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Mental Health Resources & Hotlines

Iowa



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Mental Health Resources & Hotlines: Iowa

Iowa Concern Hotline: Iowa State University provides a 24/7 phone support program where trained staff take your calls via a toll-free hotline. All calls, chats, and emails are free and confidential. Language interpretation is available. Use the link below to access the online chat. Contact this service at (800) 447-1985 or visit their website [here](#).

Great Rivers 211: This service is free and confidential, as well as available 24/7. This hotline offers an online chat service available Monday – Friday from 8:00 a.m. – 4:00 p.m. Great Rivers 211 also provides an online database, through the link provided below, that can help you find the resources you need. Text your ZIP code to 898211 anytime Monday – Friday afternoon/evening to receive help via text. Contact this service at (800) 362-8255 (or dial 211) or visit their website [here](#).

Iowa Crisis Chat: This is a volunteer-driven organization that provides support for those facing an emotional crisis. Available 9:00 a.m. to 2:00 p.m. Central Time, seven days a week. Contact their crisis line, available 24/7, at 1-855-325-4296. You can also visit their online chat [here](#).

American Counseling Association of Iowa (AMCA): This service is offered at no cost. AMCA has licensed mental health counselors with immediate openings for Clinical Telehealth. Visit their website [here](#).

Your Life Iowa: This is a resource for individuals facing problems with alcohol, drugs, mental health or suicidal thoughts. They offer a live chat service on the website below, as well as a list of additional resources to help you. You may also text (855) 895-8398 to receive aid. Contact this resource at (855) 581-8111 or visit their website [here](#).

Iowa Farm Bureau: To access a list of mental health and wellness resources, visit their website [here](#).