

# Substance Abuse

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

## Resources for Adults & Adolescents

### **Rosecrance Jackson Centers**

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

### **Seasons**

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

### **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>

**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**