



ADDICTION/SUBSTANCE USE DISORDER SERVICES

Local Alcoholics Anonymous/AI-Non—Finn House

600 N. Ridgely Street, Algona

Prairie Ridge Integrated Behavioral Healthcare

515-295-5158, 117 E. Call Street, Algona

Monday – Friday, 8 a.m. to 5 p.m.

After Hours Crisis Phone: 1-866-429-2391 (Mason City)

Substance abuse, behavioral health counseling and assessments. Additional services in Mason City.

Other locations: Mason City, Forest City, Charles City, Osage and Hampton.

Courageous Life Counseling

515-341-5800, Joleen Frideres

117 E. Call Street, Algona.

Other locations: Emmetsburg, Clear Lake, Skype Counseling, therapy, addiction counseling

MercyOne North Iowa Behavioral Services Center

641-482-7797, Monday – Friday, 8 a.m. to 4:30 p.m.

1000 4th Street SW, Mason City

Outpatient behavioral health and substance abuse therapy, ages 16 and older

Community and Family Resources

515-576-7261; 211 Ave. M West, Fort Dodge

STARS adolescent residential program, prevention and education services, detoxification, addiction and substance abuse treatment, mental health services

Other locations: Ames, Boone, Webster City, Rockwell City, Clarion, Pocahontas, Humboldt

Manning Regional HealthCare Center

712-655-2300, 1550 6th Street, Manning, IA

16-bed co-ed chemical dependency facility. Licensed for Adult Levels IV, III.7, III.5, III.3, II.1 and I, Juvenile Level I services. Detoxification, Residential Treatment, Outpatient Treatment, Consultation/Evaluation (OWI, DHS and School, Court Ordered Evaluations)

Ames Counseling and Psychological Services

515-239-4410, 3600 West Lincoln Way, Suite 4; Ames

Adult/youth individual, couple and family counseling, psychological evaluations of children and adults, addiction and recovery treatment

5th Street Mental Health Professionals

515-232-2051, 600 5th Street, Suite 200; Ames

Adult outpatient counseling, adult psychiatric services, substance abuse counseling

Your Life Iowa

(855) 581-8111 or text (855) 895-8398

Gambling, suicide, substance abuse resources.

PSYCHIATRY

Berryhill Center for Mental Health

515-955-7171 or 800-482-8305

Telehealth psychiatry offered at Kossuth Regional Health Center through the Specialty Clinic.

Other locations: Fort Dodge, Humboldt and others

Hancock County Memorial Hospital and Clinics

641-843-5050, 532 1st Street NW, Britt and 730 W. 3rd

Street, Garner. Psychiatric medicine management, therapy for children, teens, adults, couples, substance use disorder treatment, in-school therapy.

Mason City Clinic Department of Psychiatry

641-494-5200; 250 S. Crescent Drive, Mason City

Spencer Psychiatric and Counseling Services

712-580-3882, 20 W 6th Street, Suite 306, Spencer

5th Street Mental Health Professionals in Ames

515-232-2051, 600 5th Street, Suite 200; Ames

PAIN CLINICS

Mary Greely Pain Clinic

515-239-5080 or 888-646-2148

1111 Duff Avenue, Ames

Unity Point Pain Management Center

515-574-6450; 802 Kenyon Road, Fort Dodge

Iowa Specialty Hospital Pain Management (Interventional)

515-532-9310; 1316 S. Main Street, Clarion

Other locations: Fort Dodge, Belmond



Anyone may download the free **211 Iowa app**, dial **2-1-1** from any phone or visit **www.211Iowa.org**.

Please note that this list of resources was compiled as a courtesy for those seeking outpatient behavioral services. Kossuth Regional Health Center does not perform background checks on the individuals or organizations listed, or guarantee the quality of care they provide. **(Updated 8/19/20)**

MENTAL HEALTH AND COUNSELING SERVICES

LOCAL (Algona/Kossuth)

Kossuth Regional Health Center

515-295-7714, Mia Hegarty, PhD.
1519 S. Phillips Street, Algona
Behavioral health and psychological services for ages 7 and up

Behavioral Health

515-295-4315, Mary Beth Hanson
109 N. Hall Street, Algona,
Monday – Thursday, 8 a.m. to 8:30 p.m., Friday, 8:30 a.m. to 5 p.m. Behavioral health, counseling for children, adolescents, adults and families

Catholic Charities

515-295-8840 or 515-576-4156
109 W. State Street, Algona, Julianne Klesel. Behavioral health counseling, couples therapy

Center Point of Contact, Kossuth

515-295-9595, Courthouse Annex
Donna Nielson
Monday – Friday, 8 a.m. to 4 p.m.
Case Management Assistance, Kossuth County Service Coordination

Courageous Life Counseling

515-341-5800, Joleen Frideres
117 E. Call Street, Algona.
Individual, couples and family therapy, addiction counseling
Other locations: Emmetsburg, Clear Lake.

Prairie Ridge Integrated Behavioral Healthcare

515-295-5158
117 E. Call Street, Algona,
Monday – Friday, 8 a.m. to 5 p.m.
Substance abuse, behavioral health counseling and assessments.
More services in other locations.
24 Hour Crisis Phone: 1-866-429-2391
Other locations: Mason City, Forest City, Charles City, Osage and Hampton.

Life Connections

515-327-5195

2022 Hwy 169 N, Algona

Counseling, behavioral health, mental health evaluations, anger management
Other locations: Humboldt (Paula Pohlman at 319-338-7629), Mason City and Fort Dodge

REGIONAL RESOURCES

MercyOne North Iowa Behavioral Services Center

641-482-7797, 1000 4th Street SW, Mason City,
Monday – Friday, 8 a.m. to 4:30 p.m.
Outpatient behavioral health and substance abuse therapy.

