437

<https://uichildrens.org>

**ChildServe**

*Specialized clinical, home, and community-based programs for children with developmental delays, disabilities, other special healthcare*

2350 Oakdale Blvd., Coralville

319-351-5437

**Families, Inc.**

*Home-based counseling services for children and families.*

233 S 2nd St., West Branch

319-643-2532

[www.familiesinc.org](http://www.familiesinc.org)

**Four Oaks**

*Youth shelter, group home, and behavioral health services.*

1916 Waterfront Dr., Iowa City

319-337-4532

[www.fouroaks.org](http://www.fouroaks.org).

**Grant Wood Area Education Agency**

*Resources, specialized training, and network opportunities to help student learning*

2301 Oakdale Blvd, Coralville

319-626-1100

<https://www.gwaea.org/>

**Joan Buxton School Children's Aid**

*Assistance with school supplies, shoes, clothing, medications and vision care for children.*

509 S. Dubuque St., Iowa City

319-688-1000, or contact your child's school.

**Johnson County Department of Social Services***Assistance with costs of medication and mental health services*

855 S. Dubuque St., Suite 202B, Iowa City

319-356-6090

[www.johnson-county.com](http://www.johnson-county.com)**Juvenile Court Services***Specialized court that presides over CINA cases, delinquency, commitment, and adoption*

855 S. Dubuque St. Suite 126

319-356-6076

**Mayor's Youth Empowerment Program***Advocacy and person-centered services for personal growth and community inclusion for people with disabilities*

407 Highland Ct., Iowa City

319-341-0060

[www.myep.us](http://www.myep.us)**Neighborhood Centers - Johnson County***Early childhood, youth, before and after school programs, and family support services*

2651 Roberts Rd., Iowa City

319-358-0438

<http://ncjc.org/index.html>**Tanager Place***Inpatient, outpatient, school-based, and autism services for children and adolescents*

2309 C St. SW, Cedar Rapids

Inpatient: 319-365-9164; Clinic: 319-286-4545

[www.tanagerplace.org](http://www.tanagerplace.org)**United Action for Youth***Individual, group, and family counseling; teen parent programming; and youth drop-in center.*1700 S. 1<sup>st</sup> Ave. #14, Iowa City

319-338-7518

[www.unitedactionforyouth.org](http://www.unitedactionforyouth.org)



**UI Center for Disabilities and Development***Clinical services for children with disabilities*

100 Hawkins Dr., 213 CDD, Iowa City

1-855-543-2884

<https://uichildrens.org>**OLDER ADULTS/ELDERLY SERVICES****Aging Services Inc.***Wide range of services, including day programs, chore and home repair, transportation, and respite*

317 7th Ave SE #302, Cedar Rapids, IA 52401

<https://www.abbehealth.org/services/aging-services/>**Alzheimer's Foundation***Resources and support for anyone with Alzheimer's and their families*

1-866-232-8484

[www.alzfdn.org](http://www.alzfdn.org)**Elder Services Inc.***Services and resources for anyone over the age of 60*

2210 9th St, Coralville, IA

319-338-0515

[www.elderservicesinc.com](http://www.elderservicesinc.com)**Iowa Geriatric Education Center***Education and care for geriatric health concerns*

University of Iowa

2153 Westlawn, Iowa City

Email: [geriatric-education@uiowa.edu](mailto:geriatric-education@uiowa.edu)**Johnson County Senior Center***Wide variety of activities, classes, and services designed to promote socialization*

28 S. Linn St., Iowa City

319-356-5220

<https://www.icgov.org/city-government/departments-and-divisions/senior-center>

**Johnson County Senior Dining***Dining sites and Meals on Wheels for elderly Iowans.*

319-338-0515

Dinning: Elderberry Café at The Senior Center

28 S. Linn St., Iowa City

M-F: 11:00 am – 12:30 pm

**Pathways Adult Day Health Center***Therapy, exercise, social interaction, supportive counseling and daily living skills*

817 Pepperwood Lane, Iowa City

319-339-6162

**The Heritage Area Agency on Aging***Provides a variety of services for older adults, persons with disabilities, caregivers, and families*

