

Table of Contents

<u>Abuse</u>	<u>2-3</u>
<u>Aging & Disability</u>	<u>3</u>
<u>Assisted Living</u>	<u>3-5</u>
<u>Behavioral Health Services</u>	<u>5-6</u>
<u>Child Care</u>	<u>6-7</u>
<u>Children's Issues</u>	<u>7-8</u>
<u>Children's Services</u>	<u>8-10</u>
<u>Clothing</u>	<u>10</u>
<u>County Resources</u>	<u>10-11</u>
<u>Disaster Assistance</u>	<u>11-12</u>
<u>Education</u>	<u>12-14</u>
<u>Preschools</u>	<u>13-14</u>
<u>Emergency Assistance</u>	<u>14</u>
<u>Emergency Numbers</u>	<u>15</u>
<u>Employment Services</u>	<u>15-16</u>
<u>Food</u>	<u>16-17</u>
<u>Fitness Centers</u>	<u>17-18</u>
<u>Gambling</u>	<u>18</u>
<u>Healthcare</u>	<u>18-22</u>
<u>Chiropractic</u>	<u>19</u>
<u>Dental</u>	<u>20</u>
<u>Family Practice Clinics</u>	<u>20-21</u>
<u>In-Home Care</u>	<u>21-22</u>
<u>Vision</u>	<u>22</u>
<u>Hospitals</u>	<u>22-23</u>
<u>Housing</u>	<u>23</u>
<u>Legal</u>	<u>23-24</u>
<u>Libraries</u>	<u>24-25</u>
<u>Medical Equipment</u>	<u>25-26</u>
<u>Pharmacies</u>	<u>26-27</u>
<u>Senior Services</u>	<u>27-28</u>
<u>Substance Abuse</u>	<u>28</u>
<u>Suicide Warning Signs & Resources</u>	<u>28-31</u>
<u>Support Groups</u>	<u>31-32</u>
<u>Transportation</u>	<u>32</u>
<u>Veterans</u>	<u>32-33</u>
<u>Other Important Numbers to Know</u>	<u>33</u>
<u>Contact Information/New Additions</u>	<u>34</u>
<u>Notes</u>	<u>35-36</u>

Abuse

Boys Town Iowa

35 W. 1st Street, Spencer, Iowa 51301

Telephone: 712-574-2684 or

1-800-448-3000

Child and Dependent Adult and Neglect Reporting

Telephone: 1-800-326-2178

CAASA (Centers Against Abuse & Sexual Assault)

Telephone: 1-800-326-4612

Family Crisis Centers of NW Iowa

Telephone: 712-722-4404 or 1-800-546-0730

24 Hour: 1-800-382-5603

Iowa Sexual Abuse Hotline

Telephone: 1-800-284-7821

National Domestic Violence Hotline

Telephone: 1-800-799-7233

National Human Trafficking Hotline

Telephone: 1-888-373-7888 or

Text "HELP" to BEFREE (233733) if you need help or see something suspicious

RAINN (Rape, Abuse, Incest National Network)

Telephone: 1-800-656-HOPE (4673)

State Domestic Abuse Hotline

Telephone: 1-800-942-0333

Aging/Disability

Disability Rights Iowa

400 East Court Avenue, Suite 300, Des Moines, IA 50309

Telephone: 515-278-2505

Toll Free: 800-779-2502

Elderbridge Agency on Aging

714 10th Avenue East PO Box 213 Spencer, Iowa 51301

Telephone: 712-262-1775

Legal Hotline for Older Adults (60+)

Iowa Legal Aid

1111 9th Street Suite 230, Des Moines, Iowa

Telephone: 1-800-992-8161

Northwest Aging Association

612 8th Street, Sibley Iowa 51249

Telephone: 712-754-2768

Siouxland Aging Services, Inc.

2301 Pierce Street Sioux City, IA 51104

Telephone: 712-279-6900

Toll Free: 800-798-6916

Assisted Living

Christian Retirement Home

1414 Elm Ct., Sheldon, Iowa 51201

Telephone: 712-324-2861

Cobble Creek Assisted Living

980 Oak Street, Sheldon, Iowa

Telephone: 712-324-7404

Community Memorial Assisted Living Facility

231 North Avenue West Hartley, Iowa 51346

Telephone: 712-728-2524

Fieldcrest Assisted Living

2501 East 6th Street Sheldon Iowa 51201

Telephone: 712-324-2338

Hope Haven Inc.

