

# Cass County Iowa Urgent Need Community Resource Guide



**Healthy** December 2021  
CASS COUNTY

Compiled in partnership with Cass County ISU Extension

*\*If possible emergency, call 9-1-1 and dispatch will determine whether you need emergency help\**

## CRISIS

### Cass County Sheriff

Phone: (712) 243-2206  
Address: 5 W. 7th St., Atlantic, IA 50022  
Website: [www.atlanticiowa.com/county](http://www.atlanticiowa.com/county)

### Atlantic Police Department

Phone: (712) 243-3512  
Address: 5 W. 7th St., Atlantic, IA 50022  
Website: [www.atlanticiowapd.org](http://www.atlanticiowapd.org)

### Your Life Iowa

Free and confidential help for suicide prevention, problem gambling, and substance abuse issues (drugs and alcohol).  
24/7 Phone: (855) 581-8111  
Website: [www.yourlifeiowa.org](http://www.yourlifeiowa.org)

### Suicide Helpline

Free and confidential support for people in distress, prevention and crisis resources, and best practices for professionals.  
24/7 Phone: (800) 273-8255  
Website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### Runaway Hotline

If you are thinking of running, if you have a friend who has run away, or if you are a runaway ready to go home.  
24/7 Phone: (800) RUNAWAY or text 66008  
Website: [www.1800RUNAWAY.org](http://www.1800RUNAWAY.org)

### Iowa Red Cross

Disaster relief and help with needs during disasters.  
Phone: (515) 243-7681

### 211

Information on resources and services ranging from help paying bills to help finding food.  
24/7 phone: 211  
Website: [www.211.org](http://www.211.org)

### Family Crisis Centers

Advocacy and support for those injured or harmed by crime.  
24/7 Phone: (800) 382-5603  
Website: [www.familycrisiscenters.org/](http://www.familycrisiscenters.org/)

## GENERAL ASSISTANCE

### Cass County General Relief and Community Services

Provides assistance to residents of Cass County, Iowa. Assistance may be provided for rent, utilities, and indigent burial, to name a few.

This office serves as a referral source for the county.

Phone: (712) 243-4424  
Address: 5 W. 7th St., Atlantic, IA 50022  
Website: [www.casscountyiowa.gov/county-departments/general-relief-office/](http://www.casscountyiowa.gov/county-departments/general-relief-office/)

### Cass County Department of Human Services

Supplemental Food Assistance (SNAP) & more.

Phone: (712) 243-4401  
Address: 601 Walnut St., Atlantic, IA 50022

### Iowa Department of Human Services

Find food assistance, Medicaid, childcare assistance, and more.

24/7 Phone: (800) 972-2017

Website: [www.dhs.iowa.gov](http://www.dhs.iowa.gov)

Apply for food, cash assistance, childcare assistance, and more (online only): <https://dhs.iowa.gov/how-to-apply>

### West Central Community Action

Assists with services including WIC, heat assistance, childcare referral, head start, senior aides, and more.

Phone: (712) 243-5421  
Address: 304 Chestnut St., Atlantic, IA 50022  
Website: [www.westcentralca.org](http://www.westcentralca.org)

### Cass County ISU Extension

Unbiased research-based information for family, home, business, community, or farm.

Phone: (712) 243-1132  
Address: 805 W. 10th St., Atlantic, IA 50022  
Website: [www.extension.iastate.edu/cass](http://www.extension.iastate.edu/cass)

### Atlantic Area Ministerial Association

A network of church ministers from local communities with access to resources to help those in need.

Phone: (712) 243-3156

## ABUSE

### GENERAL

### Iowa DHS Child and Dependent Adult Abuse Hotline

Confidential reporting and assessment of suspected abuse against children and dependent adults in Iowa.

Phone: (800) 362-2178  
Website: <https://dhs.iowa.gov/report-abuse-and-fraud>

### Boys and Girls Town Hotline

Helping children, family and communities suffering from abuse, addiction, abandonment, or violence.

24/7 Phone: (800) 448-3000  
Website: [www.boystown.org/hotline](http://www.boystown.org/hotline)

## **DOMESTIC VIOLENCE/SEXUAL ASSAULT/TRAFFICKING**

### Catholic Charities Phoenix House

Domestic violence/sexual assault 24/7 help, shelter.  
Phone: (712) 328-0266 or 1 (888) 612-0266

### Family Crisis Support Network

Advocacy & Support for survivors of domestic violence (no emergency intervention).

