

## **PSYCHIATRIC MEDICATION MANAGEMENT: IOWA CITY AREA**

### **Mercy Behavioral Clinic**

*Accepts Medicaid*

1067 Ryan Court | Iowa City

Phone: (319) 688-7024

### **UIHC**

*Accepts Medicaid*

200 Hawkins Drive | Iowa City

Phone (adult): (319) 353-6314

Phone (child/adolescent): (319) 356-1188

### **University of Iowa Student Health**

4189 Westlawn South | Iowa City

Phone: (319) 335-8370

### **Iowa VA Health Care System**

601 Highway 6 West | Iowa City

Phone: (319) 338-0581

### **Abbe Center**

*Accepts Medicaid; new clients are seen during walk-in hours Mondays and Thursdays (9:30a-11:30a) and Tuesdays (1:30p-3:30p). You must bring your ID and insurance card.*

1039 Arthur Street | Iowa City

Phone: (319) 338-7884

### **Meadowlark Psychiatry Services**

320 West Cherry Street | North Liberty

Phone: (319) 626-3300

### **Psychiatric Associates**

673 Westbury Drive, Suite 201 | Iowa City

Phone: (319) 356-6352

### **Robert Wesner, MD**

103 East College Street, Suite 220 | Iowa City

Phone: (319) 351-8281

## **COUNSELING: IOWA CITY AREA**

### **UIHC**

200 Hawkins Drive | Iowa City

Phone (adult): (319) 353-6314

Phone (child/adolescent): (319) 356-1188

### **University Counseling Services**

3223 Westlawn South | Iowa City

Phone: (319) 335-7294

**Abbe Center**

*Accepts Medicaid; new clients are seen during walk-in hours Mondays and Thursdays (9:30a-11:30a) and Tuesdays (1:30p-3:30p). You must bring your ID and insurance card.*

1039 Arthur Street | Iowa City

Phone: (319) 338-7884

**Psychiatric Associates**

673 Westbury Drive, Suite 201 | Iowa City

Phone: (319) 356-6352

**Meadowlark Psychiatry Services**

320 West Cherry Street | North Liberty

Phone: (319) 626-3300

**Anderson, Arnold, & Partners**

209 East Washington Street, Suite 202 | Iowa City

Phone: (319) 354-3232

**Counseling Center of Iowa City**

*Accepts Medicaid*

3030 Northgate Drive, Suite E | Iowa City

Phone: (319) 337-6483

**Gisolfi, Hayek, Ruyle, & Schut**

123 North Linn Street, Suite 2A | Iowa City

Phone: (319) 337-3357

**Eastwind Healing Center**

221 East College Street, Suite 211 | Iowa City

Phone: (319) 337-3313

**Hope Springs Behavioral Consultants**

1303 5th Street, Suite 202 | Coralville

Phone: (319) 358-6520

Email: [contact@hopesprings.net](mailto:contact@hopesprings.net)

**Hetherington & Associates**

123 North Linn Street, Suite 2D | Iowa City

Phone: (319) 331-3392

**Counseling & Health Center**

616 East Bloomington Street | Iowa City

Phone: (319) 337-6998

**Okerberg & Associates**

1785 Curtis Bridge Road NE | North Liberty

Phone: (319) 665-2008

**Eastern Iowa Psychology Group**

325 East Washington Street, Suite 301 | Iowa City

Phone: (319) 358-9397

**Corridor Christian Counseling Center**

655 Liberty Way, Suite 6 | North Liberty

Phone: (319) 665-2137

**Turning Point Counseling & Psychotherapy**

757 West Benton Street | Iowa City

Phone: (319) 339-4757

**Coralville Family Counseling**

1754 5th Street | Coralville

Phone: (319) 338-1052

**Wieland/Kerns Therapy Association**

511 Iowa Avenue | Iowa City

Phone: (319) 354-8906

**Keys to Living Christian Counseling**

332 South Linn Street, Suite 23 & 33 | Iowa City

Phone: (319) 377-2161

**Kathryn Kennedy**

920 South Dubuque Street | Iowa City

Phone: (319) 321-7814

**Pat McArtor, LMHC, MA**

*Accepts Medicaid*

1700 South 1st Avenue, Suite 21D | Iowa City

Phone: (319) 499-8815

**PSYCHIATRIC MEDICATION MANAGEMENT: CEDAR RAPIDS****Abbe Center**

*Accepts Medicaid; new clients seen during walk-in hours Monday through Friday (8:30a-11:30a), Monday and Tuesday (2p-4p), and Wednesday (2p-5:30p).*

