

Cass County Urgent Need Community Resource Guide

IOWA STATE UNIVERSITY
Extension and Outreach
Healthy People. Environments. Economies.



Compiled in Partnership By:

Cass County ISU Extension
805 West 10th Street
Atlantic, Iowa 50022
712-243-1132

Healthy Cass County Coalition
1408 East 10th Street
Atlantic, Iowa 50022
712-243-7546

**If you are not sure whether the situation is a true emergency, please call 9-1-1
And let dispatch determine whether you need emergency help**

Updated: July 2019

LOCAL RESOURCES

Anita Food Pantry

Visits permitted: Twice per month, primarily serving individuals residing in the CAM school district, others served based on emergent needs.

Documentation Required: Yearly income form

Phone: (712) 762-3645

Address: 208 Chestnut St, Anita, IA 50020

Hours: 1st & 3rd Saturday, 9:00am - 11:00am

Atlantic Food Pantry

Amount of Food Provided: 2 weeks

Visits permitted: Seniors-once per month and

All others-6 times per year or emergency exceptions

Documentation Required: Proof of residence

Phone: (712) 243-5019

Address: 19 W. 4th St., Atlantic, IA 50022

Hours: Thursdays, 1:00pm - 3:00pm

Atlantic Area Ministerial Association

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

Phone: (712) 243-2927

Atlantic Police Department

Emergency: Dial 9-1-1

Phone: (712) 243-3512

Address: 23 E. 4th St., Atlantic, IA 50022

Cass County Department of Human Services

Phone: (712) 243-4401

Address: 601 Walnut St., Atlantic, IA 50022

Cass County ISU Extension

Provides unbiased research based information for family, home, business, community or farm

Phone: (712) 243-1132

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

Cass County Memorial Hospital

Provides well-coordinated, comprehensive, local healthcare needs for all.

Phone: (712) 243-3250

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

Catholic Charities Phoenix House

Comprehensive services to domestic violence and sexual assault survivors including individual and group counseling, 24/7 crisis response shelter.

Phone: (712) 328-0266 or 1 (888) 612-0266

Connections Area Agency on Aging

Serves aging lowans and 18 and older with disabilities and their caregivers through information, assistance, service coordination and resources for independence.

Phone: 1 (800) 432-9209

Address: 300 W. Broadway, Council Bluffs, IA 51503

Website: www.connectionsaaa.org

Crossroads of Western Iowa

Provides supported living, adult day services, and employment opportunities for adults with disabilities and serious mental illness

Phone: (712) 243-2668

Address: 2307 S. Olive St., Atlantic, Iowa 50022

Website: www.explorecrossroads.com

Cumberland Care & Share Food Pantry

Phone: (712) 774-5659

Address: 500 Main St, Cumberland, IA 50843

Hours: 1st & 3rd Wednesday, 4:00pm- 6:00pm

Full Circle Therapy

Provides a variety of therapy services for children, adults, couples and families.

Phone: (712) 352-0917

Address: 808 East 7th St., Atlantic, IA 50022

Website: www.fullcircletherapiowa.com

Heartland Family Services

Serving individuals of all ages to strengthen individuals and families in our community through education, counseling, and support services.

Phone: 1 (800) 422-1407

Website: www.heartlandfamilyservice.org

Lord's Cupboard of Griswold

Amount of Food Provided: 1 week

Visits permitted: As needed

Documentation Required: None

Phone: (712) 778-2312

Address: 100 Cass St., Griswold, IA 51535

Hours: 2nd and 4th Tuesday, 1:00pm - 2:00pm

Lutheran Services of Iowa

Licensed therapist provides counseling for children and adolescents. Expertise in trauma-informed care, adverse childhood experiences, sexual assault crisis advocacy, health promotion and education. Accepts both Medicaid and private insurance.

Phone: (712) 323-1558

Website: www.lsiowa.org

Meals on Wheels

Fresh meal delivered daily around noon within Atlantic city limits. Offered Monday through Friday, cost of \$3.50 per meal.

Phone: (712) 250-0036

Southwest Iowa Transit Agency

Offers safe, affordable, reliable transportation for your transit needs.

Phone: 1 (800) 842-8065 or (712) 243-2518

Website: www.swipco.org/transit-swita

Southwest Iowa Mental Health Center

Specialized areas of expertise include child and adolescent psychiatry, family therapy, psychological testing, psychotherapy and marital therapy. Fees for services depend upon family size, gross income and county of residence.

Address: 1500 E. 10th St., Atlantic, IA 50022

Phone: (712) 243-2606

Therapy Place, Inc.

Licensed therapists and psychiatric nurse practitioners offering psychotherapy, psychiatric, state funded and other services.

Phone: (712) 254-9018

Website: www.therapyplaceinc.com

Transitional Services of Iowa

Services assisting children and families who are struggling with behavioral, substance abuse or other issues and needing support and assistance.

Phone: (712) 243-7089

Website: www.transitionalservicesofiowa.org

West Central Community Action

Assists low-income families in becoming self-sufficient. Provides services including WIC, heat assistance, childcare referral, head start, senior aide and more.

