

ADDICTION/SUBSTANCE USE DISORDER SERVICES

Local Alcoholics Anonymous/Al-Non—Finn House
600 N. Ridgely Street, Algona

Prairie Ridge Integrated Behavioral Healthcare
515-295-5158, 117 E. Call Street, Algona
Mon-Thurs, 8 a.m. to 5:30 p.m. Fri, 8 am to Noon
After Hours Crisis Phone: 1-866-429-2391 (Mason City)
Substance abuse, mental health, gambling counseling
and assessments. Adolescent services, medication
management,
Other locations: Mason City, Hampton, Forest City,
Charles City

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 sub-
stance 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, addic-
tion 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

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

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



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 11/13/23)**

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.

Catholic Charities
515-576-4156
1414 Central Ave, Fort Dodge
Telehealth options available with licensed counselors for children and adults

Prairie Ridge Integrated Behavioral Healthcare 515-295-5158
117 E. Call St. Algona
Mon-Thurs, 8am- 5:30pm Fri, 8am –12pm
After Hours Crisis Phone: 1-866-429-2391 (Mason City)
Substance abuse, mental health, gambling counseling and assessments. Adolescent services, medication management,
Other locations: Mason City, Hampton, Forest City, Charles City

Life Connections
319 774 2045 : Appointment Only
contactus@lifeconnections.org
107 N Harlan St. Suite A, 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 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

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



YOUTH SERVICES

Kossuth Regional Health Center

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

Behavioral Health, Mary Beth Hanson

515-295-4315, 117 E. Call Street, Algona
Behavioral health, counseling for 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 Ave, Suite 1, Mason City
Monday – Thursday from 8 a.m. to 4:30 p.m.
Serves children with developmental or behavioral
disorders, 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,
addiction and recovery treatment

Centers for Disability and Development

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

Clive Behavioral Health

844-680-0504; 1450 NW 114th Street, Clive
Inpatient and outpatient services for programs are
available for children and adolescents who suffer from
behavioral health disorders or co-occurring disorders.

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 Be-
havioral health services, foster and adoptive ser- vices,
Psychiatric Medical Institute for Children.



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
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