

Johnson County, Iowa
Resource Directory

Name of Organization	Categories	Programs	Website	Phone Number	Address	Email
988	Crisis Services	988 provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Trained crisis counselors help Iowans of any age. Call or text 988 any time, day or night.	https://chat.988lifeline.org/	-988		
UnityPointHealth - AbbeHealth Services	Crisis Services, Mental Health Services	Behavioral Health care including psychiatry, counseling, therapy, and care coordination. Same day access available.	https://www.unitypoint.org/locations/unitypoint-health---abbehealth-services---abbe-center-for-community-mental-health---iowa-city	(319) 338-7884	1039 Arthur St., Iowa City, IA 52240	
Abbe Center Projects for Assistance in Transition from Homelessness (PATH)	Case Management, Homeless Services, Mental Health Services	Outreach and engagement, training in resiliency, short-term case management, assistance in obtaining permanent supportive housing, transitional housing, or emergency shelter, assistance in obtaining screenings and treatment, medications, and co-occurring mental health and substance use treatment, referrals for primary health care, Social Security Disability, job training, educational services.	https://hhs.iowa.gov/programs/programs-and-services/housing-homelessness-transition	(319) 430-7234	1039 Arthur St., Iowa City, IA 52240	ccardwell@unitypoint.org
Catherine McAuley Center	Domestic Violence Services, Education Services, English Language Learning, Housing Assistance, Immigrant Services, Refugee Services, Women's Services	The Catherine McAuley Center (CMC) offers hope and opportunity through educational and supportive services that promote stability, skill-building, and connection. English Language learning, math, computer skills, US Citizenship preparation, and HiSET preparation classes. Offers resource navigation, transitional housing and employment services.	https://cmc-cr.org/	(319) 363-4993	1220 5th Ave SE., Cedar Rapids, IA 52403	
Community and Family Resources	Detox Services, Gambling Services, Housing Assistance, Mental Health Services, Substance Use Treatment	Services are provided in a respectful and confidential manner. Every person regardless of race, beliefs, gender identity, age, national origin, disability, sexual orientation, or source of payment can expect the most appropriate service to help meet their needs. Individuals who are pregnant and/or have used IV drugs in the last 30 days seeking substance use disorder services receive priority in admission. Language translation services are available and include access to a live interpreter.	https://www.cfrhelps.org/iowa-city-residential	(319) 351-4357	430 Southgate Ave., Iowa City, IA 52240	
CommUnity Mobile Crisis	Crisis Services, Mental Health Services	Mobile Crisis Response dispatches mental health counselors to homes, schools, businesses, or public spaces where a mental health crisis is occurring. Anyone who is experiencing or is concerned about someone experiencing a mental health crisis can call.	https://builtbycommunity.org/	-988	1121 S. Gilbert Ct., Iowa City, IA 52240	

Johnson County, Iowa
Resource Directory

Name of Organization	Categories	Programs	Website	Phone Number	Address	Email
CommUnity Healing Prairie Farm	Crisis Services, Emergency Shelter, Mental Health Services, Youth Services	The Youth Shelter provides long-term care for youth who are unhoused, have run away from home, were kicked out of the home, or are couch surfing. The Youth Crisis Stabilization provides short-term stabilization for youth experiencing a mental health crisis	https://builtbycommunity.org/i-need-help/hpf/	(319) 255-7006	1121 S. Gilbert Ct., Iowa City, IA 52240	
Coordinated Entry	Homeless Services, Housing Assistance	Coordinated Entry assist in meeting the housing needs of people at-risk of homelessness and people experiencing homelessness.	https://www.iowahousinghelp.com/	(319) 351-0326	429 Southgate Ave., Iowa City, IA 52240	
DVIP/RVAP	Advocacy Services, Domestic Violence Services, Emergency Shelter, Financial Assistance, Housing Assistance, Human Trafficking Services, Sexual Assault Services	The Mission of DVIP & RVAP is to provide comprehensive support and advocacy services to victim-survivors of domestic and sexual abuse, dating violence, stalking, and human trafficking, focusing on immediate and long-term safety, empowerment, dignity, and hope. Offers emergency shelter, transitional housing, advocacy, legal support, and group support.	https://dvipiowa.org/	(800) 373-1043	1105 S. Gilbert Ct., Iowa City, IA 52240	
Guidelink Center	Crisis Services, Detox Services, Mental Health Services	Provide access to immediate, onsite assessment and stabilization—outside of a hospital setting—for those 18+ years of age who are experiencing a mental health or substance use crisis. Services offered: Community mental health services Sub-acute stabilization services (beyond 5 day stays) Substance use services Peer support General medical services Housing support Vocational support	https://guidelinkcenter.org/	(319) 688-8000	300 Southgate Ave., Iowa City, IA 52240	
HACAP	Childcare, Disaster Assistance, Food Assistance, Homeless Services, Housing Assistance, Utility Assistance	Provides a variety of programs for low-income households such as energy assistance through LIHEAP, Head Start, affordable housing, homeless veteran services, etc	https://www.hacap.org/	(319) 337-5765	367 Southgate Ave, Iowa City, IA 52240	
Human Trafficking Hotline	Human Trafficking Services	Contact the hotline if you or someone you know is experiencing human trafficking. Text 233733. If you are in immediate danger call 911.	https://humantraffickinghotline.org/en	(888) 373-7888		
Iowa City Free Mental Health Clinic	Mental Health Services	Provides transitional mental health care to bridge the gap for uninsured or underinsured in the state of Iowa. Scheduled in-person psychiatric clinics and telepsych appointments.	https://sites.google.com/freementalhealthclinic/iowacity.com/website/home	(319) 322-8317	1039 Arthur St., Iowa City, IA 52240	clinic@freementalhealthclinic-iowacity.com