P.O. Box 2068, Cedar Rapids, IA 52406

1-800-332-5934

<http://heritageaaa.org/>**EDUCATION****Coralville Public Library***Education classes and events for both adults and children*

1401 5th St., Coralville

319-248-1850

[www.coralvillepubliclibrary.org](http://www.coralvillepubliclibrary.org)**University of Iowa Distance and Online Education***Online education offered through the University of Iowa*

30 S. Dubuque St., Iowa City

319-335-2575

**Iowa City Public Library***Computer classes available.*

123 S. Linn St., Iowa City

319-356-5200

[www.icpl.org](http://www.icpl.org)

**Iowa Vocational Rehabilitation Services**

*Assist individuals who have disabilities to achieve employment independence and economic goals.*

1700 S. 1st Avenue, Suite 11-A Eastdale Plaza,  
319-354-4766

[www.ivrs.iowa.gov](http://www.ivrs.iowa.gov)

**Kirkwood Learning Center for Community and Continuing Education**

*Certificate programs, online classes, non-credit courses, and professional development.*

1816 Lower Muscatine Rd.

319-887-3658

[www.kirkwood.edu/iowacity](http://www.kirkwood.edu/iowacity)

**North Liberty Library**

*Educational classes and events for both adults and children*

520 W. Cherry St., North Liberty

319-626-5701

[www.northlibertylibrary.org](http://www.northlibertylibrary.org)

**National Alliance on Mental Illness of Johnson County**

*Educational programs and support groups for people living with mental illness and their families.*

1105 Gilbert Ct., Suite 200, Iowa City

319-337-5400

[www.namijc.org](http://www.namijc.org)

**FINANCIAL RESOURCES****CenturyLink**

*Support and discounts for qualifying low-income telephone and internet customers.*

319-351-2242

1-855-954-6546

[www.centurylink.com/Lifeline](http://www.centurylink.com/Lifeline)

**CommUnity Food Bank**

Formerly The Crisis Center  
1121 Gilbert Ct., Iowa City  
319-351-0128

**General Assistance**

*Financial assistance for rent, utilities, prescriptions, and funeral expenses.*

855 S. Dubuque St., Suite 202B, Iowa City  
319-356-6090

**Hawkeye Area Community Action Program (HACAP)**

*Energy assistance/weatherization, Head Start, and housing options.*

367 Southgate Ave., Iowa City  
319-337-5765  
[www.hacap.org](http://www.hacap.org)

**Iowa City Housing Authority**

*Rental assistance, vouchers, and affordable housing services.*

410 E. Washington St., Iowa City  
319-356-5400  
Section 8 Housing Vouchers:  
<https://www.hud.gov/states/iowa/renting>

**Iowa Rent Reimbursement Claims**

Iowa Department of Revenue

*Claim a refund for property taxes paid through rent for elderly or disabled Iowans*

1-800-367-3388 (Choose option 1)  
[www.state.ia.us/tax](http://www.state.ia.us/tax)

**Iowa Works of Iowa City**

*Work permits, job placement assistance, unemployment insurance, and other labor services.*

1700 S. 1st Ave., Suite 11B Eastdale Plaza, Iowa City  
319-351-1035  
<https://www.iowaworkforcedevelopment.gov/>

**Johnson County Department of Human Services***Food and child care assistance, Medicaid, Family Investment Program.*855 S. Dubuque St., Suite 102, Iowa City  
319-356-6050 or 1-866-886-9207**Johnson County Mental Health and Disabilities Services***Funding for services for qualified individuals.*855 S. Dubuque St. Suite 202B  
319-339-6169**Salvation Army***Provides services and referrals to help families improve financial self-efficacy*

1116 Gilbert Ct., Iowa City

319-337-3725

<https://centralusa.salvationarmy.org/iowacity>**Social Security Administration***Retirement, disability, and Medicare enrolment*

1100 6th St., Suite 100, Coralville

1-866-964-2039

[www.ssa.gov](http://www.ssa.gov)**University of Iowa Employee Assistance Program***Faculty, staff and their families only.*

121 University Services Building, Suite 50

319-335-2085

<http://hr.uiowa.edu/uieap>**Veterans Affairs (Johnson County)***Services and benefit referrals for veterans.*

