

# Cass County Urgent Need Community Resource Guide



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

(712) 243-2206 | [www.atlantiowa.com/county](http://www.atlantiowa.com/county)

Address: 5 W. 7th St., Atlantic, IA 50022

### Atlantic Police Department

(712) 243-3512 | [www.atlantiowapd.org](http://www.atlantiowapd.org)

### Your Life Iowa

Free and confidential help for suicide prevention, problem gambling, and substance abuse issues (drugs and alcohol).

24/7: (855) 581-8111 | [www.yourlifeiowa.org](http://www.yourlifeiowa.org)

### Hope4Iowa Crisis Call Line

Connect individuals in crisis to a helping hand and the resources to address and improve mental wellness.

24/7: 844-673-4469 | [www.hope4iowa.org](http://www.hope4iowa.org)

### 988 Suicide & Crisis Helpline

Free and confidential support for people in distress.

24/7: 988 | [www.988lifeline.org](http://www.988lifeline.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: (800) RUNAWAY or text 66008 | [www.1800RUNAWAY.org](http://www.1800RUNAWAY.org)

### Iowa Red Cross

Disaster relief and help with needs during disasters.

(515) 243-7681

### 211

Information on resources from help paying bills to help finding food.

24/7: 211 | [www.211.org](http://www.211.org)

### Family Crisis Centers

Advocacy and support for those injured or harmed by crime.

24/7: (800) 382-5603 | [www.familycrisiscenters.org/](http://www.familycrisiscenters.org/)

## GENERAL ASSISTANCE

### Cass County General Relief and Community Services

Provides assistance to residents of Cass County, including assistance for rent, utilities, and indigent burial, to name a few.

(712) 243-4424

[www.casscountya.gov/county-departments/general-relief-office/](http://www.casscountya.gov/county-departments/general-relief-office/)

Address: 5 W. 7th St., Atlantic, IA 50022

### Cass County Department of Human Services

Supplemental Food Assistance (SNAP) & more.

(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: (800) 972-2017 | [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 heat assistance, childcare referrals, WIC referrals, Head Start, toiletries pantry, clothing closet, & more.

(712) 243-5421 | [www.westcentralca.org](http://www.westcentralca.org)

Address: 304 Chestnut St., Atlantic, IA 50022

### Cass County ISU Extension

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

(712) 243-1132 | [www.extension.iastate.edu/cass](http://www.extension.iastate.edu/cass)

Address: 805 W. 10th St., Atlantic, IA 50022

### Atlantic Area Ministerial Association

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

(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.

(800) 362-2178 | <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: (800) 448-3000 | [www.boystown.org/hotline](http://www.boystown.org/hotline)

#### **Domestic Violence/ Sexual Assault/ Trafficking**

##### Cass Health Emergency Department

A Sexual Assault Nurse Examiner (SANE) is available 24/7 to treat and support survivors of sexual assault. SANE nurses treat pubescent patients but have resources to assist prepubescent survivors.

(712) 243-3250

Address: 1501 E. 10th St., Atlantic, IA 50022

##### Catholic Charities Domestic Violence & Sexual Assault Program

24/7 crisis line, shelter, legal advocacy, crisis intervention, housing and economic advocacy, free support groups and classes for survivors of domestic violence, sexual assault, and human trafficking. Bilingual / Spanish-speaking advocates available.

24/7: (888) 612-0266 | For groups and classes: (712) 328-0266

[www.CatholicCharitiesDM.org](http://www.CatholicCharitiesDM.org)

##### Family Crisis Support Network

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

(712) 243-6615

Mailing address:

PO Box 11 Atlantic, IA 50022

### Iowa Victims Service Call Center

24/7 Domestic violence, sexual violence, human trafficking.

(800) 770-1650 or text IOWAHELP to 20121

[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.