Phone: (712) 243-5421

Address: 304 Chestnut St., Atlantic, IA 50022

Website: www.westcentralca.org

Zion Recovery Services

Provides substance abuse intervention and recovery services for individuals and families.

Phone: (712) 243-5091

Address: 1500 E. 10th St., Atlantic, IA 50022

Website: www.zionrecovery.org

CASS COUNTY GOVERNMENT SERVICES

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

Website: www.atlanticiowa.com/county

Cass County Attorney Phone: (712) 243-4504

Cass County General Relief Phone: (712) 243-4424

Cass County Public Health Phone: (712) 243-7546

Address: 1408 E. 10th St., Atlantic, IA 50022

Cass County Sheriff Phone: (712) 243-2206

Emergency: Dial 9-1-1

Cass County Veterans Affairs Phone: (712) 243-6662

Guthrie County Environmental Health P: (641) 747-3972

Address: 2002 State St., Guthrie Center, IA 50115

STATE/REGIONAL SERVICES

Alcoholics Anonymous

A fellowship of individuals who share their experience and hope to help others recover from alcoholism. Visit the website for meeting information.

Phone: (712) 328-9979

Website: www.aa-iowa.org/meetings/atlantic-a-a-group-4/

Food Poisoning Reports

Trained specialists will start an investigation into the cause and source of the foodborne illness.

Phone: (844)-469-2742

HIV/STD Testing

Call or text for free, confidential HIV/STD Testing.

Phone: (712) 545-0107

Iowa Department of Human Services

Provides programs and services to help Iowans achieve healthy, safe, stable, and self-sufficient lives.

Phone: 1 (800) 972-2017

Hours: 24 hours a day, 7 days a week

Website: www.dhs.iowa.gov

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

Iowa Red Cross

Provides disaster relief and helps people with immediate needs during disasters.

Phone: (515) 243-7681

Iowa Workforce Development

State agency committed to providing employment services for individual job seekers.

Phone: (866) 239-0843

Website: www.iowaworkforcedevelopment.gov

Southwest Iowa Mental Health and Disability Services

Serves adults in the region who have mental health or intellectual/developmental disabilities.

Phone: (712) 328-5645

Hotline: (844) 673-4469

Website: www.swiamhds.com

Poison Control Center

24-hour telephone guidance for poison emergencies is provided, free of charge to prevent poisonings, save lives, and limit injury from poisoning

Phone: 1 (800) 222-1222

Website: www.poison.org

SIRHA - Southern Iowa Regional Housing Authority

Provides rent assistance or rent subsidy to low income individuals, families, elderly or disabled who meet qualifying guidelines for a variety of programs offered.

Phone: (641) 782-8585

Website: www.sirha-ia.org

Your Life Iowa

Confidential help for suicide prevention, problem gambling and substance abuse issues, including drugs and alcohol.

Phone: (855) 581-8111

Website: www.yourlifeiowa.org

HOTLINES

Boys and Girls Town Hotline

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

Phone: 1 (800) 448-3000

Website: www.boystown.org/hotline

Iowa Mortgage Help Hotline

Statewide referral hotline, foreclosure intervention, negotiation/mediation services with loan servicers/lenders.

Phone: (877) 622-4866

Website: www.iowamortgagehelp.com

ISU Extension and Outreach AnswerLine

Provides information and resources for consumers with home and family questions such as food safety, preparation, cleaning and more.

Phone: 1 (800) 262-3804

Website:

www.extension.iastate.edu/humansciences/answerline

Quitline Iowa

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

Phone: 1 (800) QUIT-NOW (784-8669)

Website: www.quitlineiowa.org

Runaway Hotline

If you are thinking of running from home, if you have a friend who has run away, or if you are a runaway ready to go home.

Phone: 1 (800) RUNAWAY or text 66008

Website: www.1800RUNAWAY.org

Iowa DHS Child and Dependent Adult Abuse Hotline

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

Phone: 1 (800) 362-2178

Website: www.dhs.iowa.gov/report-abuse-and-fraud

State of Iowa Sexual Abuse Hotline

Provides free, confidential, trauma-informed service for people in Iowa affected by sexual violence.

Phone: 1 (800) 284-7821

Website: <https://isah.uiowa.edu/>

Suicide Helpline

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources, and best practices for professionals.

Phone: 1 (800) 273-8255

Website: www.suicidepreventionlifeline.org

Teen Line Iowa

For teens and those who care about teens; offering guidance and information on personal and health issues. Counseling and support for teens about their health, relationships, body, and sexuality.

Phone: 1 (800) 443-8336

Website: www.extension.iastate.edu/teenline

Iowa Concern Line

A free, confidential resource to Iowans who need financial, legal, stress or crisis assistance.

Phone: 1 (800) 447-1985

Website: www.extension.iastate.edu/iowaconcern

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: 1 (888) 373-7888

Text: 233733

Website: www.humantraffickinghotline.org