



# Iowa Total Care Mental Health Services

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## Get Connected



### Call

- 1-833-404-1061 (TTY: 711) Monday-Friday, 7:30 a.m. - 6:00 p.m. CT.



### Search

- Use our Find a Provider Tool: [findaprovider.iowatotalcare.com](https://findaprovider.iowatotalcare.com).
  - Filter by location, provider type, and specialty areas.



### Contact

- Send us a message using your Iowa Total Care member portal account ([my.iowatotalcare.com](https://my.iowatotalcare.com)).
- Already have a case manager? They can assist with your coordination needs.

# Iowa Total Care Mental Health Services

## **Teladoc**

- Telehealth service provider for Iowa Total Care members.
  - Mental health services available for members ages 18+.
- Set up your Teladoc account today. There are three ways:
  - By phone: 1-800-835-2362
  - Download app: App Store | Google Play
  - Online: [Teladoc.com](https://www.teladoc.com)

## **Value-Added Services**

- Choose Tomorrow Suicide Prevention Program
- HALO: Health Assistance, Linkage, and Outreach for Substance Use
- Wraparound Programs for ADHD, Autism, Schizophrenia, and First Episode Psychosis

# Iowa Total Care Mental Health Services



## 24/7 Crisis Line

- 1-833-404-1061 (TTY: 711)
- Follow-up from Iowa Total Care behavioral health team member within one business day of your call.
  - Additional coordination support



## Visit our mental health resource webpage for more info:

[iowatotalcare.com/members/medicaid/suicide-awareness-education.html](http://iowatotalcare.com/members/medicaid/suicide-awareness-education.html)