Phone: (712) 243-6615  
Mailing address: PO Box 11 Atlantic, IA 50022

### Iowa Victims Service Call Center

24/7 Domestic violence, sexual violence, human trafficking.  
Phone: (800) 770-1650 or text IOWAHELP to 20121  
Website: [www.survivorshelpline.org](http://www.survivorshelpline.org)

### National Human Trafficking Hotline

If you or someone you know is a victim, call now to access support and services to get help and stay safe.

Phone: (888) 373-7888 or text 233733  
Website: [www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)

## **SUBSTANCE ABUSE**

### Alcoholics Anonymous

A fellowship of individuals who share experience and hope to help others recover from alcoholism. Visit website for meeting information (available online during COVID-19).

Phone: (712) 328-9979  
24/7 crisis line: (402) 556-1880  
Local Website: [www.aa-iowa.org](http://www.aa-iowa.org)  
Regional Website: [www.omahaaa.org/](http://www.omahaaa.org/)

### Quitline Iowa

Free program that provides helpful tools, information, and support throughout your quit tobacco/nicotine process.

Phone: (800) QUIT-NOW (784-8669)  
Website: [www.quitlineiowa.org](http://www.quitlineiowa.org)

## **CHILDCARE, RESPITE, & OTHER FAMILY SUPPORT**

### Child Care Resource & Referral Agency (CCR&R)

Resource for any parent looking for childcare.  
Phone/email: (855) 244-5301 [childcare@caeiowa.org](mailto:childcare@caeiowa.org)  
Website: [www.iowaccrr.org](http://www.iowaccrr.org)  
Provider search: [ccmis.dhs.state.ia.us/ClientPortal/ProviderSearch.aspx](http://ccmis.dhs.state.ia.us/ClientPortal/ProviderSearch.aspx)

### Lutheran Services in Iowa

Respite and programming for children and adults with waivers; refugee and immigrant services; foster care and adoption.

Phone: (712) 323-1558  
Website: [www.lsiowa.org](http://www.lsiowa.org)

### Iowa FOCUS

Provides supported community and home-based living that helps with daily living needs for individuals with disabilities, chronic mental illness, or brain injury.

Phone: (712) 323-4024  
Website: [www.iowafocus.com](http://www.iowafocus.com)

### Transitional Services of Iowa

Behavioral health services for ages 3-18, therapy for all ages, and domestic violence avoidance classes for adults. Medicare and Medicaid accepted.

Phone: (712) 249-2904  
Website: [www.transitionalservicesofiowa.org](http://www.transitionalservicesofiowa.org)

### Trivium Life Services

Supported living, adult day services, and employment opportunities for adults with disabilities and mental illness  
Phone: (712) 243-2668  
Address: 1800 W 22<sup>nd</sup> Street, Atlantic, Iowa 50022  
Website: [www.triviumlifeservices.org](http://www.triviumlifeservices.org)

### Family Resource Center

Respite care, SCL (Supported Community Living), CDAC or attendant services, etc. Medicare and Medicaid accepted.

Phone: (712) 254-9016  
Website: <https://www.carrollfrc.org/>

## **FOOD**

### **Food Pantries**

Cass County Local Food Policy Council Website:  
[www.facebook.com/CassCountyLocalFood/](https://www.facebook.com/CassCountyLocalFood/)

### Anita Food Pantry

Phone: (712) 762-3645  
Address: 208 Chestnut St, Anita, IA 50020  
Hours: 1<sup>st</sup> & 3<sup>rd</sup> Saturday, 9:00am - 11:00am

### Atlantic Food Pantry

Pantry phone: (712) 243-5019 (9-11 AM Mon, Thurs)  
Address: 19 W. 4th St., Atlantic, IA 50022  
Hours: Thursdays, 1:00pm - 2:00pm

### Cumberland Care & Share Food Pantry

Phone: (712) 774-5818  
Address: 317 Monroe St, Cumberland, IA 50843  
Hours: 1<sup>st</sup> & 3<sup>rd</sup> Wednesday, 4:00pm- 5:30pm

### Lord's Cupboard of Griswold

Phone: (712) 778-4178  
Address: 100 Cass St., Griswold, IA 51535  
Hours: 2<sup>nd</sup> and 4<sup>th</sup> Tuesday, 11:00am - 2:00pm

### **Meals for Children**

School districts offer free/reduced meals to students who qualify. Weekend food or "Backpacks" may be available for those in need. Free summer meals may also be offered.

