

Cass County Iowa Urgent Need Community Resource Guide



Compiled in partnership with Cass County ISU Extension

If possible emergency, call 9-1-1 and dispatch will determine whether you need emergency help

CRISIS

Cass County Sheriff

Phone: (712) 243-2206
Address: 5 W. 7th St., Atlantic, IA 50022
Website: www.atlantiowa.com/county

Atlantic Police Department

Phone: (712) 243-3512
Website: www.atlantiowapd.org

Your Life Iowa

Free and confidential help for suicide prevention, problem gambling, and substance abuse issues (drugs and alcohol).

24/7 Phone: (855) 581-8111
Website: www.yourlifeiowa.org

Hope4Iowa Crisis Call Line

Connect individuals in crisis to a helping hand and the resources to address and improve mental wellness.

24/7 Phone: 844-673-4469
Website: www.hope4iowa.org

988 Suicide & Crisis Helpline

Free and confidential support for people in distress.

24/7 Phone: 988
Website: www.988lifeline.org

Runaway Hotline

If you are thinking of running, if you have a friend who has run away, or if you are a runaway ready to go home.

24/7 Phone: (800) RUNAWAY or text 66008
Website: www.1800RUNAWAY.org

Iowa Red Cross

Disaster relief and help with needs during disasters.

Phone: (515) 243-7681

211

Information on resources from help paying bills to help finding food.

24/7 phone: 211
Website: www.211.org

Family Crisis Centers

Advocacy and support for those injured or harmed by crime.

24/7 Phone: (800) 382-5603
Website: www.familycrisiscenters.org/

GENERAL ASSISTANCE

Cass County General Relief and Community Services

Provides assistance to residents of Cass County, Iowa, including assistance for rent, utilities, and indigent burial, to name a few.

This office serves as a referral source for the county.

Phone: (712) 243-4424
Address: 5 W. 7th St., Atlantic, IA 50022
Website: www.casscountyia.gov/county-departments/general-relief-office/

Cass County Department of Human Services

Supplemental Food Assistance (SNAP) & more.

Phone: (712) 243-4401
Address: 601 Walnut St., Atlantic, IA 50022

Iowa Department of Human Services

Find food assistance, Medicaid, childcare assistance, and more.

24/7 Phone: (800) 972-2017
Website: www.dhs.iowa.gov
Apply for food, cash assistance, childcare assistance, and more (online only): <https://dhs.iowa.gov/how-to-apply>

West Central Community Action

Assists with services including WIC, heat assistance, childcare referral, Head Start, toiletries pantry, clothing closet, and more.

Phone: (712) 243-5421
Address: 304 Chestnut St., Atlantic, IA 50022
Website: www.westcentralca.org

Cass County ISU Extension

Unbiased research-based information for family, home, business, community, or farm.

Phone: (712) 243-1132
Address: 805 W. 10th St., Atlantic, IA 50022
Website: www.extension.iastate.edu/cass

Atlantic Area Ministerial Association

A network of church ministers from local communities with access to resources to help those in need.

Phone: (712) 243-3156

ABUSE

General

Iowa DHS Child and Dependent Adult Abuse Hotline

Confidential reporting and assessment of suspected abuse against children and dependent adults in Iowa.

Phone: (800) 362-2178
Website: <https://dhs.iowa.gov/report-abuse-and-fraud>

Boys and Girls Town Hotline

Helping children, family and communities suffering from abuse, addiction, abandonment, or violence.

24/7 Phone: (800) 448-3000
Website: www.boystown.org/hotline

Domestic Violence/ Sexual Assault/ Trafficking

Catholic Charities Phoenix House

Domestic violence/sexual assault 24/7 help, shelter.

Phone: (712) 328-0266 or 1 (888) 612-0266

Family Crisis Support Network

Advocacy & Support for survivors of domestic violence (no emergency intervention).