855 S. Dubuque St., Suite 109C, Iowa City

319-356-6049

**FOOD****Agape Cafe***Free breakfast on Wednesdays*

26 E. Market St., Iowa City

<https://www.facebook.com/AgapeCafeAtOldBrick>

**CCA Community Pantry**

Grace United Methodist Church

300 W Marengo Rd., Tiffin

M: 4–6:30 pm, W: 2–4 pm, Th: 8:30-11:30

319-545-2281

**Catholic Worker House**

515-729-6482

1414 Sycamore St

Meals and laundry: Saturdays 4 to 7; Sundays 12 to 4

**CommUnity Food Bank**

Formerly The Crisis Center

1121 Gilbert Ct., Iowa City

Food Bank: 319-351-0128

**Coralville Community Food Pantry**1002 5<sup>th</sup> St., Coralville

T: 2-6pm, W: 5-7pm, Th: 10am-12pm

Sat: 10:30am-1pm

319-337-3663

**Free Lunch Program**

1105 Gilbert Ct., Suite 100

M-Sat: 12-1pm

319-325-0652

[www.icflp.org](http://www.icflp.org)**IC Compassion Food Pantry and Free Meal**

1035 Wade St., Iowa City

Free meal W: 5-6 PM

Food Pantry Hours W: 12-4pm, Th 5:30-7pm

319-330-9883

[www.iccompassion.org](http://www.iccompassion.org)**Iowa Department of Human Services***Assists with health insurance, food stamps and WIC, SSI and SSDI, and cash assistance (FIP)*

319-356-6050 or 1-866-886-9207

<https://www.dhs.iowa.gov/how-to-apply>

**Johnson County Senior Dining***Dining sites and Meals on Wheels for elderly Iowans.*

319-338-0515

Dining: Elderberry Café @ The Senior Center

28 S. Linn St., Iowa City

M-F: 11:00 am – 12:30 pm

[www.elderservicesinc.com](http://www.elderservicesinc.com)**Kalona Food Pantry United Christian Baptist**

Church 401 E Ave, Kalona IA

319-656-5285

2nd &amp; 4th Sat: 9:00 am–10:30 am

**Lone Tree Senior Dining Congregate Meal Program***Serves meals Monday through Friday. Offers carry-out meals.*

203 ½ N. Devoe St., Lone Tree

319-629-5144

Dining M-F: 11:45

Food pick-up: 11am-12pm

Call by 10 am for reservation and Meals on Wheels request. \$3.50 for meal

**Old Gold Dining***Dining and meal delivery. Call ahead*

Solon Methodist Church: 122 N West St., Solon

319-624-2251

M-F: 11:30 am

**North Liberty Community Pantry**

89 N. Jones Blvd., North Liberty

M,W,Sat 10:00am–12pm

T,Th: 10am-12pm and 3:00 pm - 6:00 pm

319-626-2711

[www.northlibertycommunitypantry.org](http://www.northlibertycommunitypantry.org)**Salvation Army***Provides services and referrals to help families improve financial self-efficacy*

1116 Gilbert Ct., Iowa City

319-337-3725

<https://centralusa.salvationarmy.org/iowacity>

**Solon Community Pantry**

122 N. West St., Solon

*M: 2:00 – 6:00 PM*

Can call for appointments outside of hours.

319-430-8655

**St. Joseph's Church Pantry**

209 Brady St., Hills

*W: 10 am – 12 pm*

319-679-2271

**HEALTH/MEDICAL****College of Dentistry***General dentistry and prosthodontics services for adults and children*

801 Newton Rd, Iowa City

Schedule Adults: 319-335-7499

Schedule Children: 319-335-7485

**Dentistry Clinic (UIHC)***Full range of general dentistry and prosthodontics services*

200 Hawkins Drive

319-336-2205; 1-800-777-8442

[www.uihc.org/dentistry-clinic](http://www.uihc.org/dentistry-clinic)**Emma Goldman Clinic***Women's gynecological health services. Men's general health services.*

227 N. Dubuque St., Iowa City

1-800-848-7684 or 319-337-2111

[www.emmagoldman.com](http://www.emmagoldman.com)**Family Medicine Clinic (UIHC)***All ages; routine medical care, injury, maternity, and specialized care for complex conditions*

