

Counseling Referral Agencies

Crisis Numbers: You can receive emotional support during a crisis by utilizing these free crisis resources:

- Call 1-800-273-8255 for free and confidential emotional support offered 24/7
- Text HOME to 741741 to utilize the Crisis Text Line. The Crisis Text Line serves anyone, in any type of crisis and provides free 24/7 support through text messaging.
- Visit www.iowacrisischat.org to chat confidentially online for free with a trained crisis response volunteer.

NAME	NUMBER	Service	Payment Types	Locations
COVID Recovery	1-844-775-9276	Counseling, support groups	Free	Virtual
Northeast Iowa Behavioral Health	563-382-3649	Substance abuse, or individual counseling for a variety of mental health needs	T-19, pvt pay, sliding fee scale insurance	Oelwein, Elkader, West Union
Community Circle of Care	1-866-279-5023	Community-based services and supports to non-Medicaid children and youth with serious behavioral or mental health needs in northeast Iowa	Most insurance accepted	Oelwein
Families First	888-316-3025	BHIS in-home service for: communication skills, anger management, conflict resolution, coping, decision making, ADHD, sexual abuse survivors; Integrated Health Program help parents with IEPs.	T-19, pvt pay, sliding fee scale, some private	Oelwein, In-home also offered
Counseling and Family Centered Services	641-394-2505	BHIS (in-home skill building), Individual, Family	T-19, pvt pay	Oelwein, In-home also offered
Family Solutions III	319-827-6270	BHIS (in-home skill building)	T-19	Jesup, Waterloo, Strawberry Point
Abbe Center	(319) 334-4010	Provides individual, group, and family mental health and psychiatric services for individuals, couples, adults, teens children and families.	Most insurance accepted	Independence, Manchester
New Directions	319-232-2086	BHIS (in-home skill building), individual and family	T-19, pvt pay	Waterloo
FADSS through Northeast Iowa Community Action Agency	563-387-4936	Referral to resources, advocacy, assessments, and optional home visits, support, can also help with housing	Offered through a grant	West Union, Oelwein

Lutheran Services	563-927-3281	Early Intervention, therapy, Free, short-term, voluntary, 60-day crisis intervention program for families, Behavioral Health Intervention Services (BHIS) skill building for children with behavioral issues.	T-19, Blue Cross/Blue Shield, TriCare, United Healthcare/Optum, and possibly others.	Manchester, Waterloo
Kim Conrad - Conrad Counseling and Family Service	(641) 394-2505	Specializing in child and adolescent individual therapy	Call to verify insurance is accepted.	Wacoma, New Hampton
Counseling and Assessment Services	(319) 334-6820	Services include: psychological evaluations, individual, marital and family counseling, EMDR, psychoeducational assessments, the evaluation of Attention Deficit Disorder and Family Centered Psychological Assessments.	Call to verify insurance is accepted.	Independence
Full Circle	319-334-4341	Behavioral health counseling and crisis counseling	Most insurance accepted	Independence
Catholic Charities	1-800-772-2758	Support groups and professional mental health counseling for individuals, families, children and couples	Private pay, sliding fee for insurance	Dubuque, Decorah, Waterloo
Child Health Specialty Clinic	319-283-4135	Part of Iowa's statewide public health system that facilitates the development of family centered, community based, coordinated systems of care for children and youth with special care needs.	Call to verify insurance is accepted.	Decorah, Oelwein
Riverview Center	563-380-3332	Advocates can offer support to survivors. They have a therapist that offers EMDR/play therapy. They also can help with transportation, attending court/appointments, helping victims and non-offending families deal with the aftermath of abuse.	Free advocacy services, no concerns with insurance or immigration status.	Decorah, Manchester, Waterloo, Dubuque *able to travel

*This is not an exhaustive list. There may be other providers in the area that provide similar services. This list is not an endorsement or recommendation of any of the listed providers.