

Mental Health Support – Quick Overview

24 Hour Support:

- **Suicide and Crisis Support:**
 - UI Support and Crisis Line
 - Helpline: Call or text 844-461-5420
 - [Suicide & Crisis Lifeline](#):
 - Suicidal crisis and emotional distress
 - Helpline (call or text): 988
 - Crisis Text Line
 - Text BRAVE to 741-741
- **Sexual Assault Support:**
 - Iowa Victim Service Call Center:
 - Sexual Violence support program
 - Helpline: Call 1-800-770-1650 or text IOWAHELP to 20121
 - National Sexual Assault Hotline
 - Call 1-800-656-4673
 - Chat option available at rainn.org™
- **Domestic Abuse Support**
 - Domestic Violence Intervention Program
 - Domestic violence support and shelter
 - Helpline: Call 1-800-373-1043
- **Identity Based Programs**
 - Amani Community Services
 - African American sexual assault and domestic violence program
 - Helpline: Call 888-983-2533
 - Latinas Unidas Por Un Nuevo Amanecer (LUNA)
 - Survivors and victims of sexual assault and domestic violence
 - Helpline: Call 866-256-7668
 - Resources for Indigenous Survivors & Empowerment (RISE)
 - Survivors and victims of sexual assault and domestic violence in the Native and Meskwaki communities
 - Helpline: Call 866-881-4641
 - Monsoon Asians & Pacific Islanders in Solidarity
 - Asian Pacific Islander program for survivors and victims of sexual assault and domestic violence
 - Helpline: Call 866-338-7617
 - Thrive Together (formerly deaf Iowans Against Abuse)
 - Deaf and hard of hearing program for survivors and victims of sexual assault and domestic violence
 - Text only helpline: 515-661-4015
 - Nisaa African Family Services

Mental Health Support – Quick Overview

- African Immigrant and Refugee program for survivors and victims of sexual assault and domestic violence
 - Helpline: 844-269-6203
- [Trevor Project](#)
 - Crisis intervention and suicide prevention services for LGBTQ young people
 - Helpline: call 1-866-488-7386
- [Veteran Crisis Line](#)
 - Helpline: call 988 then press 1
 - Text 838255
- Resources:
 - [Iowa City Free Mental Health Clinic:](#)
 - Free clinic that is held at the Iowa City Abbe Center every other Saturday morning from 9 am – 1 pm
 - [University of Iowa Counseling Service:](#)
 - Individual Therapy
 - [Psychology Today - Find a Therapist Tool](#)
 - [National Alliance on Mental Illness \(NAMI\)](#)
 - [NAMI - Johnson County](#)
 - [Hope for the Day](#)
 - [The Jed Foundation](#)
 - [Active Minds](#)