520 11th Street NW | Cedar Rapids

Phone: (319) 398-3562

**Mercy Outpatient Psychiatry**

701 10th Street SE | Cedar Rapids

Phone: (319) 369-4777

**Street Luke's Outpatient Behavioral Clinic**

1026 A Avenue NE | Cedar Rapids

Phone: (319) 369-7959

**Associates for Behavioral Care**

1510 Boyson Road | Hiawatha

Phone: (319) 369-1066

**Cedar Centre Psychiatric Group**

*Accepts UHC Medicaid*

1730 1st Avenue NE | Cedar Rapids

Phone: (319) 365-3993

**Covenant Family Solutions**

3047 Center Point Road NE, Suite B | Cedar Rapids

Phone: (319) 261-2292

**COUNSELING: CEDAR RAPIDS**

**Abbe Center**

*Accepts Medicaid; new clients seen during walk-in hours Monday through Friday (8:30a-11:30a), Monday and Tuesday (2p-4p), and Wednesday (2p-5:30p).*

520 11th Street NW | Cedar Rapids

Phone: (319) 398-3562

**Cedar Centre Psychiatric Group**

*Accepts UHC Medicaid*

1730 1st Avenue NE | Cedar Rapids

Phone: (319) 365-3993

**Mercy Outpatient Psychiatry**

701 10th Street SE | Cedar Rapids

Phone: (319) 369-4777

**Street Luke's Outpatient Behavioral Clinic**

1026 A Avenue NE | Cedar Rapids

Phone: (319) 369-7959

**Street Luke's Family Counseling Center**

1077 North Center Point Road | Hiawatha

Phone: (319) 369-7952

**Associates for Behavioral Care**

1510 Boyson Road | Hiawatha

Phone: (319) 369-1066

**Horizons – A Family Service Alliance**

819 5th Street SE | Cedar Rapids

Phone: (877) 653-3123

## **CRISIS SERVICES**

### **Mental Health Access Center – Linn County**

*Not yet open. Visit [www.linncounty.org/1423/Mental-Health-Access-Center](http://www.linncounty.org/1423/Mental-Health-Access-Center) for more details.*

Email: [MHACQuestions@linncounty.org](mailto:MHACQuestions@linncounty.org)

### **Iowa Help Line**

24-hour crisis line & texting: (855) 800-1239

### **Johnson Co. Crisis Center**

*Mobile Crisis Outreach for in-person support. Crisis stabilization beds available for one to five-day stay; beds in Iowa City, Dubuque, and Cedar Rapids. Chat available 2p-2a; youth crisis chat available 24-hours.*

1121 South Gilbert Court | Iowa City

Phone: (319) 351-0140

Phone (MCO): (855) 800-1239

Crisis chat: [iowacrisischat.org](http://iowacrisischat.org)

### **Foundation 2 Crisis Center**

*Texting available Monday through Friday (9a-3p). Mobile Crisis Outreach also available; will provide in-person crisis support within sixty-mile radius of Cedar Rapids, Iowa City, and Dubuque.*

1714 Johnson Avenue NW | Cedar Rapids

24-hour crisis line & texting: (800) 332-4224

### **Veterans Crisis Line**

24-hour crisis line: (800) 273-8255

Texting: 838255

Website & online chat: [veteranscrisisline.net](http://veteranscrisisline.net)

### **NEDA**

*National Eating Disorder Association; available Monday through Thursday (9a-9p) and Friday (9a-5p).*

Phone: (800) 931-2237

Texting: "NEDA" to 741741

## **ADDICTION & SUBSTANCE ABUSE: SELF-HELP**

### **Iowa's Drug & Alcohol Help Line**

*Assistance with finding treatment; ran by DHS.*

24-hour help line: (866) 242-4111

Website: [drugfreeinfo.org](http://drugfreeinfo.org)

Email: [igtp@idph.iowa.gov](mailto:igtp@idph.iowa.gov)

### **Iowa Gambling Treatment Program**

*State-wide help line; can assist with finding a treatment provider.*

Phone: (800) BETS OFF ((800) 238-7633)