### Atlantic School District

For all questions, including Backpacks and summer meals:

Central Office: (712) 243-4252  
Food Service: (712) 243-5369  
Website: [www.atlanticiaschools.org](http://www.atlanticiaschools.org)

### CAM School District

School Food Director: Tami Williamson (712) 762-3231 or  
[twilliamson@cam.k12.ia.us](mailto:twilliamson@cam.k12.ia.us)  
Backpack program: Kay Stork (712) 762-3343 or  
[kstork@cam.k12.ia.us](mailto:kstork@cam.k12.ia.us)  
Website: [www.camcougars.org](http://www.camcougars.org)

### Griswold School District

Free/reduced meals phone: (712) 778-2152  
Website: [www.griswoldschools.org](http://www.griswoldschools.org)  
Friday Food (not affiliated with the school, affiliated with The Lord's Cupboard): Diane Rieken (605) 695-0652

### **Food Delivery Services**

#### Meals on Wheels

\$3.50 Meals delivered Mon.-Fri. within Atlantic city limits.  
Phone: (712) 250-0036

## **FINANCIAL/LEGAL/EMPLOYMENT**

### Cass County Attorney

Phone: (712) 243-4504  
Address: 5 W. 7th St., Atlantic, IA 50022  
Website: [www.atlanticiowa.com/county](http://www.atlanticiowa.com/county)

### Iowa Concern Hotline

Free, confidential financial, legal, stress and crisis assistance.  
24/7 Phone: (800) 447-1985  
Website: [www.extension.iastate.edu/iowaconcern](http://www.extension.iastate.edu/iowaconcern)

### Iowa Legal Aid

Legal assistance for low-income individuals.  
Phone: (800) 532-1275  
Website: [www.iowalegalaid.org](http://www.iowalegalaid.org)

### Iowa Workforce Development

To file for unemployment and find employment services.  
Phone: (866) 239-0843  
Website: [www.iowaworkforcedevelopment.gov](http://www.iowaworkforcedevelopment.gov)

### Iowa Vocational Rehabilitation Services

Employment and support services for Iowans with limitations.  
Phone: (712) 243-5346  
Website: [www.ivrs.iowa.gov](http://www.ivrs.iowa.gov)  
Address: 1005 E 7<sup>th</sup> St., Suite 201, Atlantic IA 50022

## **HEALTH**

### Cass Health

Comprehensive, local healthcare for all.  
Phone: (712) 243-3250  
Address: 1501 E. 10th St., Atlantic, IA 50022  
Website: [www.casshealth.org](http://www.casshealth.org)

### Cass County Public Health

Health information and programs for children, families, adults.  
Phone: (712) 243-7546  
Address: 1408 East 10th St., Atlantic, IA 50022  
Website: [www.casshealth.org/PublicHealth/](http://www.casshealth.org/PublicHealth/)

## **COVID-19**

### Cass Health

Address: 1501 E. 10th St., Atlantic, IA 50022  
Websites: [www.casshealth.org/covidvaccine/](http://www.casshealth.org/covidvaccine/)  
[www.casshealth.org/covidtesting](http://www.casshealth.org/covidtesting)

### Test Iowa

COVID-19 testing information, and free tests.  
Website: <https://www.testiowa.com/en>  
Phone (business hours only): (833) 286-8378

### Vaccinate Iowa

COVID-19 vaccination information.  
Website: <https://vaccinate.iowa.gov/>  
Phone (business hours only): (515) 281.7689

### COVID Recovery Iowa

Free virtual counseling and assistance for all Iowans affected by COVID-19.  
24/7 phone Iowa Concern: (800) 447-1985  
Spanish Line: (531) 800-3687  
Website: [www.covidrecoveryiowa.org](http://www.covidrecoveryiowa.org)

## **PHYSICAL HEALTH**

### Atlantic Lions Club

Funding for eyeglasses and hearing aids for individuals with a financial need. Application required.  
Phone: (712) 249-0519

## **SEXUAL HEALTH**

### Family Planning Council of Iowa

Reproductive healthcare and family planning services, including services for low-income individuals.  
Phone: (515) 288-9028  
Website: [www.fpcouncil.org](http://www.fpcouncil.org)

### Family Planning Program

Helps low-income Iowans with costs of family planning services.  
Website: <https://dhs.iowa.gov/ime/members/medicaid-a-to-z/FPP>

### HIV/STD Testing

Free, confidential HIV/STD Testing.  
Phone (call or text): (712) 545-0107  
Website: [www.nap.org](http://www.nap.org)

## **THERAPY AND MENTAL HEALTH**

### Full Circle Therapy

Therapy services for children, adults, couples, and families. Medicare, Medicaid accepted.  
Phone: (712) 352-0917  
Address: 808 East 7<sup>th</sup> St., Atlantic, IA 50022  
Website: [www.fullcircletherapyiowa.com](http://www.fullcircletherapyiowa.com)

### Therapy Place, Inc.

Psychotherapy, psychiatric. Medicare, Medicaid accepted.  
Phone: (712) 254-9018  
Website: [www.therapyplaceinc.com](http://www.therapyplaceinc.com)

