

# Help Is Available

Since 1980, EveryStep's Amanda the Panda program has delivered love and caring through innovative services such as weekend grief camps, support groups, fun days, school visits and holiday support to inspire hope and healing after the death of a loved one. For more information, visit [everystep.org](http://everystep.org)  
**(515) 223-4847 | (877) 533-4847**

Hotlines	Contact Information	Description
Iowa Concern Hotline	1-800-447-1985	Iowa Concern is a program of Iowa State University Extension for confidential assistance and referral for stress, legal questions and financial concerns. The web site is also the link to Iowa Concern's live chat service. Live chat immediately connects you with a stress counselor where you can "talk" (type) one-on-one in a secure environment. Available 24/7 and services are free.
Teen Line	1-800-443-8336	TEEN Line is not a crisis or "hot" line. The line is a service of the Iowa Department of Public Health surrounding topics such as: Healthy eating/weight, relations with caregivers or friends, violence, AIDS/HIV, alcohol or drugs, sexual relationships, birth control or pregnancy, stress, STI's. Available 24/7 and services are free.
National Hopeline Network	1-800-442-HOPE (4673)	Helps people dealing with depression and those thinking about suicide through crisis intervention. Your call is free and confidential.
National Suicide Prevention Lifeline	1-800-273-8255	Provides confidential support for people in distress, prevention, and crisis resources for you or your loved ones, an best practices for professionals. En Espanol & For Deaf and Hard of Hearing. Available 24/7 and services are free.
Suicide Prevention Hotline	1-800-273-TALK (8255)	Routes the caller to a nearby crisis center.
Crisis Text Line	Text 741-741	Connects the texter to a live, trained crisis counselor.
Vet2Vet	877-VET2VET (838-2838)	Helps people dealing with depression and those thinking about suicide through crisis intervention. Your call is free and confidential.

Local Resources	Contact Information	Description
Iowa Domestic Violence Hotline	1-800-942-0333	Children & Families of Iowa operates a toll-free number and local crisis line for victims, loved ones and community members. Certified Domestic Violence Advocates are here 24 hours a day to provide crisis support, help victims find safe solutions across the state, answer questions and provide resource referrals.
Broadlawns Crisis Team	515-282-5752.	Our Crisis Team provides comprehensive emergency mental health services including assessment, triage, crisis intervention, and discharge planning. Services are available by phone or in person through our Emergency Department. In addition to being the initial contact to the Inpatient Psychiatric Unit, the crisis team assists clients in finding the programs and services that are the most appropriate for their needs.
Mercy One Behavioral Health Services	515-271-6111	Mercy Behavioral Health provides hope and help for individuals struggling with mental health illness and substance abuse problems. The mental health and substance abuse programs are available to help people of all ages and include emergent/urgent assessments, crisis management support, professional consultations and referrals. The professional staff is understanding and completely confidential in working with patients and their families. Access to treatment is available 24 hours a day, seven days a week by calling the Mercy Help Center at (515) 271-6111.
Youth Emergency Services & Shelter	515-282-YESS (515-282-9377)	The caring staff at YESS are available 24 hours-a-day, 7 days-a-week to assess difficult family situations, create a plan, and work toward solutions while ensuring everyone is safe.

## Other Helpful Resources

Religious Leader	Professor or Teacher
Physician	Family members
School Counselor or Therapist	Neighbors
School SUCCESS worker or Social Worker	Friends

**Anyone YOU trust!**