Website: [1800betsoff.org](http://1800betsoff.org)

### **Poison Control**

401 Douglas Street, Suite 501 | Sioux City

24-hour emergency line: (800) 222-1222

**Alcoholics Anonymous**

Phone (IC): (319) 338-9111

Website: aa.org

Website (IC): aa-ic.org

**Al-Anon**

*Support for family/friends impacted by an individual's drinking; Al-Ateen group is available for teenagers.*

Phone: (888) 425-2666

Website: al-anon.org

**Narcotics Anonymous**

Phone: (800) 897-6242

Website: iowa-na.org

**Quitline Iowa**

*Smoking cessation program.*

Phone: (800) 784-8669

Website: iowa.quitlogix.org

**ADDICTION & SUBSTANCE ABUSE TREATMENT****UIHC Chemical Dependency Services**

*Outpatient treatment; must call to schedule an assessment first.*

200 Hawkins Drive | Iowa City

Phone: (319) 384-8765

**Prelude Behavioral Services**

*Outpatient and residential treatment available. Substance use evaluations done on walk-in basis Monday and Thursday (9a-12p), Tuesday and Wednesday (12p-3p), and Friday (10a-1p).*

430 Southgate Avenue | Iowa City

Phone: (319) 351-4357

**Synchrony Services**

*Associated with Prelude, offers treatment for gambling.*

438 Southgate Avenue | Iowa City

Phone: (319) 351-9072

**Sedlacek Treatment Center**

*Detox and outpatient addiction services.*

5975 Rockwell Drive NE | Cedar Rapids

Phone: (319) 398-6226

**Alcohol & Drug Dependency Services**

*Residential, outpatient, and gambling treatment options. Closest location is Bettendorf, and other locations include Burlington, Mt. Pleasant, Keokuk, Wapello, and Ottumwa.*

Phone: (563) 322-1036

Website: addsiowa.org

**Center for Alcohol & Drug Services**

*Residential and outpatient treatment options.*

Phone (Davenport, outpatient): (563) 322-2667

Phone (Rock Island, outpatient and methadone clinic): (309) 788-4571

Phone (Davenport, residential): (563) 326-1150

Phone (administrative office): (563) 332-8974

**Area Substance Abuse Council**

*Walk-in evaluations at main office Monday through Thursday (9a-3p); naltrexone and vivitrol available for opiate addiction.*

3601 16th Avenue SW | Cedar Rapids

Phone: (319) 390-4611

Website: [asac.us/locations](http://asac.us/locations)

**Salvation Army Rehabilitation**

*Six-month treatment program for males in Davenport.*

Phone: (563) 323-2748

**Center for Behavioral Health Davenport**

*Outpatient suboxone/methadone for opiate addiction; may have to pay out-of-pocket.*

3811 North Harrison Street | Davenport

Phone: (563) 388-8000

Website: [centerforbehavioralhealth.com](http://centerforbehavioralhealth.com)

**Center for Behavioral Health Des Moines**

*Outpatient suboxone/methadone for opiate addiction; may have to pay out-of-pocket.*

1200 University, Suite 106 | Des Moines

Phone: (515) 244-9500

Website: [centerforbehavioralhealth.com](http://centerforbehavioralhealth.com)

**Resolutions Behavioral Health Services**

*Outpatient treatment.*

2030 Keokuk Street | Iowa City

Phone: (319) 351-9760

**Prairie Ridge**

*Outpatient, residential, and gambling treatment options.*

320 North Eisenhower Avenue | Mason City

Phone: (641) 424-2391

**Sieda**

*Outpatient treatment.*

725 West Second Street | Ottumwa

Phone: (641) 682-8741

**Cedar Valley Recovery Services**

*Outpatient treatment; methadone for opiate addiction available. May have to pay out-of-pocket.*

