

Community Counseling Resources

Patti Campidilli Counseling

100 S. B Street
Indianola 962-9126
Contact: Patti Campidilli, LISW

Family Legacy Counseling

5415 NW 88th Street, Suite 100
Johnston 515-727-1338

Eyerly-Ball Community Health Services (Indianola Site Also)

1301 Center Street
Des Moines 515-243-5181

Counseling for Growth and Change

1248 8th Street 201
West Des Moines 515-243-1020

Child Guidance Center

808 5th Ave
Des Moines 515-244-2267

Your Life Iowa- Mobile Crisis

Available 24 hours, 7 days a week
Free services for Warren County Residents
855-581-8111

Bailey Saal, LISW

1202 E 2nd Ave
baileysaallisw@gmail.com
Baileysaallisw - Facebook page
Indianola 321-8071

Peace of Mind Counseling (on the square)

117 N Buxton
Indianola 962-5561
[www. Peaceofmindindianola.com](http://www.Peaceofmindindianola.com)
Contact: Ann VanDenTop

Team Restoration Ministries

Christian Counseling 515-238-9010

UnityPoint Health Behavior Health Urgent Care Clinic

1250 East 9th Street
515-263-2632
Walk-In's allowed
9-7 M-Th
9-5 Fri

Social & Emotional Resources

Source of website and helpline information:

- Maryland Department of Health and Mental Hygiene, Missouri Department of Mental Health, and National Council for Community Behavioral Healthcare (2012)
- Youth Mental Health First Aid USA For Adults Assisting Young People

[Mental Health First Aid](#)

WEBSITE RESOURCES (by topic):

Anxiety/Panic Attacks

- [Anxiety Disorders](#)
- [Anxiety Disorders Association of America](#)

Attention Deficit and Disruptive Behaviors

- [ADHD](#)
- [American Academy of Child & Adolescent Psychiatry Resource Center](#)
- [Children and Adults with Attention Deficit/Hyperactivity Disorder \(CHADD\)](#)
- [National Resource Center on ADHD](#)

Bullying

- [*Cyberbullying Research Center*](#)
- [*Stop Bullying Now Campaign*](#)
- [*Your Life Iowa*](#)

Depression

- [*Depression and Bipolar Support Alliance*](#)
- [*Families for Depression Awareness*](#)

Eating Disorders

- [*National Association of Anorexia Nervosa and Associated Disorders*](#)
- [*National Eating Disorders Association*](#)

Mental Illness

- [*Don't Be Sidelined*](#)
- [*Mental Health America*](#)
- [*National Alliance on Mental Illness*](#)
- [*National Council for Community Behavioral Health*](#)
- [*National Institute of Mental Health*](#)
- [*Schizophrenia*](#)

Substance Abuse

- [*Alateen*](#)
- [*Alcoholics Anonymous \(AA\)*](#)
- [*Narcotics Anonymous \(NA\)*](#)

- [National Institute on Drug Abuse \(NIDA\)](#)
- [NIDA for Teens](#)
- [Partnership for Drug Free Kids](#)

Suicide

- [Roles in Suicide Prevention](#)
- [Suicide Prevention Resources for Parents/Guardians/Families](#)
- [Your Life Iowa](#)
- [American Foundation for Suicide Prevention](#)
- [Suicide Prevention Resource Center](#)
- ["A Friend Asks" free phone app for staff and students](#)
- [Suicide Awareness Voices of Education \(SAVE\)](#)
- [Society for the Prevention of Teen Suicide](#)
- [Iowa Department of Public Health Suicide Website](#)

Violence

- [Self-Injury/Cutting](#)

HELPLINES:

Your Life Iowa

- An alcohol, drugs, problem gambling or suicide hotline, answered 24/7/365 by caring professionals.

- *Call: (855) 581-8111 or Text: (855) 895-8398 or use the online chat function on the website.*
- Your Life Iowa is funded by the Iowa Department of Human Services and is your link to the most recent behavioral health information and resources.

Hope 4 Iowa Hotline

- 1-844-673-4469

[Your Life Your Voice \(Boys Town\)](#)

- 1-800-448-3000

Alateen

- 1-800-352-9996

American Psychiatric Association Answer Center

- 1-888-35-PSYCH (77924)

American Psychological Association Public Education Line

- 1-800-964-2000

Bullying and Suicide Prevention Helpline

- 1-855-581-8111 or text "TALK" to 85511

[National Suicide Prevention Lifeline](#)

- 1-800-273-TALK (8255)
- Online chat:
<https://suicidepreventionlifeline.org>
- Text: Hello to 741741

National Youth Crisis Hotline

- 1-800-442-HOPE (4673)

Treatment Referral Helpline

- 1-800-662-HELP

Reach Out

- 1-800-448-3000

SUPPORT GROUP WEBSITES:

- [Al-Anon](#)
- [Alateen](#)
- [Alcoholics Anonymous \(AA\)](#)
- [Eating Disorders Anonymous](#)
- [Narcotics Anonymous \(NA\)](#)
- [National Alliance on Mental Illness](#)
- [Overeaters Anonymous](#)
- [Recovery International](#)