Schedule Appointment: 1-800-777-8442

General Info: 319-384-7222

<https://uihc.org/family-medicine>



**Free Medical Clinic**

*Free general medical care, chronic medical care, dental services, eye care services, and prescription medications*

2440 Towncrest Dr., Iowa City

319-337-4459

[www.freemedicalclinic.org](http://www.freemedicalclinic.org)

**Healthy Kids School-Based Clinics**

*Free health care for children in the Iowa City Community School District*

319-631-3204

**IMPACT (Assertive Community Treatment)****UIHC**

*Treatment for individuals with severe and persistent mental illness*

200 Hawkins Dr., Iowa City

319-353-6151

**Johnson County Public Health**

*Immunizations, dental services, lead screening, developmental screening, medical transportation, and assistance with finding insurance.*

855 S. Dubuque St. Suite 217

319-356-6040

**Mercy Hospital**

500 E. Market Street

319-339-0300

On call: 1-800-358-2767

[www.mercyiowacity.org](http://www.mercyiowacity.org)

**Mercy Urgent Care**

*Treatment of minor medical problems, no appointment necessary*

2769 Heartland Dr., Coralville

319-688-7400

**Partnership for Prescription Assistance**

*Referrals to prescription assistance resources.*

[www.pparx.com](http://www.pparx.com)

**Planned Parenthood of the Heartland**

*Abortion, birth control, STD testing, pregnancy testing, LGBTQ healthcare, men and women's general healthcare.*

850 Orchard St.

1-877-811-7526

[www.plannedparenthood.org](http://www.plannedparenthood.org)

**Student Disability Services**

*Accommodations for students with disabilities*

University of Iowa

3015 Burge Hall

319-335-1462

[www.sds.studentlife.uiowa.edu](http://www.sds.studentlife.uiowa.edu)

**UI Health Care, River Crossing**

3056 River Crossing Court, Riverside

319-467-8355

[www.uihc.org/ui-health-care-river-crossing](http://www.uihc.org/ui-health-care-river-crossing)

**University of Iowa Hospitals and Clinics**

200 Hawkins Dr., Iowa City

319-356-1616

1-800-777-8442

[www.uihc.org](http://www.uihc.org)

**University of Iowa QuickCare**

*Walk-in medical. Call or visit online for closest location.*

319-384-8822

[www.uihc.org/quickcare](http://www.uihc.org/quickcare)

**VA Health Care System Iowa City**

Veterans 24-hour crisis line 1-800-273-8255 +press 1

601 Highway 6 West

319-338-0581

[www.iowacity.va.gov](http://www.iowacity.va.gov) (For veterans only)

**Visiting Nurses Association**

1524 Sycamore St.

319-337-9686

[www.vnaic.org/](http://www.vnaic.org/)

## **COUNSELING/MENTAL HEALTH**

### **Community Pastoral Counseling Service**

*Personal and family counseling. Non-denominational.*  
30 N. Clinton St., Iowa City  
319-337-2519

### **Abbe Center for Community Mental Health**

*Integrated Health Home, adult outpatient, child/adolescent services, and other specialty services*  
1039 Arthur St., Iowa City  
319-338-7884  
[www.abbemhc.org](http://www.abbemhc.org)

### **Free Mental Health Clinic**

*Diagnostic and follow-up care for patients, including medical management of common psychiatric disorders and referral assistance*  
1039 Arthur St., Iowa City  
Sat: 9-10 am; Schedule Appointments at  
[freementalhealthclinic@gmail.com](mailto:freementalhealthclinic@gmail.com)

**Life Connections** - *Connecting families to life. BHIS (behavioral health) services, ABA services, Children's Mental Health Waiver, school-based therapy and outpatient mental health therapy services in 12 offices throughout the state of Iowa and via teletherapy. We serve families, children, and individuals of all ages and accept most major insurances including Medicaid.*

215 4<sup>th</sup> Ave SE., Cedar Rapids  
319-364-1953

Mailing Address: 927 N 2<sup>nd</sup> St Ste B, Clinton  
319-409-6922

<http://life-connections.org/services/>

**Seashore Psychology Clinic**

University of Iowa

*Psychological assessments, individual and couples therapy, stress and pain management, parent training, and assistance with various medical problems. All sessions are video-recorded for learning purposes.*

