



college students Looking for help?

Your Guide to Behavioral Health Support

Download this and find more resources at HealthyHenryCounty.org/resources



TALK/CRISIS SERVICES

988 Suicide & Crisis Lifeline *

Call or Text 988

Free & confidential counseling for anyone facing mental health struggles, emotional distress, alcohol and drug use concerns, or just need someone to talk to.

Your Life Iowa Crisis Line *

855-581-8111

Get help for whatever you're facing – alcohol, drugs, gambling, suicidal thoughts, mental health, or something else. Free & confidential.

* You can ask for a mobile crisis response team to come to you if needed. You can also ask for a navigator to help find and connect you to resources and services.

911 - Always remember in a medical emergency dial 911

APPS

A Friend Asks (Jason Foundation)

Provides the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

Happify

Engaging activities and games to help you overcome stress and negative thoughts and build resilience.

MindShift CBT

MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

TEXT

988 Lifeline - Text 988 or chat.988lifeline.org

Free, 24/7 confidential support for those in an emotional crisis.

TrevorText Text START to 678678

TrevorText is a confidential and secure resource that provides live help for LGBTQ+ youth with a trained specialist.

Your Life Iowa Text (855) 895-8398

Find support 24/7 for problems with alcohol, drugs, gambling, mental health, and suicidal thoughts.

LOCAL HELP

Alcohol & Drug Dependency Services (ADDS)

319-385-2216 122 N. Main St., Mt. Pleasant

Outpatient substance use disorder and problem gambling screenings and treatment.

DVIP & RVAP Domestic Violence and Sexual Assault Crisis Services

24-hour hotline 800-373-1043

Local support available

Free, confidential support services to persons affected by domestic violence, sexual violence, dating violence, stalking, and human trafficking.

Henry County Public Health

319-385-0779 106 N. Jackson St., Mt. Pleasant

Free or low-cost confidential STI testing, emergency contraception, and help finding resources.

Hillcrest Family Services

319-385-7177 106 N. Jackson St., Mt. Pleasant

Counseling services, medication management, and urgent mental health care.

Optimae LifeServices

319-385-8051 605 E. Winfield Ave., Mt. Pleasant

Counseling services, medication management, and urgent mental health care.

WEBSITES



HealthyHenryCounty.org

Information about Henry County Public Health's services (including immunizations), healthy living tips, and resource pages for behavioral health, food, healthcare access, and more.

LovelsRespect.org Online chat available

Provides education on healthy, unhealthy and abusive dating relationships and behaviors.

QuitlineIowa.org Online chat available

Free coaching, medication, and a customized quit plan for help quitting tobacco and nicotine.

Screening.mhanational.org/screening-tools

Free mental health screening tools and information about mental health conditions.

TheTrevorProject.org Online chat available

Crisis intervention and suicide prevention services to LGBTQ+ young people under 25.

YourLifeIowa.org Online chat available

Get help for alcohol, drugs, problem gambling, mental health, or suicidal thoughts.