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

### **Substance Misuse**

#### 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).

24/7 crisis line: (402) 556-1880 (712) 328-9979

Local: [www.aa-iowa.org](http://www.aa-iowa.org) Regional: [www.omahaaa.org/](http://www.omahaaa.org/)

### Quitline Iowa

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

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

### **Childcare, Family Support, and More**

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

Resource for any parent looking for childcare.

(855) 244-5301 | [www.iowaccrr.org](http://www.iowaccrr.org) | [childcare@caeiowa.org](mailto:childcare@caeiowa.org)

Provider search:

[ccmis.dhs.state.ia.us/ClientPortal/ProviderSearch.aspx](http://ccmis.dhs.state.ia.us/ClientPortal/ProviderSearch.aspx)

### Child and Family Resource Network of Southwest Iowa

Free parenting support and resources.

(712) 355-2615 | [www.childandfamilyresourcenetwork.org](http://www.childandfamilyresourcenetwork.org)

### LC Clinic

Free programs and resources for parents and parents-to-be, including pregnancy tests, STI testing for chlamydia and gonorrhea, parenting education, and more.

Mon. Wed. 11-5PM: (712) 254-9086 | 24/7 text: (515) 523-5669

Address: 507 Chestnut St. Atlantic, IA 50022

### Lutheran Services in Iowa

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

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

### 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.

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

### **FOOD**

#### Cass County Local Food Policy Council Website:

Information on food pantries, resources and mobile pantries.

[www.facebook.com/CassCountyLocalFood/](https://www.facebook.com/CassCountyLocalFood/)

### Supplemental Nutrition Assistance Program (SNAP)

Also known as “food stamps” or EBT, SNAP provides financial nutrition benefits to low-income households based on income.

For questions or to apply: (855) 944-3663 | [DHSServices.iowa.gov](http://DHSServices.iowa.gov)

### Double Up Food Bucks

Coupons for free fruits and vegetables provided to people who purchase fresh fruits and vegetables with SNAP/EBT. Participating retail locations in Cass County as of January 2023 include Fareway in Atlantic and the Produce in the Park Farmers Market.

[DoubleUpIowa.org](http://DoubleUpIowa.org)

### Women, Infants, & Children (WIC)

An income-based supplemental nutrition program for babies, children under the age of 5, pregnant women, breastfeeding women, and women who have had a baby in the last 6 months.

(712) 328-5886 | [Signupwic.com](http://Signupwic.com)

### Farmers Market Nutrition Program (FMNP)

FMNP provide farmers market produce checks to WIC recipients and low-income adults age 60+. Checks can be used June 1 – October 31.

Senior checks: (800) 432-9209 | [www.connectionsaaa.org](http://www.connectionsaaa.org)

WIC checks: (712) 328-5886

### **Food Pantries**

#### Anita Food Pantry

(712) 250-0410

Address: 208 Chestnut St, Anita, IA 50020

Hours: 1<sup>st</sup> & 3<sup>rd</sup> Saturday, 8:00 - 10:00am

#### Atlantic Food Pantry

(712) 243-5019 (9-11 AM Mon, Thurs)

Address: 704 W. 7<sup>th</sup> St., Atlantic, IA 50022

Hours: Thursdays, 12:30- 2 PM (or until line ends)

#### Cumberland Care & Share

(712) 774-5818

Address: 317 Monroe St, Cumberland, IA 50843

Hours: 1<sup>st</sup> & 3<sup>rd</sup> Wednesday, 4:30pm- 5:30pm

#### The Lord’s Cupboard

(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 (pre-K-12):

Central Office: (712) 243-4252 | Food Service: (712) 243-5369

[www.atlanticiaschools.org](http://www.atlanticiaschools.org)

#### CAM School District

Foods Director: Tami Williamson (712)762-3231 or

[twilliamson@cam.k12.ia.us](mailto:twilliamson@cam.k12.ia.us)

Backpack program (Grades Pre-K through 8th, HS by exception):

Brittany Honeck (713) 779-2212 or [bhoneck@cam.k12.is.us](mailto:bhoneck@cam.k12.is.us)