Phone: (712) 243-6615
Mailing address: PO Box 11 Atlantic, IA 50022

Iowa Victims Service Call Center

24/7 Domestic violence, sexual violence, human trafficking.
Phone: (800) 770-1650 or text IOWAHELP to 20121
Website: www.survivorshelpline.org

National Human Trafficking Hotline

If you or someone you know is a victim, call now to access support and services to get help and stay safe.

Phone: (888) 373-7888 or text 233733
Website: www.humantraffickinghotline.org

Substance Misuse

Alcoholics Anonymous

A fellowship of individuals who share experience and hope to help others recover from alcoholism. Visit website for meeting information (available online during COVID-19).

Phone: (712) 328-9979
24/7 crisis line: (402) 556-1880
Local Website: www.aa-iowa.org
Regional Website: www.omahaaa.org/

Quitline Iowa

Free program that provides helpful tools, information, and support throughout your quit tobacco/nicotine process.

Phone: (800) QUIT-NOW (784-8669)
Website: www.quitlineiowa.org

Childcare, Family Support, and More

Child Care Resource & Referral Agency (CCR&R)

Resource for any parent looking for childcare.
Phone/email: (855) 244-5301 childcare@caeiowa.org
Website: www.iowaccrr.org
Provider search: cmis.dhs.state.ia.us/ClientPortal/ProviderSearch.aspx

LC Clinic

Free, confidential programs and resources for parents and parents-to-be, including pregnancy tests, STI testing for chlamydia and gonorrhea, parenting education, and more.

Phone (Mon. Wed. 11-5PM): (712) 254-9086
24/7 text: (515) 523-5669
Address: 507 Chestnut St. Atlantic, IA 50022

Lutheran Services in Iowa

Respite and programming for children and adults with waivers; refugee and immigrant services; foster care and adoption.

Phone: (712) 323-1558
Website: www.lsiowa.org

Transitional Services of Iowa

Behavioral health services for ages 3-18, therapy for all ages, and domestic violence avoidance classes for adults. Medicare and Medicaid accepted.

Phone: (712) 249-2904
Website: www.transitionalservicesofiowa.org

FOOD

Food Pantries

Cass County Local Food Policy Council Website:

Information on food pantries, resources and mobile pantries.
www.facebook.com/CassCountyLocalFood/

Anita Food Pantry

Phone: (712) 250-0410
Address: 208 Chestnut St, Anita, IA 50020
Hours: 1st & 3rd Saturday, 8:00 - 10:00am

Atlantic Food Pantry

Pantry phone: (712) 243-5019 (9-11 AM Mon, Thurs)
Address: 19 W. 4th St., Atlantic, IA 50022
Hours: Thursdays, 12:30- 1:30 PM (or until line ends)

Cumberland Care & Share Food Pantry

Phone: (712) 774-5818
Address: 317 Monroe St, Cumberland, IA 50843
Hours: 1st & 3rd Wednesday, 4:30pm- 5:30pm

Lord's Cupboard of Griswold

Phone: (712) 778-4178
Address: 100 Cass St., Griswold, IA 51535
Hours: 2nd and 4th Tuesday, 11:00am - 2:00pm

Meals for Children

School districts offer free/reduced meals to students who qualify. Weekend food or "Backpacks" may be available for those in need. Free summer meals may also be offered.

Atlantic School District

For all questions, including Backpacks and summer meals:
Central Office: (712) 243-4252
Food Service: (712) 243-5369
Website: www.atlanticiaschools.org

CAM School District

School Food Director: Tami Williamson (712) 762-3231 or twilliamson@cam.k12.ia.us
Backpack program: Kay Stork (712) 762-3343 or kstork@cam.k12.ia.us
Website: www.camcougars.org

Griswold School District

Free/reduced meals phone: (712) 778-2152
Website: www.griswoldschools.org
Friday Food (not affiliated with the school, affiliated with The Lord's Cupboard): Diane Rieken (605) 695-0652

