

Story County Mental Health Expo Resource Guide 2023

**This list was last updated on August 15, 2023, and does not encompass all the services available in Story County*

Campus Resources & Organizations at Iowa State University

Provider Name	Address	Phone Number	Description
Iowa 4-H Career Pathways Academy Mental Health and Well-Being	4-H Youth Bldg. 1259 Stange Rd., Ames	515-294-1017	Programs and trainings surrounding mental health and well-being for kids and teens.
ISU Office of Student Assistance	2505 Union Dr., Ames	515-294-1020	The mission of the Office of Student Assistance is to help students experiencing difficulties or challenges achieve academic success. In collaboration with campus and community partners, we provide support through connections to appropriate resources and awareness of university processes for students attending Iowa State University.
ISU Police Department	2519 Osborn Dr., Ames	515-294-4428	Mental Health Advocate liaison between law enforcement, providers, and clients. Support, advocate and assist clients with resources.
ISU Recreation Services	2642 Union Dr., Ames	515-294-4980	ISU Recreation Services strives to create exceptional experiences in a respectful, welcoming, and fun environment while empowering the ISU community to enhance personal well-being. You can utilize 100+ top notch recreational spaces, rent affordable outdoor equipment, participate in intramural sports and participate in a large variety of fitness classes. Also included are two bouldering walls, 40-foot top rope wall, three indoor tracks, and pool access. We offer all the services plus much more within our membership, not to mention the convenience of being located right on campus!
ISU Student Counseling	Student Services Building, 3rd floor	515-294-5056	Individual and group counseling.
ISU Student Wellness	A37 Friley Hall 212 Beyer Ct, Ames	515-294-1099	Student Wellness plans, implements, and evaluates health promotion and prevention strategies that focus on health and wellness issues that directly affect student success, higher learning, and personal development such as Power-based personal violence, suicide, mental health, substance use, body image and disordered eating, sexual health, and more.
ISU Thielen Health Center	2647 Union Dr., Ames	515-294-5801	Psychiatric evals and med management
NAMI on Campus	facebook.com/isunamioncampus isunamioncampus@gmail.com		Addressing mental health issues by providing resources for students, educating the campus community, and raising mental health awareness.

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Community Services

Provider Name	Address	Phone Number	Description
ACCESS	PO Box 1429, Ames	855-983-4641	Assault Care Center Extending Shelter and Support. HL 800-203-3488
Alternatives Program	126 S Kellogg Ave., Ste. 203, Ames	515-520-0856	An arrest diversion program in Story County for people with substance use disorders
Ames Police Department	515 Clark Ave., Ames	515-239-5463	Mental Health Advocate liaison between law enforcement, providers, and clients. Support, advocate and assist clients with resources.
ARCH – Alternative Response for Community Health	N/A	Response team notified from 911 dispatch	An innovative collaboration between Mary Greeley Medical Center, Ames Police Department and ISU Police is aiming to provide community members in crisis specialized mental health services.
CICS	126 S. Kellogg Ave., Suite 001, Ames	515-663-2928	Provides information, coordination, and funding of MH/DS services.
Community Support Advocates	6000 Aurora, Suite B, Des Moines Services in Story County	515-883-1776	Integrated Health and Case Management services coordinating care for ages 14+ who have a mental illness and are Medicaid eligible.
Cultivating Hope Farms	5500 240th St., Ames	515-210-5407	Inclusive working farm with programs and events where individuals can practice the skills learned in therapy.
Department of Human Services	126 South Kellogg Ave., #101, Ames	515-292-2035	Income maintenance, child and adult welfare, child support recovery, mental health, and disability services.
Good Neighbor	613 Clark Ave., Ames	515-296-1449	Provides emergency rent, utility, food, and transportation assistance.
HIRTA	2824 104th St., Urbandale	877-686-0029	Transportation within Story Co.
Home Allies	info@homeallies.org		Home Allies, Inc. was created in August 2021 in response to the dire shortage of affordable apartments in Ames available for single people and small families with incomes below 50% of Story County's average median income and/or life histories that made them unappealing as potential tenants to landlords.
Legal Aid of Story County	937 6th Street, Nevada	515-382-2471	Provides legal counsel in areas of civil law.
Lutheran Services in Iowa	1325 Northwestern Ave., Ames	515-232-7262	Supported Community Living (SCL), Host Homes and Respite
MidIowa Community Action (MICA)	230 SE 16th St., #101, Ames	515-956-3333	Food pantry, dental clinic, WIC, heating assistance.
NAMI Central Iowa (Office)	612 5 th St., Ames	515-292-9400	Mental Health advocacy, education, and support.
NAMI Central Iowa Wellness Center	424 5th St., Ames	515-620-5151	
Optimae Life Services	104 S. Hazel Ave., Ames	515-956-2600	Day services and community supports
REM	912 Tennyson Ave., Ames, IA	319-393-1944	Daily Supportive Community Living

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Community Services, Continued