Phone (Cedar Falls): (319) 277-5808

Phone (Marion): (319) 363-2678

**CRC Health**

*Outpatient treatment; methadone for opiate addiction available.*

5005 Bowling Street SW, Suite C | Cedar Rapids

Phone: (319) 531-3824

Phone: (866) 289-0045

**The Abbey Center**

*Outpatient and residential treatment options.*

1401 Central Avenue | Bettendorf

Phone: (563) 355-4707

**Unity Point Powell Chemical Dependency**

*Detox, inpatient, and outpatient options.*

700 East University | Des Moines

Phone: (515) 263-2424

**Unity Point New Horizons**

*Outpatient treatment.*

1605 Cedar Street | Muscatine

Phone: (563) 264-9409

**Pathways**

*Outpatient, residential, and gambling treatment options. Other locations include Waverly, Independence, Allison, and Fredericksburg.*

3362 University Avenue | Waterloo

Phone: (319) 235-6571

**Young House Family Services**

*Outpatient treatment for adults and adolescents.*

400 South Broadway Street | Burlington

Phone: (319) 752-4000

**MENTAL HEALTH CENTERS & GROUPS****NAMI Johnson Co.**

*Connection Support Group twice weekly.*

220 Lafayette Street, Suite 180 | Iowa City

Phone: (319) 337-5400

*Family Support Group each Thursday.*

1105 Gilbert Court, Suite 200 | Iowa City

Phone: (319) 337-5400

*Monthly membership meeting on the third Wednesday of each month.*

1105 Gilbert Court, Suite 100 | Iowa City

Phone: (319) 337-5400



*Family breakfast meeting on the first Tuesday of each month; meets at MidTown Restaurant II.*

1069 Highway 1 West | Iowa City

Phone: (319) 337-5400

### **R Place Peer Center**

*Mental health peer center; open Monday through Friday (1p-5p).*

10 East Benton Street | Iowa City

Phone: (319) 354-3455

### **Depression & Anxiety Support Group**

*Free support group Mondays (6:30p-8p); must call Foundation 2 Crisis Center to register.*

1714 Johnson Avenue NW | Cedar Rapids

Phone: (319) 362-2174

### **Suicide Attempt Survivors Group**

*Free support group Wednesdays at 8p; must call Foundation 2 Crisis Center to register.*

1714 Johnson Avenue NW | Cedar Rapids

Phone: (319) 362-2174

### **Suicide Survivors Support Group**

*For those who have lost someone to suicide. Free group meeting on the first Thursday of each month (7p-8:30p).*

1121 Gilbert Court | Iowa City

Phone: (319) 351-2726, ext. 114

### **UIHC Mindfulness Groups**

*Mindfulness stress reduction and cognitive therapy groups. Days and times vary and you must register first.*

200 Hawkins Drive | Iowa City

Phone: (319) 384-5089

### **Depression & Bipolar Support Alliance**

*Scheduled online peer support groups via phone or webcam; register at [DBSAlliance.org](http://DBSAlliance.org).*

Phone: (800) 826-3632

## **FAMILY SAFETY & SUPPORT**

### **Childhelp**

Children, distressed parents needing help, or concerned individuals welcome to call. Calls are confidential. Resources and crisis intervention offered.

Website: [childhelp.org/hotline](http://childhelp.org/hotline)

Phone: (800) 422-4453

### **United Action for Youth (UAY)**

*Family counseling and teen parent program.*

1700 South 1st Avenue, #14 | Iowa City

Phone: (319) 338-7518

**Care for Kids**

*Through Johnson Co. Public Health. Assistance with finding children medical/dental providers and transportation assistance to appointments. Free for kids under 21 who receive Medicaid.*

855 South Dubuque Street, Suite 217 | Iowa City  
Phone: (319) 356-6045

**Child Care Assistance (CCA) Program**

*Through Johnson Co. DHS; you must complete application to see if income-eligible.*

855 South Dubuque Street | Iowa City  
Phone: (319) 356-6050

**4C's Community Coordinated Child Care**

*Provides free, temporary emergency childcare.*

1500 Sycamore Street | Iowa City  
Phone: (319) 338-7684

**Iowa Child Care Resource & Referral**

*Region 5 office serves several counties including Johnson Co. with finding appropriate childcare in your area.*

500 East 59th Street | Davenport  
Phone: (563) 324-3239

**Maternal Health Program**

*Through Johnson Co. Public Health. Prenatal screenings, education, and referrals to providers. No cost through Medicaid.*

