

# Mental Health

**Immediate Crisis:**  
Call 911 if you or an individual is in immediate danger

**988 Suicide & Crisis Hotline** (Call 988 or Online Chat)

**Seasons Crisis Line** Call 844.345.4569

**Crisis Text Line** (Text HOME to 741741)

\*\*All crisis lines can be used by individuals in crisis or by individuals concerned about the well-being of someone else\*\*

## Plains Area Mental Health

Emergency Line: 1.888.546.0730

Crisis Appointments: Monday - Thursday, 8am - 2 pm

\*\*Appointments for an immediate need\*\*

Visit <http://plainsareamentalhealth.org/> for location information. See the transportation section for transport assistance.

## Mental Health Crisis

### Seasons Mobile Crisis Unit

\*\* Only in cases with schools, law enforcement, hospitals, and medical clinics\*\*

Learn more about Seasons Mobile Crisis Unit



If crisis situation has dissipated: Offer and provide non-crisis resources

## General Mental Health Resources

### 211 Mental Health Assistance

Call 211 (or 515-246-6555), text your ZIP code to 898211, utilize 211 online chat, or download the 211 app.

Learn more about Dickinson County Behavioral Health Coalition & "Let's Talk Dickinson"



### Iowa Warm Line: 1-844-775-WARM (9276)

24/7 non-crisis, confidential listening line for anyone struggling w/ mental health.

### Champion State of Mind

Phone: 1-800-592-0180  
Website: [championmind.org](http://championmind.org)  
Hours: Monday- Friday, 9 am - 5 pm

Provide a wide variety of behavioral health services for youth, families, and adults.

### Plains Area Mental Health

Open Access Appointments:  
Monday- Thursday, 8 am - 3 pm  
& Friday, 8am - 2 pm

No appointment needed, starts the process of services. Eligible regardless of insurance.

### Elevate Therapy & Assessment

Phone: (712) 338-6200  
[www.elevatetherapy.org/](http://www.elevatetherapy.org/)  
Hours: Monday- Friday, 8 am- 5 pm

Offering individual therapy and psychological testing

### Seasons

Phone: (800) 242-5101  
<https://seasonscenter.org>  
Hours: Monday- Friday, 8 am- 5 pm

Offering adult, child, and family services