

Central Iowa Behavioral Health Treatment Options

Counseling/Psychotherapy

UnityPoint Clinic Counseling and Psychiatry	(515) 241-2300
UnityPoint Health - Eyerly Ball Clinic.....	(515) 241-0982
Advanced Therapy Solutions.....	(515) 243-3525
Broadlawns Medical Center.....	(515) 282-5765
Catholic Charities	(515) 244-5045
Central Iowa Psychological Services.....	(515) 222-1999
Children and Families of Iowa	(515) 288-1981
Choices Therapy Services	(515) 279-0111
Counseling Associates of Central Iowa.....	(515) 255-2224
Counseling for Growth and Change	(515) 243-1020
Des Moines Pastoral Counseling Center	(515) 274-4006
Family Legacy Counseling	(515) 727-1338
Hearthstone Counseling	(515) 279-2834
Heartland Christian Counseling.....	(515) 331-0303
Innovative Counseling	(515) 235-5224
Kavalier and Associates	(515) 267-1003
LifeWorks	(515) 255-8399
MercyOne First Step	(515) 271-6075
Mosaic Family Counseling Center	(515) 724-8920
New Height Counseling.....	(515) 274-9690
New Life Counseling—Ankeny	(515) 964-5003
New Life Counseling—West DSM.....	(515) 225-4006
Orchard Place Child Guidance Center	(515) 244-2267
Optimae LifeServices.....	(515) 283-1230
Pine Rest	(515) 331-0303
United Community Services Healthcare	(515) 280-3860
515 Therapy & Consulting	(515) 401-1010

Medication Management (Psychiatry)

UnityPoint Clinic Counseling and Psychiatry	241-2300	Adults/Children
UnityPoint Health—Eyerly Ball Polk Co. Clinic	241-0982	Adults/ Children
Blank Children’s Psychiatry Clinic.....	263-5153	Children
Iowa Psychiatry.....	270-2242	Adults
Broadlawns Medical Center	282-5695	Adults/Children
Compass Clinical Associates & Counseling Services	412-5112	Adults/Children
515 Therapy & Consulting	401-1010	Adults/Children
Child Psychiatry Associates & Counseling	288-5570	Children
Child Guidance Center/Orchard Place	244-2267	Children

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Substance Abuse

Powell Chemical Dependency Center	(515) 263-2424	Adults
Prelude	(515) 262-0349	Adults
Broadlawns New Connections	(515) 282-6610	Adults
United Community Services Healthcare	(515) 280-3860	Adults
MercyOne First Step	(515) 271-6075	Adults/Adolescent
Teen Challenge of the Midlands–Colfax	(515) 674-3713	Adults/Adolescent

Partial Hospitalization/Intensive Outpatient (IOP)

Adult Treatment Program at Iowa Lutheran	(515) 263-5250	Adults
Pediatric Treatment Program at Iowa Lutheran	(515) 263-5322	Children/ Adolescent
Broadlawns Medical Center IOP	(515) 282-6610	Adults
MercyOne First Step	(515) 271-6075	Adults/Adolescent

Urgent/Emergency Care

UnityPoint Health–Behavioral Health Urgent Care	(515) 263-2632	
UnityPoint Health–Eyerly Ball Mobile Crisis	844-258-8858	
Polk County Mobile Crisis	911	
Crisis Observation Center–Broadlawns	(515) 282-5742	Adults
Psychiatric Urgent Care–Broadlawns		Adults
Iowa Lutheran Emergency Department		Adults/Children
Broadlawns Medical Center Emergency Department		Adults/Children
MercyOne Emergency Department		Adults/Children

Statewide Resources

Your Life Iowa	Calling: (855) 581-8111, Texting: (855) 895-8398
211	Calling: 211, 211iowa.org, Download the 211 App