[www.camcougars.org](http://www.camcougars.org)

#### Griswold School District

Free/reduced meals: (712) 778-2152 | [www.griswoldschools.org](http://www.griswoldschools.org)

Friday Food (Pre-K through 5<sup>th</sup>): Diane Rieken (605) 695-0652

## Food Delivery Services

### Meals on Wheels

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

## FINANCIAL/LEGAL/EMPLOYMENT

### Cass County Attorney

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

### Iowa Concern Hotline

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

### Iowa Legal Aid

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

### Iowa Workforce Development

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

### Iowa Vocational Rehabilitation Services

Employment and support services for Iowans with limitations.  
(712) 243-5346 | [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 healthcare services including acute care, obstetrics, skilled nursing, specialty services, immunizations, and more,

- **Primary Care for routine and acute healthcare needs that are not emergencies** including: physicals, chronic conditions, illness, injuries, pregnancy tests, screenings, vaccinations, well-child exams, and needs listed under rapid care.
- **Rapid Care for minor injuries and illnesses when a primary care provider isn't available soon enough. All patients are seen on a first-come first-served basis without appointments.** For needs including mild asthma attacks, possible broken bones, minor burns, congestion or cough, earaches, skin or eye infections, insect bites or rashes, minor cuts and wounds, nausea, vomiting, diarrhea, seasonal allergies, sprains, strains, bruises, sinus issues, sore throats, urinary tract infections.
  - [www.casshealth.org/patients/our-services/rapid-care/](http://www.casshealth.org/patients/our-services/rapid-care/)
- **Emergency** For needs including abdominal pain, asthma attack (first or severe), broken bones, severe burns or electric shock, coughing or vomiting blood, difficulty breathing, heart attack, fever in infants under 3 months, migraines (first or worst), poison ingestion, severe diarrhea or dehydration, shock, trauma, serious head injury, stroke, uncontrollable bleeding or amputation.
- **Call 911 if someone has the signs of a heart attack or stroke:**
  - **Stroke signs (BE FAST):** Balance issue, Eyes – change in vision, Face drooping or uneven, Arm or leg weakness, Speech Difficulty, Time to call 911.
  - **Heart Attack signs:** Pain/discomfort in chest, lightheadedness, nausea, vomiting, jaw/neck/back pain, discomfort or pain in arm or shoulder, shortness of breath.

(712) 243-3250 | [www.casshealth.org](http://www.casshealth.org)

Emergency/ Atlantic location: 1501 E. 10th St., Atlantic, IA 50022  
Additional primary care locations in Anita, Griswold, and Massena.

### Cass County Public Health

Health information and free programs, including parenting support, breast and cervical cancer screenings, car seat installation, and fall prevention programs for older adults.  
(712) 243-7546 | [www.casshealth.org/PublicHealth/](http://www.casshealth.org/PublicHealth/)  
Address: 1408 East 10th St., Atlantic, IA 50022

## Dental Health

### I-Smile Dental Initiative

Connect pregnant women and children with a dentist, insurance, and find ways to help pay for a dental visit.  
Liz Adison, Coordinator  
(712) 256-9566 ext. 220 | [laddison@familyia.org](mailto:laddison@familyia.org)

### Medicaid Dental Providers

Locate a dental provider that accepts Medicaid.  
Delta Dental: [www.deltadentalia.com/find-a-provider/dwp/](http://www.deltadentalia.com/find-a-provider/dwp/)  
MCNA: [www.mcnaia.net/](http://www.mcnaia.net/)

## Physical Health

### Atlantic Lions Club

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

## Sexual Health

### Family Planning Council of Iowa

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

### Family Planning Program

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

### Nebraska AIDS Project (NAP)

Free, confidential HIV, Hepatitis C, and syphilis testing. Free condoms, dental dams, and lube.  
(Call or text): (712) 435-0917 | [www.nap.org](http://www.nap.org)