Hancock County Memorial Hospital and Clinics

641-843-5050, 532 1st Street NW, Britt and 730 W. 3rd Street, Garner.
Psychiatric medicine management, therapy for children, teens, adults, couples, substance use disorder and treatment, in-school therapy.

Hope Haven

712-852-3103, Emmetsburg, Monday—Friday, 8 a.m. to 5 p.m.
Pediatric and adult mental health assessments and outpatient therapy
Other locations: Spencer, Sheldon, Rock Valley

Seasons Center for Behavioral Health

800-242-5101; 201 East 11th Street, Spencer, See Youth Services

Berryhill Center for Mental Health

515-955-7171 or 800-482-8304; 720 Kenyon Road, Fort Dodge
Behavioral health evaluation and treatment for children/adolescents, counseling and individual, couple, family and group therapy.

Community and Family Resources

515-576-7261; 211 Ave. M West, Fort Dodge, See Addiction/Substance

Lutheran Family Services

515-573-3138, 409 Kenyon Rd, Suite C, Fort Dodge
Mental health counseling, marriage counseling

Unity Point Eyerly Ball Mental Health

515-241-0982, Hours vary by location
Mental health therapy, substance abuse treatment, couple and group counseling, psychiatric assessments, medication management.
Locations: Ames, Des Moines, Boone, Indianola

Turning Leaf Counseling

641-421-2089; 103 E State Street, Suite 301, Mason City. Monday,
Therapy, behavioral health, substance use

Ames Counseling and Psychological Services

515-239-4410, 3600 West Lincoln Way, Suite 4; Ames

5th Street Mental Health Professionals

515-232-2051, 600 5th Street, Suite 200; Ames
Adult outpatient counseling, adult psychiatric services, substance abuse counseling

Plains Area Mental Health Center

712-250-6658; 3746 450th Avenue, Emmetsburg
Counseling, psychology, crisis home, substance use services. Other locations: Le Mars, Orange City, Cherokee, Ida Grove, Storm Lake, Carroll, Denison, Lake City, Sac City, Spirit Lake

Anastasi Counseling Services

641-423-4180; 1520 6th Street SW, Mason City
Mental health therapy for adults, children, adolescents, substance use

YOUTH SERVICES

Kossuth Regional Health Center

515-295-7714, Mia Hegarty, PhD.
1519 S. Phillips Street, Algona
Behavioral health and psychological services for ages
7 and up

Behavioral Health, Mary Beth Hanson

515-295-4315, 109 N. Hall Street, Algona
Behavioral health, counseling for children, adolescents,
adults and families

MercyOne North Iowa Behavioral Services Center

641-482-7797, 1000 4th Street SW, Mason City,
Monday – Friday, 8 a.m. to 4:30 p.m.
Outpatient behavioral health and substance abuse
therapy. Dr. Jill Burkley, Dr. Natalie Hillman Alsop, PhD

Hope Haven- Emmetsburg

712-852-3103, Monday—Friday, 8 a.m. to 5 p.m.
Pediatric and adult mental health assessments and
outpatient therapy, recovery mentors
Other locations: Spencer, Sheldon, Rock Valley

Seasons Center for Behavioral Health

800-242-5101; 201 East 11th Street, Spencer
24-hour crisis line: 844-345-4569
Adult outpatient counseling and psychiatric services,
youth outpatient counseling, therapy and evaluations,
adolescent substance use treatment, Camp Autumn for
youth offering therapy, skill development
Other locations: Emmetsburg, Spirit Lake, Carroll,
Sioux Center, Sioux City, Sibley, Sheldon, Rock Rap-
ids, Sutherland, Storm Lake

Child Health Specialty Clinics

641-424-0030; 687 S. Taft Avenue, Suite 1, Mason City
Monday – Thursday from 8 a.m. to 4:30 p.m.
Serves children with developmental or behavioral disor-
ders, chronic and complex health conditions
Other locations: Fort Dodge, Spencer, see website for
additional locations

Ames Counseling and Psychological Services

515-239-4410, 3600 West Lincoln Way, Suite 4; Ames
Adult/youth individual, couple and family counseling,
psychological evaluations of children and adults, addic-
tion and recovery treatment

Centers for Disability and Development

855-543-2884; 100 Hawkins Drive, Iowa City
Psychology, Developmental Behavioral Pediatrics.
ADHD, Autism, behavior disorders, cerebral palsy, cog-
nitive disorders, communication disorders, Down Syn-
drome, Fragile X, spina bifida

YOUTH/RESIDENTIAL SERVICES

Francis Lauer Youth Shelter Services

641-423-7362
50 North Eisenhower Avenue; Mason City
Mental health counseling and assessments, psychiatric
services, behavioral health intervention services, emer-
gency shelter, crisis stabilization, adolescent residential
addiction treatment, day treatment for youth ages 12 to
18, school-based services, Iowa Aftercare, Rapid Re-
housing. Other locations: Webster City, Ames, Boone,
Nevada, Des Moines, Marshalltown

Four Oaks

Several locations across Iowa, including:
Mason City East Campus: 641-423-3222; 980 South
Iowa Avenue and Mason City West Campus: 641-423-
3222; 80 North Eisenhower Avenue, Mason City
Behavioral health services, foster and adoptive ser-
vices, Psychiatric Medical Institute for Children.



**FIND HELP
IN A TAP**

The people you serve may have needs beyond the care you provide, and it's not always easy to know where to send them for help.

211 is a free service.

DOWNLOAD THE 211 IOWA APP
to find free assistance with:

Food relief	Crisis intervention	Family support
Rent/housing	Disability services	Addiction services
Utility payments	Elderly services	Mental health care
Legal services	Employment	Much more

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