1800 19th Street Rock Valley, Iowa 51247

Telephone: 712-476-2737

Morning-Side Estates

8201 1ST Street North East Hartley, Iowa
51346

Telephone: 712-928-3424

Prairie View Inn

612 North Eastern Street Sanborn, Iowa 51248

Telephone: 712-930-3636

Pearl Valley Rehabilitation and Nursing at Primghar

735 N. Rerick Ave, Primghar, Iowa 51245

Telephone: 712-357-3655

The Pride Group at Primghar

6059 390th Street, Primghar, Iowa 51245

Telephone: 712-757-6375

Village Northwest Unlimited

330 Village Circle, Sheldon, Iowa 51201

Telephone: 712-324-4873

Behavioral Health Services

All Those Yesterdays

1900 Grand Avenue North Suite A, Spencer,
Iowa 51301

Telephone: 712-363-5886

Boys Town Iowa

35 W. 1st Street, Spencer, Iowa 51301

Telephone: 712-574-2684 or

1-800-448-3000

Catholic Charities

607 1st Ave. West, Spencer, Iowa 51301

Telephone: 712-580-4320

Family Crisis Centers of NW Iowa

Telephone: 712-722-4404

Foundation 2

Telephone: 844-345-4569

Hope Haven, INC.

2400 Park St. Suite A, Sheldon, Iowa 51201

Telephone: 712-476-3281

Lutheran Social Services of Iowa

12 E. 5th Street, Spencer, Iowa 51301

Telephone: 712-262-4083

National Alliance on Mental Illness

Telephone: 1-800-417-0414

Northwest Iowa Care Connections

(Enrollment/Financial Assistance)

1802 Hill Avenue Suite 2502, Spirit Lake, Iowa
51360

Telephone: 712-336-0775

24 Hour Crisis: 1-888-345-4569

Plains Area Mental Health

Telephone: 712-546-4624

After hours Crisis Line: 1-800-546-0730

Seasons Centers for Behavioral Health

Telephone: 1-800-242-5101

24 Hour Crisis: 1-800-242-5101 - Option #8

**Spencer Psychiatry and Counseling
Services**

Telephone: 712-580-3882

Promise Community Health Center

338 1st Ave NW, Sioux Center, Iowa 51250

Telephone: 712-722-1700

Child Care

Hartley Community Day Care

Hartley, Iowa

Telephone: 712-928-3292

Kids Express Daycare

Sanborn, Iowa

Telephone: 712-930-5535

Kids Kampus

Primghar, Iowa

Telephone: 712-957-0034

Noah's Ark Daycare

Sutherland, Iowa

Telephone: 712-446-2406

Saving Grace

Paullina, Iowa 51046

Telephone: 712-949-7040

Sheldon Community Day Care

1221 E. 6th Street, Sheldon, Iowa 51201

Telephone: 712-324-4837

Children's Issues

Child Abuse and Neglect Reporting

Telephone: 1-800-362-2178

Child Care Resource and Referral (UDMO)

Telephone: 1-800-245-6151

Child Find of America

Telephone: 1-800-IAM-LOST (1-800-426-5678)

Department of Human Services

Telephone: 1-712-957-5135

HAWK-I Insurance

Telephone: 1-800-257-8563

Headstart (UDMO)

Telephone: 1-800-245-6151

Healthy Smile (UDMO Child dental health promotion)

Telephone: 712-213-9287

Missing Children Help Center

Telephone: 1-800-USA-KIDS (1-800-872-5437)

Poison Control Center

Telephone: 1-800-222-1222

Prevent Child Abuse

Telephone: 1-515-281-8726

Runaway National Hotline

Telephone: 1-800-621-400

Suicide Prevention Hotline

Telephone: 1-800-332-4224

Children's Services

Best Care for Better Babies Sanford Home Health and Hospice

Telephone: 712-324-6420 (Ext. 6145)

Bethany Christian Services

Telephone: 712-737-4831

The Caring Program for Children

Telephone: 1-800-223-KIDS (1-800-223-5437)

Cherish Center

1004 22nd Street, Milford, Iowa

Telephone: 712-338-3333

Child Care Resources and Referral Upper Des Moines Opportunity

Telephone: 712-859-3885

Child Health Specialty Clinics

1200 1st Ave. E. Spencer, Iowa 51301

Telephone: 712-264-6363

Children's Hospice International

Telephone: 1-800-242-4453

Early Childhood Iowa

Telephone: 515-281-3322

FaDDS (family service for FIP recipients)

Telephone: 712-395-0445

K.I.D.S. – A Family Support Program

Telephone: 712-363-8466

Lutheran Social Services of Iowa

1812 24th Ave W., Spencer, Iowa 51301

Telephone: 712-262-9171

O'Brien County Dept. Of Human Services

Telephone: 712-957-5135

O'Brien County ISU Extension

340 2nd Street SE, Primghar, Iowa 51245

Telephone: 712-957-5045

O'Brien County Public Health

155 S. Hayes, Primghar, Iowa 51245

Telephone: 712-957-0105

Seasons Center – Autumn's Center

Telephone: 1-800-242-5101

Sheldon Methodist Church

Free Summer Meals for Kids

Telephone: 712-324-4894

Shriner's Hospital Referral Line

Telephone: 1-800-237-5055

Upper Des Moines Opportunity, INC

Telephone: 712-957-1023

Clothing

Love Inc.