Food Delivery Services

Meals on Wheels

\$3.50 Meals delivered Mon.-Fri. within Atlantic city limits.
Phone: (712) 250-0036

FINANCIAL/LEGAL/EMPLOYMENT

Cass County Attorney

Phone: (712) 243-4504
Address: 5 W. 7th St., Atlantic, IA 50022
Website: www.atlanticiowa.com/county

Iowa Concern Hotline

Free, confidential financial, legal, stress and crisis assistance.
24/7 Phone: (800) 447-1985
Website: www.extension.iastate.edu/iowaconcern

Iowa Legal Aid

Legal assistance for low-income individuals.
Phone: (800) 532-1275
Website: www.iowalegalaid.org

Iowa Workforce Development

To file for unemployment and find employment services.
Phone: (866) 239-0843
Website: www.iowaworkforcedevelopment.gov

Iowa Vocational Rehabilitation Services

Employment and support services for Iowans with limitations.
Phone: (712) 243-5346
Website: www.ivrs.iowa.gov
Address: 1005 E 7th St., Suite 201, Atlantic IA 50022

HEALTH

Cass Health

Comprehensive, local healthcare for all.
Phone: (712) 243-3250
Address: 1501 E. 10th St., Atlantic, IA 50022
Website: www.casshealth.org

Cass County Public Health

Health information and free programs, including parenting support, breast and cervical cancer screenings, and fall prevention programs for older adults.
Phone: (712) 243-7546
Address: 1408 East 10th St., Atlantic, IA 50022
Website: www.casshealth.org/PublicHealth/

COVID-19

Test Iowa

COVID-19 testing information, and free tests.
Website: <https://www.testiowa.com/en>
Phone (Mon.-Fri. 8-5, Sat. 8-12): (833) 286-8378

Physical Health

Atlantic Lions Club

Funding for eyeglasses and hearing aids for individuals with a financial need. Application required.
Phone: (712) 249-0519

Sexual Health

Family Planning Council of Iowa

Reproductive healthcare and family planning services, including services for low-income individuals.
Phone: (515) 288-9028
Website: www.fpcouncil.org

Family Planning Program

Helps low-income Iowans with costs of family planning services.
Web: <https://dhs.iowa.gov/ime/members/medicaid-a-to-z/FPP>

Nebraska AIDS Project (NAP)

Free, confidential HIV, Hepatitis C, and syphilis testing. Free condoms, dental dams, and lube.
Phone (call or text): 712-435-0917
Website: www.nap.org

Mental Health and Disability Services

Disability Rights Iowa

Equips Iowans with disabilities with knowledge, advocacy, representation, and assistance. Services are free to adults and children with a range of disabilities and mental illnesses.
Phone: (800) 779-2502
Website: <https://disabilityrightsiaowa.org/>

Full Circle Therapy

Therapy services for children, adults, couples, and families. Medicare and Medicaid accepted.
Phone: (712) 352-0917
Address: 808 East 7th St., Atlantic, IA 50022
Website: www.fullcircletherapiowa.com

Project Recovery Iowa

Free, confidential, virtual, and in-person counseling sessions to Iowans experiencing emotional distress or feeling overwhelmed.
24/7 phone Iowa Concern: (800) 447-1985
Spanish Line: (531) 800-3687
Website: www.projectrecoveryiowa.org

NAMI Southwest Iowa

Free support groups, education, and advocacy for families and individuals living with mental illness.
Phone: (712) 542-7904
Website: www.namisouthwestiowa.com

Therapy Place, Inc.