Provider Name	Address	Phone Number	Description
Romero House	709 Clark Ave., Ames	515-337-8088	Provides a supportive housing program for those transitioning from homelessness, incarceration, or inadequate/unstable housing.
Salvation Army	703 E. Lincoln Way, Ames	515-233-3567	Payee Program, Bill Payer program; rent/utility assistance, food pantry.
Story County General Assistance	126 S Kellogg Ave., # 001, Ames	515-663-2930	Intake for rent and utility assistance with partner agencies, information, and referral.
Story County Veterans Affairs	126 S Kellogg Ave., Ste. #001, Ames	515-956-2626	Provides assistance to Story County Veterans and their family members.
The Bridge Home	225 South Kellogg Ave., Ames	515-232-8075	Homelessness Support and shelter.
The RedShirt Foundation	facebook.com/The-RedShirt-Foundation-108599375156220/		Suicide awareness programming.
United Way Story County	315 Clark Ave., Ames	515-268-5142	Agency partnership to promote education, income, and health.
UnityPoint Health – Eyerly Ball	2521 University Blvd., #121, Ames	515-241-0982	IHH Integrated Health. SCL Supported Community Living. ACT Assertive Community Treatment. CSS Community Support Services. Behavioral Health Navigation, Mobile Crisis.
YSS	420 Kellogg Ave., Ames	515-233-3141	Prevention education, youth employment, family development and Transitional Living Program

Community-Based Crisis Stabilization

Provider Name	Address	Phone Number	Description
Community Based Crisis Stabilization	Ames	855-851-8111	Crisis Stabilization Community-Based Services (CSCBS) are short-term services designed to de-escalate an individual experiencing a mental health crisis and stabilize them where the individual lives, works, attends school, or socializes.

Crisis Services - Mobile

Provider Name	Address	Phone Number	Description
UnityPoint Health – Eyerly Ball Mobile Crisis Response Team	Ames	855-851-8111 24-hour Crisis Line & Mobile Crisis Response	Anyone experiencing a crisis can access the crisis line, which is staffed by Your Life Iowa. Trained phone responders will assess the situation and deploy the Mobile Crisis Response Team if requested or deemed to be necessary or helpful. Available to all ages.

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Hospitals & Medical Services

Provider Name	Address	Phone Number	Description
Mary Greeley Medical Center	1111 Duff Ave., Ames	515-239-2011	Hospital; Adult inpatient Behavioral Health; Subacute
Story County Medical Center	640 South 19th St., Nevada	515-382-2111	Hospital; telehealth available for psychological exams.
Primary Health Care	3510 Lincoln Way, Ames	515-232-0628	Family practice, OB/GYN and pediatrics.
McFarland Clinic	Various Locations	515-239-4400	Medical Services

Mental Health Providers / Therapy Services

Provider Name	Address	Phone Number	Description
5th Street Mental Health Professionals	600 5th St. Unit 200, Ames	515-232-2051	A gathering of solo psychiatric practitioners.
Ames Counseling and Psychological Services	3600 W. Lincoln Way #4, Ames	515-239-4410	Therapy and psychological evals for individuals and families. Treatment for substance abuse and eating disorders.
Ames Counseling Center	2515 University Blvd., Ste 106, Ames	515-233-8473	Variety of counseling services available.
Ames Psychological Wellness Center	3510 Lincoln Way #300, Ames	515-292-9251	Psychological counseling and evaluation.
Ames Therapy and Consulting	1103 Buckeye Ave., #104, Ames	515-450-5230	Variety of counseling services available.
Catholic Charities	2210 Lincoln Way, Ames	515-296-2759	Variety of counseling available: individual, marriage and family, play therapy for children, pregnancy, and post-abortion counseling to all, regardless of faith. Insurance or sliding fee.
Central Iowa Psychological Services (CIPS)	600 5th St., Ames	515-233-1122	Psychological counseling, testing and medication management services.
Clear Brook Counseling Professionals	614 Billy Sunday Rd., Suite 100, Ames	515-337-1764	Variety of counseling services available.
Community & Family Resources (CFR)	1619 S High Ave., Ames	515-232-5811	Therapy and med management. Ages 4 and up. Psychological evaluation, substance abuse evaluation and treatment. Medication Assisted Treatment for Prescription Drug and Opioid Addiction. Individual and Group counseling.
Compass Tree Counseling	600 5th St., Ste 300, Ames	515-233-3971	Counseling services for a wide range of issues and disorders including specialization in the treatment of trauma.
Connecting Foundations on Grand, LLC.	517 Grand Ave #102, Ames	515-232-1689	Variety of counseling services available.
Cornerstone Counseling Center	4720 Mortensen Rd Suite #101, Ames	515-599-8904	Variety of counseling services available, including faith-based counseling.
Creative Counseling Services, Inc.	214 5th St, Ames	515-233-1699	Therapy and substance abuse counseling.

