

# Substance Abuse

## Resources for Adults & Adolescents

### Rosecrance Jackson Centers

Spencer 712-584-2030  
Sioux City, Cherokee, Denison,  
LeMars, Sheldon  
712-234-2300  
<https://rosecrancejackson.org/>

### Champion State of Mind

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

### Shade of the Tree

Spirit Lake, 900 Lake Street  
712-330-9140  
<http://www.myshadeofthetree.com>

*Additional Benefits*  
*Sliding Scale fees available to help*  
*cost of treatment*

### Plains Area Mental Health

Spirit Lake, 710 Late St. Suite 2  
712-320-8112  
<https://plainsareamentalhealth.org/>

*Provides Free Online Mental*  
*Health Screening*

### All Those Yesterdays

Spencer, 1900 North Grand Ave North,  
Suite A  
712-363-5886  
<http://www.allthoseyesterdays.org>

### Seasons

Spirit Lake, 1401 Hill Ave.  
1-800-242-5101  
<https://seasonscenter.org/>  
*Insurance does not cover Trauma*  
*Therapy Services*

### Immediate Crisis:

Call 911 if you or  
an individual is  
in immediate  
danger

All Resources  
Require  
Appointment  
Booking

### SAMHSA National Helpline

1-800-662-4357

Substance Abuse Mental Health Services Administration: Confidential public health agencies, to find  
substance abuse treatment & info

### Veterans Counseling Center

Sioux City  
712-255-3808

### Veterans Crisis Line

Call 988 and Select 1  
Text 838255

## Resources for Veterans