Johnson County, Iowa
Resource Directory

Name of Organization	Categories	Programs	Website	Phone Number	Address	Email
Iowa Harm Reduction Coalition	Substance Use Services	Provides comprehensive health and social services to people who use or inject drugs. Can provide risk reduction kits, naloxone kits, HIV/HCV rapid testing, fentanyl test strips, and operates a 24 hotline to answer questions related to safer injection, vein health, and wound care. Provides free transportation for individuals experiencing withdrawal symptoms from opioids to access Suboxone.	https://www.iowaharmreductioncoalition.org/	(319) 214-0540		hello@iowaharmreductioncoalition.org
Johnson County Victim - Witness Assistance Program	Victim Services	Helps victims understand their part in the criminal justice system and to help the system take needs into consideration. The Victim-Witness Coordinator and the volunteer staff can keep victims informed of the progress of their case, accompany victims if they have to go to court, help victims apply to receive restitution from the defendant, and inform victims of their rights.	https://www.johnsoncountyiowa.gov/county-attorney/victim-witness-assistance	(319) 339-6100	500 S. Clinton St. Ste400, Iowa City, IA 52244	mluze@johnsoncountyiowa.gov
NAMI Johnson County	Mental Health Services, Peer Support Services	Support groups for individuals and family members of those experiencing mental illness.	https://namijc.org/	(319) 337-5400	1531 S. Gilbert St., Iowa City, IA 52240	
Optimae	Mental Health Services	Services have grown to include community-based, behavioral health, home health, supported employment, rehabilitation and residential services.	https://optimaelifeservices.com/	(319) 499-5522	2460 Towncrest Dr., Suite 1, Iowa City, IA 52240	tlptak@optimaelifeservices.com
Project Lifesaver	Safety Services	Project Lifesaver is the premier search and rescue program operated internationally by public safety agencies, and is strategically designed for “at risk” individuals who are prone to the life-threatening behavior of wandering. The primary mission of Project Lifesaver is to provide timely response to save lives and reduce potential injury for adults and children with the propensity to wander due to a cognitive condition. Find out more about the program by filling out the Project Lifesaver Information Request Form.	http://www.jecc-ema.org/ema/lifesaver.php	(319) 356-6762	4529 Melrose Ave, Iowa City, IA 52246	travis.beckman@jecc-ema.org
Safe at Home	Domestic Violence Services, Human Trafficking Services, Sexual Assault Services	Safe at Home is an address confidentiality program that provides participants who are survivors of domestic violence, sexual assault, trafficking, stalking, and assault, with a substitute address, mail forwarding service, and confidential voter registration and absentee voting. Mail can arrive at a substitute address and then is forwarded to the participants' confidential addressee.	https://safeathome.iowa.gov/	(515) 725-7233	PO Box 959, Des Moines, IA 50304	