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Provider Name	Address	Phone Number	Description
Cultivate Wellness Counseling	214 5th St., Ames	515-212-7379	Variety of counseling services available.
Firm Foundations	600 5th St. #304, Ames	515-233-8441	Psychological counseling and evaluation.
Heart & Solutions	4923 Lincoln Way, Ames	(800) 531-4236	Variety of counseling services available.
Heartland Mental Health Therapy	328 Main St., Suite 214, Ames	515-520-9703	Variety of counseling services available.
Illuminations, Inc.	416 Douglas Ave., # 201, Ames	515-232-7157	Variety of counseling services available.
ISU Student Counseling	2505 Union Drive, 3rd Floor	515-294-5056	Variety of counseling services available for Iowa State students.
Iowa State University Thielen Student Health Center	2647 Union Drive	515-294-5801	Full-service health clinic staffed with physicians, advanced registered nurse practitioners, and trained healthcare professionals available to see students for healthcare needs. Medication Assisted Treatment for Prescription Drug and Opioid Addiction.
Kai Lani Center, LLC	2603 Northridge Pkwy, Ames	515-338-2929	Psychotherapy and Pastoral Counseling for ages 3 and above
Kavanaugh Counseling and Consulting, LLC	208 5th St., Ste.104, Ames	515-661-4210	Therapy and counseling (outpatient)
Life Connections		877-878-6606	Variety of counseling services available online or 11 Iowa locations.
Lutheran Services in Iowa (LSI)	1323 Northwestern, Ames	515-232-7262	Therapy and counseling (outpatient)
Mary Greeley Medical Center – Outpatient Behavioral Health	1111 Duff Ave., Ames	515-239-6888	Outpatient mental health medication management.
Network Community Counseling Services	ISU - Lago Hall, Ames	515-294-1898	Group and individual counseling services provided to students and the public.
New Journey Counseling	208 5th St., Suite 150, Ames	515-232-1977	Variety of counseling services available including addiction services.
Next Counseling of Iowa	809 Wheeler St., Suite 108, Ames	515-996-6778	Variety of counseling services available.
Optimae LifeServices	104 S Hazel	515-715-1887	Residential, Therapy, Med management & Community Services
Primary Health Care	3510 Lincoln Way, Ames	515-232-0628	Therapy, med management, Medication Assisted Treatment for Prescription Drug and Opioid Addiction.
River Valley Therapy Clinic	414 S 17th St., Suite 102B, Ames	515-290-2259	Variety of counseling services available.
Roman's Ranch	2197 210th St., Boone, IA 50036	515-298-2202	Offers Equine Assisted Communication (EAC), Equine Assisted Learning (EAL), Equine Assisted Psychotherapy (EAP), Connected Horsemanship for Equestrians, BHIS, and a variety of other events and services.
Sue Stidwell, LMHC		515-599-3168	Variety of counseling services available.
The Healing Place	809 Wheeler St., Suite 105, Ames	515-943-1163	Variety of counseling services available.

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Provider Name	Address	Phone Number	Description
UnityPoint Health --Eyerly Ball	2521 University Blvd, Ste. 121, Ames	515-598-3300	Therapy, med management, psychiatric services, crisis connections, substance abuse counseling, senior outreach, and pre-commitment screenings.
Walnut Creek Psychiatry	223 S Walnut Ave Ames, IA 50010	515-368-7504	Psychiatric assessments, medication consultations, children and adolescents' psychiatry, genetic testing, and nutritional psychiatry.
Vine Christian Counseling	1604 Wheeler Dr., Ames	515-420-0520	Faith-based counseling services offered.
YSS Counseling & Clinic	125 South 3rd St., Ames	515-233-2250	Mental health and substance abuse assessments, therapy, med management, BHIS skill development and care coordination.
YSS Residential (Adolescents)	420 Kellogg Ave., Ames	515-233-3141	Residential substance abuse treatment for adolescents. Serving clients from across the state. Gender Specific.

Parenting & Educations

Provider Name	Address	Phone Number	Description
Crisis Child Care – LSI	1523 South Bell Ave, Suite 105, Ames	515-460-2423	Provides up to 72 hours childcare for children under 12 for families experiencing a crisis.
People Place – LSI	1517 Northwestern, Ames	515-232-7262	Targets early childhood parenting classes and support for parents.
YSS	420 Kellogg Ave., Ames	515-233-3141	Mentoring for children, Storks Nest and Healthy Futures.

Subacute Services

Provider Name	Address	Phone Number	Description
Mary Greeley Medical Center Subacute	Ames	515-239-6747	Care is provided in a home-like setting for individuals with symptoms that keep them from being able to live independently. Along with other individualized objectives, clients receive training in basic life skills. The 8-bed facility is staffed 24 hours per day; expected length of stay is 10 days. Those who qualify for subacute care have significantly impaired mental, social, or educational functioning arising from psychiatric condition or serious emotional disturbance. A MH provider will refer appropriate individuals; must be 18 or older.