611 Park Row Ave., Sheldon, Iowa 51201

Telephone: 712-324-9709

Village Treasure Chest

Telephone: 712-324-2177

Zestos – Shepard's Closet

1004 3rd Ave Alton, Iowa 51003

Telephone: 712-756-4463

County Resources

O'Brien County Courthouse Offices

155 South Hayes, Primghar, Iowa 51245

Environmental Health

Telephone: 712-957-0105

O'Brien County Assessor

Telephone: 712-957-3205

O'Brien County Attorney

Telephone: 712-957-3375

O'Brien County Auditor

Telephone: 712-957-3225

O'Brien County Clerk of Court
Telephone: 712-957-3255

O'Brien County Conservation
Telephone: 712-295-7200

O'Brien County Emergency Management
Telephone 712-757-4305

O'Brien County Engineer
Telephone: 712-957-3425

**O'Brien County General Assistance / Mental
Health Advocate**
Telephone: 712-957-5985

O'Brien County Public Health
Telephone: 712-957-0105

O'Brien County Recorder
Telephone: 712-957-3045

O'Brien County Sheriff
Telephone: 712-957-3415

O'Brien County Treasurer
Telephone: 712-957-3210

O'Brien County Veteran's Affairs
Telephone: 712-957-0031

Disaster Assistance

Emergency Management
Telephone: 712-757-4305

Red Cross
Telephone: 712-252-4081

Salvation Army

Telephone: 712-255-8836

**Critical Incident Stress Management Team
(CISM)**

Telephone: 1-877-225-2476

Education

Hartley-Melvin-Sanborn

High School **Telephone:** 712-928-3406

Middle School **Telephone:** 712-930-3281

Elementary School **Telephone:** 712-928-2020

Sheldon

High School **Telephone:** 712-324-2501

Middle School **Telephone:** 712-324-4346

Elementary School **Telephone:** 712-324-4337

South O'Brien

High School **Telephone:** 712-949-3454

Junior High **Telephone:** 712-949-3454

Elementary School **Telephone:** 712-957-3755

Sanborn Christian Schools

Telephone: 712-729-3288

Sheldon Christian Schools

Telephone: 712-324-2429

Zion-St John Lutheran School, Paullina

Telephone: 866-201-1522

St Patrick's School Sheldon

Telephone: 712-324-3181

**Northwest Iowa Community College,
Sheldon**
Telephone: 712-324-5061

**High School Equivalency Diploma
Northwest Iowa Community College**
Telephone: 712-324-5061

**ISU Extension and Outreach- O'Brien
County**
Telephone: 712-957-5045

Northwest AEA
Telephone: 712-722-4378

Preschools

HMS Head Start
240 1st Street SE, Hartley, Iowa 51346
Telephone: 712-728-3362

United Methodist Christian Preschool
361 North 8th Avenue West, Hartley, Iowa
51346
Telephone: 712-928-5665

Zion Lutheran Preschool
103 W. Bertha Street, Paullina, Iowa 51046
Telephone: 712-949-3915

Learning Tree & Rhyme Time Preschool
102 Prospect Street, Sanborn, Iowa 51248
Telephone: 712-930-3251

Noah's Ark Preschool
1405 Pleasant Ct. Drive, Sheldon, Iowa 51201
Telephone: 712-324-3049

**Sheldon Head Start – Sheldon Community
Preschool & Nursery School**

1221 East 6th Street, Sheldon, Iowa 51201

Telephone: 712-324-3825

**Praising Paws Preschool – Sanborn
Christian School**

405 West 2nd Street, Sanborn, Iowa 51248

Telephone: 712-729-9329

**Kingdom Kids Preschool – Sheldon
Christian School**

1425 East 9th Street, Sheldon, Iowa 51201

Telephone: 712-324-2429

**His Little Ones -St. Patrick's School –
Preschool**

1020 4th Avenue, Sheldon, Iowa 51201

Telephone: 712-324-3181

Emergency Assistance

O'Brien County General Assistance

155 S. Hayes, Primghar, Iowa 51245

Telephone: 712-957-5985

Upper Des Moines Opportunity

Primghar, Iowa

Telephone: 712-957-1023

O'Brien County Veteran's Affairs

155 S. Hayes, Primghar, Iowa 51245

Telephone: 712-95-0031

Emergency Numbers

**Police – Medical – Fire – EMERGENCY
911**

O'Brien County Sheriff's Office

240 1st Street NE, Primghar, Iowa 51245

Telephone: 712-957-3415 (General) or
712-957-5245 (Jail)

O'Brien County Crime Dusters

Telephone: 712-957-3415

Sheldon Police Department

Telephone: 712-324-2525

Employment Services

Aventure Staffing

Sheldon, Iowa & Spencer, Iowa

Telephone: 712-324-2425 or 712-262-5990

Employment Connections

Spencer, Iowa

Telephone: 712-262-9077

Hope Haven Inc.