335 E Jefferson St., Iowa City

319-335-2467

<https://psychology.uiowa.edu/about/seashore-clinic>**University of Iowa Counseling Service***Open to University of Iowa students only.*

Westside: 3223 Westlawn S, Iowa City

Eastside: University Capitol Centre, Suite 1950

319-335-7294

[www.counseling.uiowa.edu](http://www.counseling.uiowa.edu)**Women's Resource and Action Center (WRAC)***Support groups, counseling, violence prevention, educational workshops, and scholarships centered on women*

230 N. Clinton St., Iowa City

319-335-1486

<http://wrac.uiowa.edu/>**American Academy of Child and Adolescent Psychiatry**[www.AACAP.org/](http://www.AACAP.org/)**American Foundation for Suicide Prevention**[www.afsp.org](http://www.afsp.org)**The Center for Mental Health Resources**[www.mentalhealth.org/](http://www.mentalhealth.org/)**Crisis Chat**[www.iowacrisischat.org](http://www.iowacrisischat.org)[www.iowahelpline.org](http://www.iowahelpline.org)**National Alliance on Mental Illness**[www.nami.org/](http://www.nami.org/)**National Institute of Mental Health**[www.nimh.nih.gov/](http://www.nimh.nih.gov/)

**National Suicide Prevention Lifeline**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Nemours Foundation**

[www.kidshealth.org/](http://www.kidshealth.org/)

**Stop Bullying**

[www.stopbullying.gov](http://www.stopbullying.gov)

**LEGAL SERVICES****Center for Worker Justice of Eastern Iowa**

*Assistance with wage theft, workplace discrimination, and OSHA complaints*

940 S Gilbert Court  
319-356-5022

**Free Legal Clinic**

*Free legal help for eligible low-income individuals*

1700 South 1st Avenue Suite 10, Iowa City  
1-800-532-1275

**Human Rights Commission**

*Investigates housing, credit, education, and employment discrimination*

410 E Washington  
319-356-5022

**IC Compassion Free Legal Clinic**

*Free legal advice including tenant-landlord issues and immigration. 2nd Tuesday of each month from 5:30 to 7:30.*

1035 Wade St (Church of the Nazarene)  
319-330-9883

**Iowa Compass**

*Provides legal advocacy for anyone who requires an assistive device*

100 Hawkins Dr. #5295  
1-800-779-2001

**Iowa Justice for Our Neighbors**

*Free immigration legal services, education, and advocacy*

515-255-9809

**Johnson County Senior Center**

*Free legal services for older adults*

28 S. Linn St., Iowa City

319-356-5220; Wednesday: 10-11pm

**Legal Hotline for Older Iowans**

*For Individuals 60 years and older*

1-800-992-8161

**University of Iowa Student Legal Services**

*Free and affordable legal advice and representation for students*

G115 Iowa Memorial Union, Iowa City

319-335-3276

**RECREATION/LEISURE****Compeer**

*Matches volunteers with adults who have mental illness.*

2701 Rochester Ave., Iowa City

319-383-6264

[www.compeerjohnsoncountyiowa.org](http://www.compeerjohnsoncountyiowa.org)

**Coralville Recreation Department**

*Exercise room, game room, gym, pool, and meeting rooms*

1506 8th St., Coralville

319-248-1750

<https://www.coralville.org/76/Parks-Recreation>

**Iowa City Public Library**

*Classes and events for both adults and children*

123 S. Linn St., Iowa City

319-356-5200

[www.icpl.org](http://www.icpl.org)

**R Place Peer Recovery Center***Community center for adults with mental illness.**Supports groups also offered*

702 S. Gilbert St. Suite 111, Iowa City

M-F: 1 - 5 pm, Sat 11-3 pm

319-354-3455

**Robert A. Lee Recreation Center***Fitness room, game room, gym, racquetball court,  
and pool*

220 S. Gilbert St., Iowa City

319-356-5100

**Uptown Bills***Gathering place and support groups for people of all  
abilities*

730 S. Dubuque St., Iowa City

319-339-0804

[www.uptownbills.org](http://www.uptownbills.org)**SUBSTANCE ABUSE****Alcoholics Anonymous**

