

Resources for People of All Ages

Iowa Compass

I-800-779-200 | www.iowacompass.org

Iowa Compass helps connect people with disabilities and complex health-related needs to services and supports in their communities throughout Iowa.

Lifelong Links

I-866-468-7887 | <https://lifelonglinks.org>

Lifelong Links supports seniors looking for local resources and services.

Iowa State Extension – Mental Health and Wellbeing

I-800-447-1985 | <https://www.extension.iastate.edu/humansciences/mental-health-and-wellbeing>

Iowa State Extension provides a list of mental health and wellbeing resources, websites and hotlines.

Brain Injury Alliance Iowa

I-855-444-6443 | www.biaia.org

Brain Injury Alliance Iowa assists individuals and family members seeking help navigating medical and general life challenges after a brain injury.

Your Life Iowa

I-855-581-8111 | I-855-895-8398 | www.yourlifeiowa.org

Your Life Iowa assists those in need of behavioral health or substance use disorder or addiction support.

The Center for Disability and Development

I-800-777-8442 | uihc.org/childrens/services/center-disabilities-and-development

The Center for Disabilities and Development at University of Iowa Stead Family Children's Hospital is dedicated to improving the health and independence of people with disabilities and creating a life with opportunities for everyone.

Iowa 211

Dial 211 by phone | Download the 211 Iowa app for iOS or Android to have instant access to the 211 database | <https://211iowa.org>

Iowa 211 links Iowans to health and human service programs, community services, disaster services and governmental programs.

Provider Prevention and Support Services (PPASS)

I-641-525-0401 | elevateccbhc.org/our-services/#i-start

PPASS is a statewide initiative to help support long term services support staff in working with challenging individuals.

988 Suicide & Crisis Lifeline

I-988 | <https://hhs.iowa.gov/988-lifeline>

The national 988 Suicide & Crisis Lifeline is a network of local crisis centers that provide free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the US.

Iowa's Mental Health and Disability Services Regions

I-866-968-7842

Iowa's MHDS Regions is a resource to help locate a provider for a variety of services in your area.

Iowa HHS Medicaid

I-855-889-7985 | www.hhsservices.iowa.gov

To enroll in Medicaid or if you have questions about Medicaid coverage



Resources for Families with Children

Early Childhood Iowa

1-515-331-8000 | earlychildhood.iowa.gov/parents-and-families

Early Childhood Iowa (ECI) is a statewide initiative that unites public and private agencies, organizations and stakeholders under one common vision.

Child Health Specialty Clinics

1-866-219-9119 | familynavigator@uiowa.edu | chsciowa.org

CHSC provides gap-filling clinical services, care coordination, and family to family support through a wide array of special programs.

Regional Autism Assistance Program

1-866-219-9119 | chsciowa.org/regional-autism-assistance-program.asp

RAP provides community-based clinical consultation, multidisciplinary care planning recommendations and family to family support for children with Autism Spectrum Disorder (ASD) and their families.

Children at Home

1-515-558-9946 | iafamilysupportnetwork.org/families/children-at-home/

The Children at Home program is designed to assist you and your family in securing the services and supports that you identify as necessary in helping your child remain at home.

Iowa Childcare Resource and Referral

iowaccrr.org/contact

Child Care Resource & Referral (CCR&R) is a program to support quality child care throughout the state of Iowa.

ASK Resource Center

1-515-243-1713 | askresource.org

ASK (Access for Special Kids) Resource Center is a parent training, information and advocacy center for families of children with special needs across the state of Iowa.

Community Action Agencies

1-515-244-0307 | info@iowacomunityaction.org | <https://iowacomunityaction.org/>

Iowa Community Action Association provides resources and support to the 16 Community Action Agencies located in Iowa.

Area Education Agencies

iowaaea.org/find-my-aea

Area Education Agencies ensures all students have lifelong access to high-quality educational opportunities and resources.