

## 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 4<sup>th</sup> 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 6<sup>th</sup> 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

**5<sup>th</sup> Street Mental Health Professionals**  
515-232-2051, 600 5<sup>th</sup> 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

**Peter Jorgenson, Mental Health Nurse Practitioner**  
**Kossuth Regional Health Center**  
515-295-7714, 1519 S. Phillips Street, Algona, IA 50511  
Behavioral health and psychological services for ages 7 and up

**Senior Life Solutions at KRHC**  
515-295-4527, Allie Opheim, Program Director  
intensive outpatient group therapy for seniors  
1519 S. Phillips Street, Algona

**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

**5<sup>th</sup> Street Mental Health Professionals in Ames**  
515-232-2051, 600 5<sup>th</sup> 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



The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

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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 11/8/23)**

# MENTAL & BEHAVIORAL HEALTH AND COUNSELING SERVICES

## LOCAL (Algona/Kossuth)

**Kossuth Regional Health Center**  
515-295-7714, Mia Hegarty-Roach, PhD.  
& Peter Jorgenson, PMHNP  
1519 S. Phillips Street, Algona  
Behavioral health and psychological services for ages 7 and up

**Senior Life Solutions at KRHC**  
515-295-4527, Allie Opheim,  
Program Director—intensive outpatient group therapy for seniors  
1519 S. Phillips Street, Algona

**Behavioral Health**  
515-295-4315, Mary Beth Hanson  
117 E. Call 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 adolescents, adults and families

**General Relief, Kossuth County**  
515-295-9595, Courthouse Annex  
Donna Nielson  
Monday – Friday, 8 a.m. to 4 p.m.

**Care Connections of Northern Iowa**  
Provides a coordinated system of care for people with mental health conditions or intellectual disabilities in Kossuth, Clay, Osceola, Palo Alto, Winnebago and Worth counties.  
Sandy Pelzer, 712-264.3945 ext. 3  
Children service coordinator  
Anna Miller, adult service coordinator  
712.264.3945 ext. 1

**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.  
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 (319-338-7629), Mason City, Fort Dodge

## REGIONAL RESOURCES

**MercyOne North Iowa Behavioral Services Center**  
641-482-7797, 1000 4<sup>th</sup> 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 11<sup>th</sup> 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

**5<sup>th</sup> Street Mental Health Professionals**  
515-232-2051, 600 5<sup>th</sup> 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 6<sup>th</sup> Street SW, Mason City  
Mental health therapy for adults, children, adolescents, substance use

**InCourage Counseling**  
Ashley Courtney, LMFT  
1920 Hwy 18 E. Algona, IA 50511  
Child and adolescent therapy, anxiety, trauma, depression  
515-395-1005