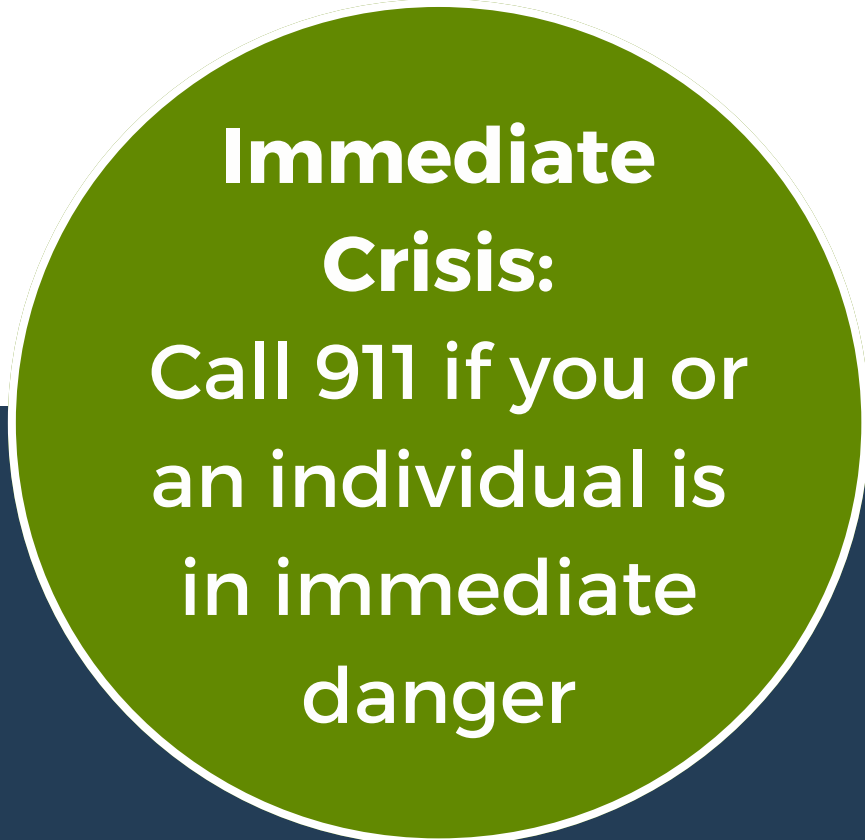


Mental Health



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

Mental Health Crisis

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.

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

Iowa Warm Line: 1-844-775-WARM (9276)
24/7 non-crisis, confidential listening line for anyone struggling w/ mental health.

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



Elevate Therapy & Assessment
Phone: (712) 338-6200
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

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.

211 Mental Health Assistance
Multiple ways to connect:

- Call 211 (or 515-246-6555)
- Text your ZIP code to 898211
- Utilize 211 online chat or
- Download 211 app