

## Suicide/Self Harm Resources

### Therapy Hotlines

- 1.800.273.TALK
- United Way (211)
- CRISIS 24/7 helpline (988)
- Clive Behavioral Health (1.844.680.0504)

### Transportation

- Mobile crisis (Emergency 911)
- Care team (Evaluate 515.283.4811)

### Community Counseling

- Easterseals Iowa Resource and Referral (515.288.0818)
  - Adult community based (Polk County only)
    - Counseling in-person either at the patient's home or in a public place (up to five days of service)
  - Adolescents residential based (statewide)
    - Counseling at Easterseals Base up to five days

### Your Life Iowa

- 24/7 helpline for alcohol, drugs, gambling, suicidal thoughts and mental health
  - Call 855.581.8111
  - Text 855.895.8398
  - Live chat online