

HOTLINES

Providing support and connection to resources

Suicide and Crisis Lifeline 24/7

988 Call, Text
988lifeline.org Chat

Your Life Iowa

855-581-8111 Call
855-895-8398 Text
Website: yourlifeiowa.org

Veterans Crisis Line

Dial 988, then press '1'
Text 838255

NAMI HelpLine (Monday-Friday 9 a.m. – 9 p.m.)

800-950-NAMI (6264) Call
62640 Text
helpline@nami.org
Website: nami.org/help Chat

AnswerLine

Food, Home and Family Information and Resources
800-262-3804
Website: www.extension.iastate.edu/humansciences/answerline

Iowa 2-1-1

Resource referral for housing, health, food, family, transportation, employment, education, and legal assistance.
Phone: 2-1-1
Website: www.211iowa.org

Iowa Concern Hotline

Financial concerns, legal education, stress, crisis & disaster.
800-447-1985
Website: www.extension.iastate.edu/iowaconcern/

The Trevor Project

24/7, free and confidential suicide hotline for LGBTQ youth
866-488-7386 Call
Website: thetrevorproject.org

Disaster Distress Hotline

24/7, Support to those experiencing emotional distress related to natural or human-caused disasters, like tornadoes, hurricanes, floods, wildfires, earthquakes, incidents of mass violence, etc.
800-985-5990 Call
Website: samhsa.gov/find-help/disaster-distress-hotline

Seasons Center 24/7 Crisis/Talk Line

844-345-4569 Call

CAASA Hopeline

24/7, Free and confidential services to those impacted by sexual abuse
877-362-4612 Call

Crisis Text Line

24/7, Text-based support from a trained crisis counselor
'MHA' to 741741