

Resources for You and Your Family

For residents of Kossuth, Winnebago, Hancock, Worth, Cerro Gordo, Franklin, Mitchell, Floyd and Butler Counties

Mental Health Resources

If you are having suicidal thoughts, please call 911 or visit the nearest hospital for immediate assistance.

TEEN LINE

800-443-8336

800-735-2942 (TT/TTY)

24 hours/day – 7 days/week

Interpretation available

Health information and referral service for Iowa teens and those who care about them. Provides free, confidential, 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

Sexually Transmitted Diseases

The Trevor Project

Call: (866) 488-7386

Text: Text START to 678-678

<https://www.thetrevorproject.org/>

24 hours/day – 7 days/week

Offers accredited life-saving, life-affirming programs and services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. Programs and services create safe, accepting and inclusive environments over the phone, online and through text.

For a detailed list of Counseling & Mental Health Providers that accept Medicaid/Title 19, call **Care for Kids** at **(515) 283-1422** or toll-free at **(877) 540-1422**.

Family Help Guide

Community Resources

Contact Care for Kids at (515) 283-1422 or toll free at (877) 540-1422 for information on local community resources. We can help you connect with services for things like food, clothing, housing, financial assistance, and more.

Your Life Iowa

Call: (855) 581-8111

Text: (855) 895-8398

<https://yourlifeiowa.org/>

24 hours/day – 7 days/week

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.

MercyOne North Iowa Behavioral Services Center

(641) 428-7797

Mason City, Iowa

Inpatient and outpatient programs and services for individual, family, and group therapy.

UnityPoint Health – Berryhill Center

(515) 955-7171

Fort Dodge, IA

Comprehensive behavioral health center offering programs for all ages and a wide range of emotional and behavioral disorders. disorders in Central Iowa.

Iowa Child Care Resource & Referral

(855) 244-5301

www.lowaccrr.org

CCR&R provides free assistance in locating child care to meet the needs of a family and their children.

I-Smile Dental Home Project

EveryStep 
care & support services

It is important that children begin to receive dental care as soon as teeth erupt, making their first dental visit before their first birthday.

The I-Smile™ Program provides oral health screenings, oral health education, nutrition education relating to oral health, fluoride varnish application, and a referral to a dentist for comprehensive dental needs. EveryStep's I-Smile™ staff serve children under the age of 21 and pregnant women in Dallas, Madison, Polk counties.

We assist families when they need:

- to find a dental home or dental coverage for their child
- assistance to set up appointments with the dentist or find dentists who accept Medicaid
- help transporting their child to the dental appointment
- translation services regarding their dental care

For more information, call Lezah Hanson at **(515) 417-8439** or visit **ismile.idph.iowa.gov**.

Developmental Milestones & Developmental Screening

Developmental Milestones

Skills such as taking a first step, smiling for the first time, and waving “bye bye” are all developmental milestones, or things most children can do by a certain age. Children reach many milestones in how they play, learn, speak, act, and move (crawling, walking, etc.) Developmental monitoring and screening are ways to look for your child's developmental milestones.

Developmental Monitoring

Who: You – parents, grandparents, other caregivers
What: Look for developmental milestones
When: From birth to 5 years
Why: To help you celebrate your child's development, talk about your child's progress with doctors and childcare providers, learn what to expect next, and identify any concerns early.
How: With easy, free checklists! Get yours at www.cdc.gov/milestones

Developmental Screening

Who: Healthcare provider, early childhood teacher, or other trained provider
What: Look for developmental milestones
When: Developmental Screening at 9, 18, and 30 months of age. Autism Screening at 18 and 24 months of age.
Why: To find out if your child needs more help with development, because it's not always obvious to doctors, childcare providers, or parents. To find out if more developmental evaluations are needed.
How: With a formal, validated screening tool. Talk to your child's primary healthcare provider.



www.iafamilysupportnetwork.org | 1-888-IAKIDS1 (1-888-425-4371)
IFSN provides resources for children aged birth to 5 years. Families and professionals can make referrals and obtain information about child development, family support services, and Early ACCESS. Other community- and group-based services across Iowa are also available.