855 South Dubuque Street, Suite 217 | Iowa City  
Phone: (319) 356-6040

**Women, Infants, & Children (WIC)**

*Supplemental nutrition program for low-income women.*

855 South Dubuque Street, Suite 217 | Iowa City  
Phone: (319) 356-6042

**Mercy Iowa City**

*Birthing/parenting classes.*

Phone: (319) 358-2767

**UIHC**

*Birthing/parenting classes.*

Phone: (319) 353-7877

**Success from the Start**

*Birthing/parenting classes.*

Phone: (319) 530-1983

**Young Parents Network**

*Birthing/parenting classes.*

Phone: (319) 364-8909

**The Heritage Agency**

*Elder abuse prevention and intervention.*

Website: [heritageaaa.org](http://heritageaaa.org)

Phone: (319) 398-5559

**Pathways Adult Day Center**

*Day center for older adults.*

817 Pepperwood Lane | Iowa City

Phone: (319) 339-6162

**The Senior Center**

*Serves adults (50+), must register before attending. Groups, fitness, social activities, computer lab, etc.*

28 South Linn Street | Iowa City

Phone: (319) 356-5220

**DOMESTIC VIOLENCE & SEXUAL ABUSE****Rape Victim Advocacy Program**

*Crisis line, counseling, support groups, legal, and medical advocacy. Offices also in Mt. Pleasant, Keokuk, and Burlington.*

332 South Linn Street, Suite 100 | Iowa City

Phone: (319) 335-6001

24-hour crisis line: (319) 335-6000

**Iowa Sexual Abuse Hotline**

24-hour crisis line: (800) 284-7821

**RAINN**

*National Sexual Assault Hotline*

24-hour crisis line: (800) 656-4673

Online chat: [online.rainn.org](http://online.rainn.org)

**LoveisRespect.Org**

*Support line and crisis intervention for dating abuse and maintaining healthy relationships.*

Phone: (866) 331-9474

Texting: "love is" to 22522

Online chat: [loveisrespect.org](http://loveisrespect.org)

**Domestic Violence Intervention Program**

Crisis intervention, counseling, support groups, shelter

1105 South Gilbert Court, Suite 300 | Iowa City

Phone: (319) 351-1042

24-hour crisis line: (800) 373-1043

**Waypoint Services**

*Crisis intervention, advocacy, counseling, support groups, and shelter services.*

318 Fifth Street SE | Cedar Rapids

Phone: (319) 365-1458

24-hour crisis line: (319) 363-2093

24-hour crisis line: (800) 208-0388

**SHELTER & HOUSING****Shelter House**

*Check-in for beds begins at 6p, first come first serve. Try to line up by 5p or before if possible.*

429 Southgate Avenue | Iowa City

Phone: (319) 351-0326

**Abbe Center Homeless Outreach**

*Assistance with finding permanent housing: contact Ethan Novak at [enovak@abbehealth.org](mailto:enovak@abbehealth.org).*

Phone: (319) 430-7234

**Waypoint Coordinated Entry**

*Central point of contact for shelters; can call to check for open beds at any shelter in Linn Co.*

Phone: (319) 366-7999

**Johnson Co. Crisis Center**

*Crisis stabilization beds available for one to five-day stay; beds in Iowa City, Dubuque, and Cedar Rapids.*

Phone: (855) 800-1239

**Iowa City Catholic Worker House**

Phone: (515) 446-0134

**Tenco**

*Five crisis stabilization beds available for up to six weeks. Located in Fairfield: only serves Van Buren, Jefferson, Washington, Lee, Des Moines, Henry, Keokuk, and Louisa counties.*

Phone: (641) 472-7601\*

\*Intake is done through Hillcrest Family Services: (319) 653-6161.

**Hope Haven Crisis Stabilization Services**

*Five crisis stabilization beds available for up to six weeks. Located in Burlington: only serves Van Buren, Jefferson, Washington, Lee, Des Moines, Henry, Keokuk, and Louisa counties.*

Phone: (319) 209-2066\*

\*Intake is done through Hillcrest Family Services: (319) 653-6161.