319-338-9111 (24 Hour Hotline)

*Call for meetings times or talk with a volunteer.*[www.aa-ic.org](http://www.aa-ic.org)**Chemical Dependency Program (UIHC)***Provides both inpatient and outpatient services to  
anyone experiencing substance abuse*

200 Hawkins Dr., Iowa City

319-384-8765

[www.uihc.org/substance-abuse-disorders](http://www.uihc.org/substance-abuse-disorders)**VA Health Care System Iowa City***Veterans only*

Crisis line (24/7): 1-800-273-8255 (Press 1)

601 US-6, Iowa City

319-338-0581

[www.iowacity.va.gov](http://www.iowacity.va.gov)

**Iowa Substance Abuse Information Center Hotline  
(24/7)**

*Find resources and support for you or someone you know who with substance issues*

1-866-242-4111

**Narcotics Anonymous (NA)**

*Meetings and support for those with substance issues*

1-800-897-6242

<https://word.iowa-na.org/>

**Prelude Behavioral Services**

*Substance abuse evaluations, in-patient and out-patient treatment opportunities, and educational programs*

430 Southgate Avenue, Iowa City

319-351-4357

[www.preludeiowa.org](http://www.preludeiowa.org)

**Quitline Iowa**

*Free resources for quitting tobacco*

1-800-784-8669

[www.quitlineiowa.org](http://www.quitlineiowa.org)

**Resolutions Substance Abuse Services**

*Substance abuse evaluations, intervention services, and outpatient treatment*

2030 Keokuk St, Iowa City IA

319-351-9760

[www.resolutionsiowacity.com](http://www.resolutionsiowacity.com)

**Sedlacek Treatment Center**

*Inpatient chemical dependency treatment.*

5975 Rockwell Dr., Cedar Rapids

319-398-6226

**SMART Recovery**

*Meetings and support for those with any addiction. Non-faith based.*

Every Monday from 5-6

200 Hawkins Drive., Iowa City

<https://www.smartrecoverytest.org/local/meeting/iowa-city-iowa-monday-500-pm-to-600-pm/>

<https://www.smartrecovery.org/#>



**YourLifeIowa**

*Provides crisis assistance and information on substance abuse, problem gambling, and suicide.*

Chat: [www.yourlifeiowa.org](http://www.yourlifeiowa.org)

Call: 855-581-8111

Text: 855-895-8398

**SUPPORTED COMMUNITY LIVING****Abbe Center for Community Mental Health**

*Integrated Health Home, adult outpatient, child/adolescent services, and other specialty services*

1039 Arthur St., Iowa City

319-338-7884

[www.abbemhc.org](http://www.abbemhc.org)

**Access 2 Independence**

*Advocacy, information referrals, peer counseling, and independent living skills training*

1556 S. 1st Ave., Suite B, Iowa City

319-338-3870

[www.access2independence.org](http://www.access2independence.org)

**Brain Injury Alliance of Iowa**

*Neuro research, support groups, resources, education and training, case consultation, and advocacy for those who have a traumatic brain injury.*

1-855-444-6443

Email: [INFO@BIAIA.ORG](mailto:INFO@BIAIA.ORG)

<https://biaia.org/>

**Builders of Hope**

*Supported community living services for anyone with a mental illness*

1700 S 1st Ave, Suite 25A, Iowa City

319-358-2912

[www.buildersofhope.us](http://www.buildersofhope.us)

**Chatham Oaks, Inc.***Supported community living and residential facility*

4515 Melrose Ave, Iowa City

319-887-2701

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

Must be referred by IHH coordinator

**Goodwill Industries of the Heartland***Vocational evaluation and training*

445 Highway 6 East, Iowa City

319-248-4705

[www.goodwillheartland.org](http://www.goodwillheartland.org)**Hillcrest Supported Living***Supportive community living services*

449 Highway 1 W., Iowa City

319-337-4204

<https://hillcrest-fs.org/supported-living/>**IMPACT (Assertive Community Treatment)  
UIHC***Treatment for individuals with severe and persistent mental illness*

200 Hawkins Dr., Iowa City

319-353-6151

**Optimae Life Services***Home-based rehabilitation, supported community living, and intensive psychiatric rehabilitation*

