

NEED HELP?

MENTAL HEALTH

Siouxland District Health
Mental Health Provider List
<https://bit.ly/3U3DPLS>

Plains Area Mental Health
<https://plainsareamentalhealth.org>
712-546-9395

Suicide and Crisis Lifeline
<https://988lifeline.org>
DIAL: 988 *24-Hours*

Boys and Girls Home and Family Services
<https://boysandgirlshomeiowa.org>
712-293-4900

Catholic Charities of the Diocese of Sioux City
<https://www.cathchar.com>
712-252-4547

Heartland Counseling
Also Provides Substance Use & Aid Services
<https://www.heartlandcounselingservices.org>
(402) 494-3337

Siouxland Mental Health Center
<https://www.sioxlandmentalhealth.com>
712-252-3871

CHILD CARE

Iowa Child Care Resource & Referral
<https://iowaccrr.org>

Nebraska Child Care Referral Network
<https://www.nechildcarereferral.org>



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SUBSTANCE USE & ADDICTION

Alcoholics Anonymous
www.aasiouxcity.org
(712) 252-1333

Gamblers Anonymous
<http://yourlifeiowa.org/gambling>
1-800-238-7633 (BETS OFF) *24-Hours*

Narcotics Anonymous
<https://iowa-na.org/find-a-meeting/>
(712) 279-0733

Rosecrance Jackson Centers
<https://rosecrancejackson.org>
(800) 472-9018

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CREDIT COUNSELING

Center for Siouxland
<https://www.centerforsiouxland.org>
712-252-1861

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United Way uses local data to identify
Siouxland's greatest needs, then invests in programs
with proven results- so every dollar you give goes
where it can do the most good.

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FULL RESOURCE LIST:

[www.unitedwaysiouxland.com/
community-resources](http://www.unitedwaysiouxland.com/community-resources)



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