**Adult Crisis Stabilization Center**

*Ten crisis stabilization beds; stay averages one to two weeks, but preferred length of stay is three to five days.*

1440 West Dunkerton Road | Waterloo

Phone: (319) 291-2455, ext. 1

**Hope Wellness Center**

*Six beds available for three to five-day crisis stabilization stay; twelve beds available for transitional living (two to three months maximum). Serves Heart of Iowa and Central Iowa Region counties.*

706 Cedar Street | Woodward

Phone: (515) 438-2331

**FREE FOOD/CLOTHING****Salvation Army Iowa City**

*Open Monday, Tuesday, Thursday, and Friday (4p-6p) and Wednesdays (3p-5p); sack lunches available to pick up Sundays (9:30a- 10:30a). Blankets and clothing vouchers also available.*

1116 Gilbert Court | Iowa City

Phone: (319) 337-3725

**Free Lunch Program**

*Monday through Saturday (12p to 1p).*

1105 South Gilbert Court | Iowa City

**Johnson Co. Crisis Center Food Bank**

*Can get free groceries once per week; clothing vouchers available on the first of each month.*

1121 Gilbert Court | Iowa City

Phone: (319) 351-0128

**Coralville Community Food Pantry**

*Can get free groceries once per week.*

1002 5th Street | Coralville

Phone: (319) 351-2446

**IC Compassion**

*Free meals on Wednesdays (5p-6p); food pantry available.*

1035 Wade Street | Iowa City

Phone: (319) 330-9883

**North Liberty Community Pantry**

89 North Jones Boulevard | North Liberty

Phone: (319) 626-2711

**Mission of Hope**

*Free meals Monday through Friday (12p-1p); food pantry available as well as blankets and emergency clothing.*

1700 B Avenue NE | Cedar Rapids

Phone: (319) 365-1782

**Salvation Army Cedar Rapids**

*Meals served Monday through Friday (8a-9a and 12p-1p).*

1000 C Avenue NW | Cedar Rapids

Phone: (319) 364-9131

**Linn Community Food Bank**

*Free three-day emergency supply of food; can visit up to twelve times per year.*

310 5th Street SE | Cedar Rapids (lower level of First Presbyterian Church)

Phone: (319) 364-3543

**Foundation 2**

*Free food bank; can use once per month; free two-day supply of food.*

1540 2nd Avenue SE | Cedar Rapids

Phone: (319) 362-2174

**Loaves & Fishes**

*Free food bank; can use once per week.*

1251 3rd Avenue SE | Cedar Rapids

Phone: (319) 363-2029

## **INSURANCE**

### **Health Insurance Marketplace**

*Assistance finding affordable insurance. For those that do not qualify for Medicaid: [healthcare.gov](https://www.healthcare.gov).*

Phone: (800) 318-2596

### **Iowa Medicaid Managed Care Orgs. (Member Services)**

Phone: (515) 256-4606

Phone: (800) 338-8366

Email: [imemberservices@dhs.state.ia.us](mailto:imemberservices@dhs.state.ia.us)

## **MEDICAL & PRESCRIPTIONS**

### **Free Medical Clinic**

*Search state-wide locations at [freeclinicsofiowa.org](https://www.freeclinicsofiowa.org); free medical, dental, and vision care. Prescription assistance available once per year for prescriptions less than \$50.00.*

2440 Towncrest Drive | Iowa City

Phone: (319) 337-4459

### **Geriatric & Special Needs Dental Clinic**

*Through the University of Iowa; for the geriatric mobile unit, email [dentistry-gmu@uiowa.edu](mailto:dentistry-gmu@uiowa.edu).*

801 Newton Road | Iowa City

Phone: (319) 335-7373

### **Johnson Co. Crisis Center**

*Prescription assistance available if you have a rejection note from the Free Medical Clinic.*

1121 Gilbert Court | Iowa City

Phone: (319) 351-0140

### **Partnership for Prescription Assistance**

*Search tool for assistance programs at [pparx.org](https://www.pparx.org).*

### **Rx Assist**

*Search tool for most affordable prescription dispenser at [rxassist.org](https://www.rxassist.org).*

### **Needy Meds**

*Prescription discount card/coupons and applications for prescription financial assistance available at [needymeds.org](https://www.needymeds.org).*

Phone: (800) 503-6897

## **FINANCIAL**

### **Johnson Co. Health and Human Services**

*General Assistance (GA) available; financial assistance for rent, utilities, etc. May qualify for assistance one to three times per year depending on income.*

855 South Dubuque Street, Suite 202B | Iowa City

Phone: (319) 356-6090

### **Hawkeye Area Community Action Program (HACAP)**

*Energy assistance/bill payment for emergencies; Financial literacy and energy counseling. Main office is located in Hiawatha.*

