



Polk County
**Suicide Prevention
Coalition**

Contact Us! Email: pcspcoalition.info@gmail.com
www.Facebook.com/PolkCountySuicidePrevention

CRISIS AND BEHAVIORAL HEALTH SERVICES

If experiencing an emergency mental health crisis, please call 911 right away.
For immediate non-emergency mental health needs, call (515) 288-0818.

988 SUICIDE & CRISIS LIFELINE

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. www.988lifeline.org

Information: 988

BEHAVIORAL HEALTH URGENT CARE - UnityPoint Health

Provides services to children and adults in central Iowa. Services include, but are not limited to: mental health services, psychiatric evaluation and assessment, addiction medicine, crisis services, community resources, onsite coordination for additional interventions coordinated with behavioral health agencies in central Iowa. Located at 1250 E. 9th Street, Des Moines. Hours are 9:00 a.m. - 5:00 p.m. Monday - Friday.

Information:(515) 263-2632

BROADLAWNS MEDICAL CENTER

- **Crisis Observation Center (COC)** - For individuals 18 years of age or older, experiencing exacerbated mental health condition, but able to maintain safe behaviors while at the COC, willing to work with COC staff on intake and discharge planning, able to provide their own basic hygiene, and medically stable. Services include mental health assessments, medication management, therapeutic counseling and coordination of services for health care and basic needs. Open 24/7 at 1801 Hickman Road, Des Moines.

Information:(515) 282-5742

- **Crisis Stabilization** - provide short-term services provided in a facility-based setting. Designed for voluntary individuals who are in need of a safe, secure environment less intensive and restrictive than the hospital. The mission is to stabilize and reintegrate the individual back into the community. The 5-day crisis stabilization facility is a welcoming and comfortable environment conducive to recovery. This is an unlocked setting and a voluntary program. Open 24/7 at 1730 Arlington Avenue, Des Moines.

Information (515) 244-3944

- **Mobile Crisis Unit** - Provides community-based assessments and short term crisis management for individuals who are experiencing a mental health crisis. The Mobile Crisis Team is staffed with behavioral health specialists including social workers and registered nurses. The team can stabilize clients in their home and complete a mental health assessment on scene.

Information: Non-Emergency Dispatch(515) 283-4811

In case of an emergency 911

CLIVE BEHAVIORAL HEALTH

Provides compassionate care for those who struggle with a behavioral health disorder or co-occurring disorders. Our care providers work closely with patients and their loved ones to help achieve their personal treatment goals. Based on a clinical assessment, each patient's treatment plan is customized to meet their specific needs and promote better outcomes. Our mission is to help them stabilize behavior and emotions and leave the hospital with new, effective coping methods. To promote ongoing progress after a patient leaves our care, we initiate community referrals for continued care after discharge. The average length of stay in our hospital is five to seven days, but vary based on individual needs. The physician, therapist, care team and the patient and their support circle collectively determine the patient's time of discharge.

Information: www.clivebehavioral.com (844) 680-0504

CRISIS STABILIZATION - Easter Seals

Offers support to kids, families, and adults recovering from crisis. The five day program will introduce skills to assist in managing future crisis, and supporting family and other important relationships in the individual's life. Services include: A comprehensive mental health assessment, daily meeting with a Licensed Mental Health Professional, assisting with skill building and practice utilizing skills to build resiliency. Referrals made through mobile crisis, ER, upon hospital discharge, by calling the Resource and Referral line: (515) 288-0818.

Information: www.easterseals.com/ia/programs-and-services/crisis-stabilization/

CRISIS TEXT LINE

Free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor.

Information: www.crisistextline.org Text 741741

CSA RESOURCE AND REFERRAL LINE

Provides Mental Health Resource and Referral information to adults, children and families living in the Polk County Region through a 24/7 access line. Service Navigators are available to answer questions, share information and make referrals to individuals who need assistance accessing mental health or disability services within Polk County.

Information: (515) 288-0818

IOWA WARM LINE

The Warm Line is a peer run, telephone-based, non-crisis, confidential listening line for anyone struggling with mental health or substance use issues. The line is staffed 24/7 by people who have been through something similar and are in recovery themselves. www.cicsmhds.org/about/articles/iowa-warm-line/

Information: (844) 775-WARM

POLK COUNTY BEHAVIORAL HEALTH & DISABILITY SERVICES

Exists to support improved access to health care and to promote full citizenship for people with mental illness, intellectual disability, or developmental disabilities. Polk County River Place, 2309 Euclid Avenue, Des Moines. www.polkcountyiowa.gov/behavioral-health-disability-services/

- **Crisis Resources:** (515) 288-0818; www.polkcountyiowa.gov/behavioral-health-disability-services/services/crisis/

Information: (515) 286-3570

UNITED WAY 211 CALL CENTER

A free, confidential service available 24 hours a day, seven days a week. Staff link people in need with a variety of community resources and services.

Information: 211

VETERANS CRISIS LINE

Are you a Veteran in crisis or concerned about one? Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. VA responders are standing by 24 hours a day, 7 days a week, 365 days a year to provide confidential support by phone, online chat, or text. www.veteranscrisisline.net

Contact: 988, Press 1

YOUR LIFE IOWA - Crisis Helpline

Everyone needs help sometimes. If you or a loved one are facing a problem with alcohol, drugs, gambling, mental health or suicidal thoughts, you're not alone. That is why the Iowa Department of Public Health has created YourLifeIowa.org so Iowans can chat live, text, or call and get reliable information and treatment options, and find nearby help. We are your everyday life support. www.yourlifeiowa.org

Information: call (855) 581-8111, text (855) 895-8398