### ZION Integrated Behavioral Health Services

24/7 Substance abuse intervention and recovery services. Specialized areas of expertise include child and adolescent psychiatry, family therapy, psychological testing, psychotherapy, and marital therapy. Fees for services based on family size, gross income, and county of residence. Medicare, Medicaid accepted.  
Substance Use Phone: (712) 243-5091  
Mental Health Phone: (712) 243-2606  
Address: 2307 S. Olive St, Atlantic, IA 50022  
Website: [www.zioniowa.org](http://www.zioniowa.org)

## HOUSING

### Iowa Balance of State Continuum of Care

Services for people experiencing homelessness or at risk of experiencing homelessness.  
Phone: (833) 739-0065  
Website: <https://iaboscoc.org/balance-of-counties>

### Iowa Mortgage Help Hotline

Statewide referral hotline, foreclosure intervention, negotiation/mediation services with loan servicers/lenders.  
Phone: (877) 622-4866  
Website: [www.iowamortgagehelp.com](http://www.iowamortgagehelp.com)

### SIRHA - Southern Iowa Regional Housing Authority

Provides rent assistance or rent subsidies to low-income individuals who meet qualifying guidelines.  
Phone: (641) 782-8585  
Website: [www.sirha-ia.org](http://www.sirha-ia.org)

## POISON, FOOD, & HOME SAFETY

### Food Poisoning Reports

Investigations into causes and sources of foodborne illness.  
Phone: (844) 469-2742

### Poison Control Center

Guidance for poison questions and emergencies.  
24/7 Phone: 1 (800) 222-1222  
Website: [www.poison.org](http://www.poison.org)

### ISU Extension and Outreach AnswerLine

Information and resources for consumers with home and family questions such as food safety, preparation, cleaning and more.  
Phone: 1 (800) 262-3804

## SENIORS

### Connections Area Agency on Aging

Assistance, service coordination, and resources for independence for aging Iowans, those 18+ with disabilities, and caregivers.  
Phone: (800) 432-9209  
Address: 300 W. Broadway, Council Bluffs, IA 51503  
Website: [www.connectionsaaa.org](http://www.connectionsaaa.org)

### LifeLong Links

Iowa's aging and disability resource center.  
Website: <https://iowa.myresourcedirectory.com/>

### Senior Life Solutions

Cass Health's intensive outpatient group counseling program for adults age 65+ struggling with depression and anxiety.  
Phone: (712) 250-8100  
Address: 1500 E. 10<sup>th</sup> St., Atlantic, IA 50022  
Website: [www.casshealth.org/patients/our-services/senior-life-solutions/](http://www.casshealth.org/patients/our-services/senior-life-solutions/)

## TEENS/ YOUNG PEOPLE

### Teen Line Iowa

Confidential counseling and support for teens about their health, relationships, body, and sexuality.  
24/7 Phone: (800) 443-8336  
Website: [www.extension.iastate.edu/teenline](http://www.extension.iastate.edu/teenline)

### The Trevor Project

Crisis intervention and suicide prevention for lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) people under age 25.  
24/7 Phone: (866) 488-7386; text 678-678  
Website: [www.thetrevorproject.org](http://www.thetrevorproject.org)

### My Life, My Quit

Confidential resource on vaping nicotine and other tobacco products for teens.  
Phone call or text "Start My Quit": (855) 891-9989  
Website: [www.mylifemyquit.com](http://www.mylifemyquit.com)

## TRANSPORTATION

### Southwest Iowa Transit Agency

Safe, affordable, reliable transportation for transit needs.  
Phone: 1 (800) 842-8065 or (712) 243-2518  
Website: [www.swipco.org/transit-swita](http://www.swipco.org/transit-swita)

### Templeman's Taxi

City of Atlantic only.  
Phone: (712) 243-3727

## VETERANS, SERVICEMEN/WOMEN

### Cass County Veterans Affairs

Phone: (712) 243-6662  
Address: 5 W. 7th St., Atlantic, IA 50022

Call Center for Homeless Veterans: (877) 424-3838

Women Veterans Call Center: (855) VA-WOMEN

Veterans' Healthcare: (877) 222-8387

Veterans' Crisis Line: (800) 273-8255 Press 1

Peer support for combat veterans and families: (877) 927-8387

Nebraska/Western Iowa VA Medical Center: (402)346-8800

Website: [www.va.gov](http://www.va.gov)

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visit [www.extension.iastate.edu/cass](http://www.extension.iastate.edu/cass) or  
call Cass County Extension at (712) 243-1132  
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