Phone: (319) 393-7811

Phone (energy assistance): (319) 739-0100

### **Utility Discount Program Iowa City**

*Discounts for water, sewer, and recycling charges. Must apply first, applications available at Revenue Division.*

410 East Washington Street | Iowa City

Phone: (319) 356-5066

### **Johnson Co. Crisis Center**

*Can assist with last \$100.00 of housing or utility bill.*

1121 Gilbert Court | Iowa City

Phone: (319) 351-0128

## **GOVERNMENT**

### **Department of Human Services**

*Can apply for food stamps, FIP temporary cash assistance, and childcare assistance.*

855 South Dubuque Street | Iowa City, 52240

Phone: (319) 356-6050

### **Social Security Office**

*Apply for SSI or SSDI (disability) income; local office can be found at [ssoffice.location.com](http://ssoffice.location.com).*

1100 6th Street Suite 100 | Coralville

Phone: (866) 964-2039

### **Iowa City Housing Authority**

*Housing Choice Voucher/Section 8 and HUD public housing programs; must apply to check eligibility. To search for HUD housing in your area: [hud.gov](http://hud.gov).*

410 East Washington Street | Iowa City

Phone: (319) 356-5400

## **TRANSPORTATION**

### **Iowa City Public Transit**

*Fare for ages 18+ is \$1.00; bus schedules and maps available. Free for eligible elderly – call to apply.*

Phone: (319) 356-5151

### **Elder Services**

*Transportation to medical appointments for adults (any age); free service – donations accepted.*

Phone: (319) 338-0515



**Johnson Co. Crisis Center**

*Free single-ride bus tickets at the Food Bank; available the first day of the month until gone. Limit three per household per month.*

1121 Gilbert Court | Iowa City

Phone: (319) 351-0128

**Johnson Co. SEATS**

*Must apply to see if eligible; residents in Johnson county outside of IC, CV, and NL are automatically eligible.*

4810 Melrose Avenue | Iowa City

Phone: (319) 339-6128

**Linn Co. LIFTS**

*Transportation for eligible elderly and disabled; serves Cedar Rapids, Marion, and Hiawatha. Fare is \$3.00.*

625 31st Avenue SW | Cedar Rapids

Phone: (319) 892-5170

**IC Compassion**

*May assist with gas and bus vouchers.*

1035 Wade Street | Iowa City

Phone: (319) 330-9883

**Medicaid Transportation**

*Individuals with full Medicaid may have transportation benefits that include free transportation to/from medical appointments. Call your MCO's member services for eligibility:*

Amerihealth Caritas: (855) 332-2440

Amerigroup: (800) 600-4441

United Healthcare: (800) 464-9484

**EMPLOYMENT****Iowa Vocational Rehab**

*Assists eligible individuals with disabilities with employment. Must apply first and there is typically a waitlist.*

*Numerous offices across the state; find additional locations at [ivrs.iowa.gov](http://ivrs.iowa.gov).*

1700 South 1st Avenue, Suite 11A | Iowa City

Phone: (319) 354-4766

**Job Corps**

*No-cost education and vocational training for ages 16-24; numerous locations throughout the country. Iowa locations include Denison and Ottumwa.*

Phone: (800) 733-5627

**IowaWORKS**

*Assists with reaching employment goals through job search assistance, vocational testing, trainings, and workshops; Cedar Rapids location available as well.*

1700 South 1st Avenue, Suite 11B | Iowa City

Phone: (319) 351-1035

**People Ready**

*Formally called Labor Ready; temporary agency to help find work. Apply online or in-person at [peopleready.com](http://peopleready.com).*

1930 South Gilbert Street | Iowa City

Phone: (319) 358-6550

**LEGAL****Iowa Legal Aid**

*Free legal assistance with offices across the state.*

1700 South 1st Avenue, Suite 10 | Iowa City

Phone: (800) 532-1275

**IC Compassion**

*Free legal clinic on the second Tuesday of each month; immigration assistance available.*

1035 Wade Street | Iowa City

Phone: (319) 330-9883

**Hoefler Law Firm**

*Assistance with SSDI, VA benefits and workers' compensation; free clinic for general assistance available.*

332 South Linn Street #300 | Iowa City

Phone: (319) 338-5343