Psychotherapy, psychiatric services. Medicare, Medicaid accepted.
Phone: (712) 254-9018
Website: www.therapyplaceinc.com

ZION Integrated Behavioral Health Services

24/7 Substance abuse intervention and recovery services. Specialized areas of expertise include child and adolescent psychiatry, family therapy, psychological testing, psychotherapy, and marital therapy. Fees for services based on family size, gross income, and county of residence. Medicare, Medicaid accepted.
Substance Use Phone: (712) 243-5091
Mental Health Phone: (712) 243-2606
Address: 2307 S. Olive St, Atlantic, IA 50022
Website: www.zioniowa.org

Southwest Iowa Mental Health Disability Service Region

Resources to help manage mental health disabilities and intellectual/developmental disabilities.
Phone: 712-328-5645
Website: www.swiamhds.com

HOUSING

Iowa Balance of State Continuum of Care

Services for people experiencing homelessness or at risk of experiencing homelessness.

Phone: (833) 739-0065
Website: <https://iaboscoc.org/balance-of-counties>

Iowa Mortgage Help Hotline

Statewide referral hotline, foreclosure intervention, negotiation/mediation services with loan servicers/lenders.

Phone: (877) 622-4866
Website: www.iowamortgagehelp.com

SIRHA - Southern Iowa Regional Housing Authority

Provides rent assistance or rent subsidies to low-income individuals who meet qualifying guidelines.

Phone: (641) 782-8585
Website: www.sirha-ia.org

POISON, FOOD, & HOME SAFETY

Food Poisoning Reports

Investigations into causes and sources of foodborne illness.

Phone: (844) 469-2742

Poison Control Center

Guidance for poison questions and emergencies.

24/7 Phone: (800) 222-1222
Website: www.poison.org

ISU Extension and Outreach AnswerLine

Information and resources for consumers with home and family questions such as food safety, preparation, cleaning and more.

Phone: (800) 262-3804

SENIORS

Connections Area Agency on Aging

Assistance, service coordination, and resources for independence for aging Iowans, those 18+ with disabilities, and caregivers.

Phone: (800) 432-9209
Address: 300 W. Broadway, Council Bluffs, IA 51503
Website: www.connectionsaaa.org

LifeLong Links

Iowa's aging and disability resource center.

Website: <https://iowa.myresourcedirectory.com/>

Senior Life Solutions

Cass Health's intensive outpatient group counseling program for adults age 65+ struggling with depression and anxiety.

Phone: (712) 250-8100
Address: 1500 E. 10th St., Atlantic, IA 50022
Website: www.casshealth.org/patients/our-services/senior-life-solutions/

TEENS/ YOUNG PEOPLE

Teen Line Iowa

Confidential counseling and support for teens about their health, relationships, body, and sexuality.

24/7 Phone: (800) 443-8336
Website: www.extension.iastate.edu/teenline

The Trevor Project

Crisis intervention and suicide prevention for lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) people under age 25.

24/7 Phone: (866) 488-7386; text 678-678
Website: www.thetrevorproject.org

My Life, My Quit

Confidential resource on vaping, nicotine, and other tobacco products for teens.

Phone call or text "Start My Quit": (855) 891-9989
Website: www.mylifemyquit.com

TRANSPORTATION

Southwest Iowa Transit Agency

Safe, affordable, reliable transportation for transit needs.

Phone: (800) 842-8065 or (712) 243-2518
Website: www.swipco.org/transit-swita

Templeman's Taxi

City of Atlantic only.

Phone: (712) 243-3727

VETERANS, SERVICEMEN/WOMEN

Cass County Veterans Affairs

Phone: (712) 243-6662
Address: 5 W. 7th St., Atlantic, IA 50022

Veterans' Crisis Line:

Call: 988 Press 1 Text: 838255
www.veteranscrisisline.net

Call Center for Homeless Veterans: (877) 424-3838

Women Veterans Call Center: (855) VA-WOMEN

Veterans' Healthcare: (877) 222-8387

Peer support for combat veterans and families: (877) 927-8387

Nebraska/Western Iowa VA Medical Center: (402)346-8800

Website: www.va.gov

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www.extension.iastate.edu/cass or call Cass County
Extension at (712) 243-1132 for a printed copy.***