



United Way of Siouxland improves lives by uniting the caring power of our community. We are building a stronger Siouxland by investing in human service solutions.

COMMUNITY RESOURCES

MENTAL HEALTH

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.siouxlandmentalhealth.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/na-meetings/>
(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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FOR MORE RESOURCES:

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

OR

SCAN THIS
WITH YOUR
SMART PHONE



FOR MORE RESOURCES:

[www.unitedwaysiouxland.com/
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