Johnson County, Iowa
Resource Directory

Name of Organization	Categories	Programs	Website	Phone Number	Address	Email
Shelter House	Emergency Shelter, Employment Services, Housing Assistance, Homeless Services, Mental Health Services	Emergency shelter with supportive case management. Street outreach services. Eviction Prevention services. Permanent Supportive Housing. Recovery program for people with mental illness who are seeking community, peer support, longterm stable housing, supported employment, and mental health stability.	https://shelterhouseiowa.org/	(319) 351 - 0326	429 Southgate Avenue Iowa City, IA 52240	info@shelterhouseiowa.org
Survivors Program - Waypoint	Crisis Services	Advocates for individuals who have lost a family member or friend through homicide or vehicular homicide. Support is also given to victims of violent felony crimes such as kidnapping, robbery, and attempted murder. All services are free and confidential. Services are emergency crisis support, information and referrals, support groups and crisis counseling, case coordination, death notification, body viewing, assistance with funeral arrangements, crime scene cleanup, acting as a media liaison, attending hearings, testifying preparation, housing search, etc.	https://www.waypointservices.org/what-we-do/survivors-program	(319) 531-7002	318 5th St. SE, Cedar Rapids, IA 52401	
Tanager Place	Family Services, Mental Health Services, Substance Use Services, Youth Services	Residential programs, Summer Camps, Psychiatric Medical Institute for Children, Care Facilities, Freedom Schools, LGBTQ+ Youth Center, and therapy.	Tanager Child & Teen Counseling, Family Therapy	(319) 286-4520	250 12th Ave, Coralville, IA 52241	
Trans Lifeline	Transgender Services, LGBTQ	Hotline and microgrants offering direct emotional and financial support to trans people in crisis. Microgrants for name changes, commissary for individuals who are incarcerated, gender-affirming hair removal.	https://translifeline.org/	(877) 565-8860		
Thrive Now Recovery Centers	Detox Services, Substance Use Treatment	The facility in Iowa City, IA offers Detox & Stabilization, Short-Term Residential, and Medication-Assisted Treatment (MAT) services. Detox may be the first step to overcoming addiction and oftentimes uses medication-assisted treatment for assistance. After detox is completed, clients will transition to short-term residential treatment where you will continue to be in a substance-free environment and simultaneously learn how to develop healthy coping skills.	https://thrivenowrc.com/locations/iowa-city/	(515) 824-5154		info@thrivenowrc.com
The Trevor Project	Crisis Services, LGBTQ Services	Crisis counselors are trained to answer calls, chats, or texts from LGBTQ+ young people who reach out on our free, confidential and secure 24/7 service when they are struggling with issues such as coming out, LGBTQ+ identity, depression, and suicide. Text "START" to 678-678	https://www.thetrevorproject.org/	(866) 488-7386		advocacy@thetrevorproject.org
UIHC Child & Adult Psychiatry	Mental Health Services	From inpatient to outpatient, we provide comprehensive care to children, adolescents, adults and older adults in a safe, comfortable, and confidential setting.	https://uihc.org/services/psychiatry	(319) 353-6314	200 Hawkins Dr, Iowa City, IA 52242	

Johnson County, Iowa
Resource Directory

Name of Organization	Categories	Programs	Website	Phone Number	Address	Email
UIHC MAT Clinic	Substance Use Treatment	MAT is the combination of medications to treat addiction along with counseling and behavioral therapies. Our clinic offers all of these components of the treatment, and our providers will help you decide which combination of treatments is best for you.	Opioid Addiction Clinic University of Iowa Health Care	(319) 384-8765	200 Hawkins Dr, Iowa City, IA 52242	uiarc@healthcare.uiowa.edu
United Action for Youth	Crisis Services, Family Services, Health Services, Housing Assistance, LGBTQ Services, Mental Health Services, Substance Use Services, Youth Services	Youth Centers, Young Parent Services, Health Education, Youth Groups, Transitional Living Program, Art Programs, Music Programs, Crisis, Advocacy, & Mediation Program (CAAMP), Counseling services, Runaway & Homeless Youth services.	https://www.unitedactionforyouth.org/	(319) 338-7518	1700 S. 1st Ave #14, Iowa City, IA 52240	
University of Iowa Addiction & Recovery Collaborative	Substance Use Treatment	UI ARC is a division of the Department of Psychiatry that brings together clinicians, researchers, educators, and recovery advocates to support individuals with substance use disorders throughout their recovery journey. Offers Medication for Addiction Treatment (MAT), outpatient therapy, substance use evaluations, and partial hospitalization-dual diagnosis program.	https://uihc.org/locations/medical-center/addiction-and-recovery-collaborative	(319) 384-8765	200 Hawkins Dr, Iowa City, IA 52242	uiarc@healthcare.iowa.edu
Your Life Iowa	Crisis Services	Live support for Iowans both adults and youth experiencing difficulties with alcohol, drugs, gambling, suicide, mental health, brain injury, and more. Judgement free help either call, text, or live chat.	https://yourlifeiowa.org/	(855) 581-8111		