## Mental Health and Disability Services

### Disability Rights Iowa

Equips Iowans with disabilities with knowledge, advocacy, representation, and assistance. Services are free to adults and children with a range of disabilities and mental illnesses.  
(800) 779-2502 | <https://disabilityrightsiowa.org/>

### Full Circle Therapy

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

### NAMI Southwest Iowa

Free in-person and virtual support groups, education, and advocacy for families and individuals living with mental illness.  
(712) 542-7904 | [www.namisouthwestiowa.com](http://www.namisouthwestiowa.com)

### Project Recovery Iowa

Free, confidential, virtual, and in-person counseling sessions to Iowans experiencing emotional distress or feeling overwhelmed.  
24/7: (800) 447-1985 | Spanish: (531) 800-3687  
[www.projectrecoveryiowa.org](http://www.projectrecoveryiowa.org)

### Southwest Iowa Mental Health Disability Service Region

Resources to help manage mental health disabilities and intellectual/developmental disabilities.  
(712) 328-5645 | [www.swiamhds.com](http://www.swiamhds.com)

### Therapy Place, Inc.

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

### ZION Integrated Behavioral Health Services

Substance abuse/ mental health therapy, crisis, and prevention 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: (712) 243-5091 Mental Health: (712) 243-2606  
[www.zioniowa.org](http://www.zioniowa.org) | 2307 S. Olive St, Atlantic, IA 50022

## **HOUSING**

### Iowa Balance of State Continuum of Care

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

### Iowa Mortgage Help Hotline

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

### SIRHA - Southern Iowa Regional Housing Authority

Rent assistance or subsidies for qualifying low-income individuals.  
(641) 782-8585 | [www.sirha-ia.org](http://www.sirha-ia.org)

### State of IA Dept. of Health & Human Services Rent Reimbursement

Rent reimbursement for people who live in Iowa, have an income of less than \$25,328, pay rent at an Iowa property that pays property tax, and are either aged 65 or older OR aged 18-64 and disabled.  
(800) 972-2017 | <https://dhs.iowa.gov>

## **OLDER ADULTS**

### Alzheimer's Association

Support and information on decision-making and crisis assistance for people living with dementia, caregivers, families, and the public.  
24/7: (800) 272-3900

<https://www.alz.org/help-support/resources/helpline>

### Connections Area Agency on Aging

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

### LifeLong Links

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

### Senior Life Solutions

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

## **POISON, FOOD, & HOME SAFETY**

### Food Poisoning Reports

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

### Poison Control Center

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

### ISU Extension and Outreach AnswerLine

Information on home and family questions such as food safety, preparation, cleaning and more.  
(800) 262-3804

## **TEENS/ YOUNG PEOPLE**

### Teen Line Iowa

Confidential counseling and support for teens about their health, relationships, body, and sexuality.  
24/7: (800) 443-8336 | [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: (866) 488-7386; text 678-678 | [www.thetrevorproject.org](http://www.thetrevorproject.org)

### My Life, My Quit

Resource on vaping, nicotine, and other tobacco products for teens.  
Call or text "Start My Quit": (855) 891-9989 | [www.mylifemyquit.com](http://www.mylifemyquit.com)

## **TRANSPORTATION**

### Southwest Iowa Transit Agency

Safe, affordable, reliable transportation for transit needs.  
(800) 842-8065 or (712) 243-2518 | [www.swita.com](http://www.swita.com)

### Templeman's Taxi

City of Atlantic only. (712) 243-3727

## **VETERANS, SERVICEMEN/WOMEN**

### Cass County Veterans Affairs

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

Veterans' Crisis Line: 988 Press 1 Text: 838255

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

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

Women Veterans Call Center: (855) VA-WOMEN

Veterans' Healthcare: (877) 222-8387

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

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

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

**For the latest version of this document visit**

**<https://www.extension.iastate.edu/cass/family-food> or  
call Cass County Extension (712) 243-1132 for a print copy.**