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# Mental Health Resources

* **CommUnity. Formerly the Crisis Center** 1121 Gilbert Court, Iowa City, IA 52240 - 319.351.0140; - 319.351.0128 (For Iowa City bus tickets) Website: <https://builtbycommunity.org/> (includes chat)
* **Mentalhealth.uiowa.edu:** Listing of Mental Health Resources on the UI Campus
* **University Counseling Service** (for students): 335-7294
* **UI EAP**
* **United Action for Youth (UAY)** 319-338-7518
* **Seashore Clinic** 319-335-2467
* **Senior Center** 319-356-5220

**Food and Shelter**

* **Eastern Iowa Red Cross** – 319-338-7823
* **United Way** – Emergency 211 or Resources 211 or 319-337-8657
* **Johnson County CommUnity Food Bank** –<https://builtbycommunity.org/> 319-351-0128
* **FoodPantrys**.Org. <https://www.foodpantries.org/ci/ia-iowa_city>
* <https://basicneeds.uiowa.edu/resources/ui-food-pantry/>

**National Resources**

* **Disaster Distress Helpline**
* 1-800-985-5990 (or text TalkWithUs to 66746)
* **National Suicide Prevention Lifeline**
* 1-800-273-TALK
* (1-888-628-9454 for Spanish-speaking callers)
* **Youth Mental Health Line**
* 1-888-568-1112
* **Child-Help USA**

1-800-422-4453

Where to Learn More

* **CDC Division of Violence Prevention**
* www.cdc.gov/violenceprevention/pub/coping\_with\_stress\_tips.html
* **SAMHSA Disaster Distress**
* www.disasterdistress.samhsa.gov
* **American Psychological Association**
* www.apa.org/helpcenter/disaster/index.aspx
* **National Child Traumatic Stress Network**
* [www.nctsn.org/trauma-types](http://www.nctsn.org/trauma-types)

**For Veterans**

* **Department of Veterans Affairs Medical Center Minority Veterans Program** [[map it]](http://www.icpl.org/community/services/mapgoogle.php?c=76)
601 Hwy. 6 W., Iowa City, IA 52246 - 319.338.0581 Ext. 6806, Cell Phone 319.631.1025; Website: [www.iowacity.va.gov](http://www.iowacity.va.gov) (Free for those who qualify)
* **Department of Veterans Affairs Outpatient Clinic and Women's Health Clinic** [[map it]](http://www.icpl.org/community/services/mapgoogle.php?c=88)
520 10th Ave, Suite 200, Coralville, Iowa 52241 - 319.358.2406; Website: [www.iowacity.va.gov](http://www.iowacity.va.gov) (Free to those who qualify)
* **University of Iowa Veterans Association** [[map it]](http://www.icpl.org/community/services/mapgoogle.php?c=109)
Room 111, Communication Center, University of Iowa 52242 - 319.384.2020; Website: [www.viva.org](http://www.viva.org) (Free to those who qualify)
* **Johnson County Commission of Veterans Affairs** [[map it]](http://www.icpl.org/community/services/mapgoogle.php?c=77)
855 S. Dubuque Street, Iowa City, IA 52240 - 319.356.6049; Website: [www.johnson-county.com](http://www.johnson-county.com) "Veterans Affairs" (Free to those who qualify)
* **Midwest Rural Health Resource Center** [[map it]](http://www.icpl.org/community/services/mapgoogle.php?c=97)
601 Hwy. 6 W., PO Box 152, Iowa City, IA 52240 - 319.338.0581; Website: [www.iowacity.va.gov](http://www.www.iowacity.va.gov) (Free for those who qualify)
* **University of Iowa Veterans Center** [[map it]](http://www.icpl.org/community/services/mapgoogle.php?c=89)
1 Jessup Hall, University of Iowa 52242 - 319.335.0238; Website: [www.uiowa.edu](http://www.uiowa.edu) "Veterans" (Free to those who qualify)
429 Southgate Ave., Iowa City, IA 52240 - 319.351.0326; Website: [www.shelterhouseiowa.org](http://www.shelterhouseiowa.org)
* **Visiting Nurse Association of Johnson County** [[map it]](http://www.icpl.org/community/services/mapgoogle.php?c=33)
2953 Sierra Court, Iowa City, IA 52240 - 319.337.9686; Website: [www.vnaa.org](http://www.vnaa.org) (Free to those who qualify/sliding scale)
* **1-800-273-TALK** (8255), Veterans press 1
* **For assistance, please call our UI Employee Assistance Program at 319-335-2085 or visit our website:** <https://hr.uiowa.edu/well-being/employee-assistance-program>**or email us: EAPhelp@uiowa.edu**