1-888-472-1684

[www.optimaelifeservices.com](http://www.optimaelifeservices.com)**Social Outreach Services***Supported community living services for anyone with a mental illness*

1570 S.1st Ave., Iowa City

319-855-2744

[www.sosjc.org](http://www.sosjc.org)

**Successful Living**

*Independent living resources for adults with mental illness*

2406 Towncrest Dr., Iowa City

319-358-6800

[www.icsuccess.org](http://www.icsuccess.org)

**TRANSPORTATION****Burlington Trailways**

*Busses that travel between cities and states*

170 E. Ct. St., Iowa City

319-337-2127

**Cambus**

University of Iowa

*Free and open to the public.*

319-335-8633

<https://transportation.uiowa.edu/cambus>

**Coralville Bus System**

*Provides transportation throughout Coralville*

900 10th St., Coralville

319-248-1790

<http://www.coralville.org/80/Transit-Parking>

**Elder Services Inc.**

*Services, programs, and resources to anyone over the age of 60*

2210 9th St, Coralville, IA

319-338-0515

[www.elderservicesinc.com](http://www.elderservicesinc.com)

**Iowa City Transit**

*Provides transportation throughout Iowa City*

1200 S. Riverside Dr., Iowa City

319-356-5151

<https://www.icgov.org/city-government/>

**Johnson County Department of Social Services**

*Information and resources on transportation options*

855 S. Dubuque St., Suite 202B, Iowa City

319-356-6090

[www.johnson-county.com](http://www.johnson-county.com)

**Johnson County Public Health**

*Medical transportation.*

855 S. Dubuque St. Suite 217, Iowa City  
319-356-6040

**Riverbend Transit**

*Provides transportation to Cedar, Clinton, Muscatine, and Scott counties with pick-ups in Iowa City and Cedar Rapids. \$5 one-way. Must call 24-hours in advance*

563-386-1350 or 1-800-292-8959

**SEATS of Johnson County**

*Transportation for people with disabilities in Iowa City and surrounding rural areas*

4810 Melrose Ave., Iowa City

Ride Information: 319-339-6127

Ride Scheduling: 319-339-6125

**380 Express Bus**

*Runs from Iowa City to Cedar Rapids M-F*

Fare is \$3.50.

See schedule online at

<https://380express.com/schedule.php>

**VOCATIONAL PROGRAMS/EMPLOYMENT****Goodwill Industries of the Heartland**

*Vocational evaluation and training*

445 Highway 6 East, Iowa City

319-248-4705

[www.goodwillheartland.org](http://www.goodwillheartland.org)

**Iowa Vocational Rehabilitation Services**

*Assist individuals who have disabilities to achieve employment independence and economic goals.*

1700 S 1st Ave, Eastdale Plaza Suite 11-A

Iowa City

319-354-4766

[www.ivrs.iowa.gov](http://www.ivrs.iowa.gov)

**Iowa Works of Iowa City**

*Work permits, job placement assistance, unemployment insurance, and other labor services.*  
 1700 S. 1st Ave., Suite 11B Eastdale Plaza, Iowa City  
 319-351-1035  
<https://www.iowaworkforcedevelopment.gov/>

**Kirkwood Learning Center for Community and Continuing Education**

*Certificate programs, online classes, non-credit courses, professional development.*  
 1816 Lower Muscatine Rd.  
 887-3658  
[www.kirkwood.edu/iowacity](http://www.kirkwood.edu/iowacity)

**Mayor's Youth Empowerment Program**

*Adult Day Program for those 16 and older, residential program, home-based habilitation, and payee service*  
 407 Highland Ct., Iowa City  
 319-341-0060  
[www.myep.us](http://www.myep.us)

**VA Health Care System Iowa City**

*For veterans only*  
 Crisis line (24/7): 1-800-273-8255 (Press 1)  
 601 US-6, Iowa City  
 319-338-0581  
[www.iowacity.va.gov](http://www.iowacity.va.gov)

**SUPPORT GROUPS**

*Many agencies offer different support groups, and groups may change frequently or be added to meet a community need. Contact any agency to find out what groups they offer and when they meet. Additional information may be found on agency websites.*

**NOTES**


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