

STATEWIDE CRISIS/REFERRAL NUMBERS

(All numbers are available 24 hours a day/ 7days a week unless otherwise noted)

Ambulance, Fire, Police: 911

2-1-1 Information: 211 or www.211.org

United Way Information & Referral

Foundation 2 Crisis Line: 800-332-4224 (or 319-362-2174 in Cedar Rapids)

Foundation 2 Crisis Center provides trained, compassionate telephone counselors to assist anyone in Iowa dealing with a crisis. A crisis can be about anything – suicide, divorce, serious illness, problems with friends or family, financial stresses, or substance abuse struggles. Or it could be a series of smaller problems that have compounded and become overwhelming.

Iowa's Child and Dependent Adult Abuse Hotline: 800-362-2178

Iowa COMPASS: 800-779-2001 or www.iowacompass.org

Iowa COMPASS is Iowa's information and referral service for people with disabilities, their families, service providers, and other members of the community. Iowa COMPASS maintains information on over 5,500 local, state, and national agencies and programs. Phone line is available 8 a.m. to 5 p.m. Monday through Friday.

Iowa Concern: 800-447-1985 or www.extension.iastate.edu/iowaconcern

Iowa Concern is a program of the Iowa State University Extension service. By calling Iowa Concern you have access to an attorney for legal education, stress counselors, and Information and Referral services for a wide variety of topics. The website features an extensive database for legal, finance, crisis and disaster, and personal health issues. The web site is also the link to Iowa Concern's Live Chat service.

Iowa Domestic Violence Hotline: 1-800-942-0333

When calling from anywhere in Iowa, the hotline puts domestic abuse survivors or others affected by domestic violence in immediate contact with a trained advocate who can:

- Provide crisis counseling.
- Provide information and education about domestic abuse issues.
- Refer callers to the domestic violence project in their area of the state.

Iowa Drug and Alcohol Help Line: 866-242-4111 or www.drugfreeinfo.org

This is your first call in Iowa for substance abuse and gambling information, and referrals to treatment facilities and crisis counseling.

Iowa Foster and Adoptive Parents Association: 800-277-8145 or www.ifapa.org

IFAPA provides resources, referrals, and peer support to foster, adoptive, and kinship families throughout Iowa 8 a.m. to 5 p.m. Monday through Friday.

Iowa KidsNet: 800-243-0756 or www.iakids.org

Iowa KidsNet responds to crisis calls from foster, adoptive, and kinship families 24/7.

Iowa Protection and Advocacy Services: 800-779-2502 www.ipna.org

Iowa Protection and Advocacy Services is a program that will protect and advocate for the human and legal rights that ensure individuals with disabilities and/or mental illness a free, appropriate public education, employment opportunities and residence or treatment in the least restrictive environment or method and for freedom from stigma. IPAS will support people with disabilities to secure their rights and full participation as citizens through a program of self advocacy education, information and referral, non-legal advocacy and legal and systems advocacy.

Iowa Respite and Crisis Care Coalition: 515-309-0858 or www.irccc.com

IRCCC links families and respite providers, provides funding for respite, provides information on crisis respite programs throughout Iowa. The office is open during regular business times, but the website has extensive information on programs in the state.

Iowa Sexual Abuse Hotline: 800-284-7821

Trained advocates provide free, confidential counseling and support, as well as referrals to medical and legal advocacy.

Speech to Speech: 1-877-526-6690

Relay services for the hard of hearing, deaf, and those with speech disabilities.

Iowa Statewide Poison Control Center: 800-222-1222 or www.iowapoisson.org

TEEN Line: 800-443-8336 or www.extension.iastate.edu/teenline/

TEEN Line is not a crisis or hotline but is a free, confidential line that provides personal and health-related information and referrals on topics such as:

- Health
- Eating/Weight
- Relations with Parents or Friends
- Violence
- AIDS/HIV
- Alcohol or Drug Use
- Sexual Relationships
- Birth Control/Pregnancy
- Stress

The Youth Law Hotline: 800-728-1172

The Youth Law Center provides the Youth Law Hotline 8 to 4:30 Monday through Friday. Anyone living in Iowa who is under the age of 18 can call the hotline to get free legal advice and information regarding issues affecting youth rights and responsibilities.

Professionals who work with youth can also call for legal advice about issues relating to youth. The most frequently asked questions pertain to the following areas:

- Emancipation
- Custody/Guardianship
- Abuse and Neglect
- Pregnancy/Reproductive Rights
- Runaway/Homeless
- School
- Delinquency
- School problems

IFAPA has put together this list of resources. Please notify IFAPA if you find a phone number or website is no longer accurate. E-mail IFAPA at ifapa@ifapa.org or call 800-277-8145 ext. 5



Iowa Foster & Adoptive Parents Association
6864 NE 14th Street, Suite 5 – Ankeny, IA 50023
800-277-8145 / 515-289-4567 / www.ifapa.org / ifapa@ifapa.org