Sheldon, Iowa

Telephone: 712-324-8466

Iowa Lakes Community College

Rehabilitation & Education Services

Estherville, Iowa & Spencer, Iowa

Telephone: 712-362-5433 or 712-262-9585

IowaWORKS

Spencer, Iowa

Telephone: 712-262-1971

Northwest Iowa Community College

Sheldon, Iowa

Telephone: 712-324-5061

VA Employment Resources

Telephone: 844-MyVA311 (844-698-2311)

Food

Bread of Life

Sheldon, Iowa

Telephone: 712-324-4646

Living Water Community Church

Sheldon, Iowa

Telephone: 712-631-4633

Love Inc. of O'Brien County

Sheldon, Iowa

Telephone: 712-324-9707

Seasons Center

Spencer, Iowa

Telephone: 1-800-242-5101

Sheldon Methodist Church

Free Summer Meals for Kids

Telephone: 712-324-4894

**Sister's Home Style Entrees
(Private Pay and Medicaid Funded)**

Humbolt, Iowa

Telephone: 515-332-1928

St. Patrick's Catholic Church

Sheldon, Iowa

Telephone: 712-324-0160

Upper Des Moines Opportunity

Primghar, Iowa

Telephone: 712-957-1023

Zestos – Shepard's Table

Telephone: 712-756-4456

Fitness Centers

Baum Harmon Health and Fitness Center

240 North Rerick Ave Primghar, Iowa

Telephone: 712-957-2300

Complete 180 Fitness

Sanborn, Iowa

Telephone: 712-930-5151

Courtyard 24/7 Fitness and Tanning

315 North 18th Ave Sheldon, Iowa 51201

Telephone: 712-324-2085

Hartley Health and Fitness Center

1555 Central Ave. Hartley Iowa 51346

Telephone: 712-928-3488

**NWICC Lifelong Learning and Recreation
Center**

600 College Dr. Sheldon, Iowa 51201

Telephone: 712-324-2493

**Willoway Indoor Swimming Pool and
Fitness Center**

409 Ash Street Sutherland, Iowa 51058

Telephone: 712-446-2599

Gambling Treatment

1-800-BETS OFF

Website: WWW.1800betsoff.org

Riverhills Recovery Center

3320 West Fourth Street, Sioux City Iowa

Telephone: 712-202-0777

Healthcare

Hawk-I (Healthy and Well Kids in Iowa)

Medical and Dental

Telephone: 1-855-889-7985

IA Health Link (Medicaid)

Telephone: 1-800-338-8366 (member services)

**SHIPs – State Health Insurance Assistance
Programs (Medicare)**

SHIP Counselor – Mercy Medical Clinic,
Primghar

Telephone: 712-957-5579

Sister to Sister (Breast Cancer Screening)

Promise Community Health Center

338 First Ave. NW Sioux Center, Iowa
Telephone: 712-722-1700

Chiropractic

Align Chiropractic

Sanborn, Iowa

Telephone: 712-930-3949

Choice Chiropractic, LLC

Sheldon IA,

Telephone: 712-324-5313

Miedema Chiropractic

Telephone: 712-324-9930

Primghar Chiropractic Clinic

Telephone: 712-957-0102

Rodney L Den Hartog

Telephone: 712-729-5515

Sheldon Family Chiropractic

Telephone: 712-324-4994

Schierholz Chiropractic Hartley, IA

Telephone: 712-928-2653

Hartley Chiropractic Clinic

Telephone: 712-728-2364

Paullina Chiropractic

Telephone: 712-949-2741

Family Chiropractic and Wellness

Sutherland, IA

Telephone: 712-446-3613

Dental

Dr. Terry Boelter and Dr. Jamie Gross

Sanborn, Iowa

Telephone: 712-930-5550

Family 1st Dental

Primghar, Iowa

Telephone: 712-957-2460

Promise Community Health Center

338 1st Ave. NW, Sioux Center, Iowa 51250

Telephone: 712-722-1700

Sheldon Family Dental Clinic

Telephone: 712-324-3646

Thomas A Roed DDS

Paullina, Iowa

Telephone: 712-949-3614

Van Hofwegen and Munter Family Dentistry

Hartley, Iowa

Telephone: 712-728-2230

Family Practice Clinics

Hartley Mercy Medical Clinic

231 North 8th Ave West Hartley, IA 51346

Telephone: 712-928-2820

Mill Creek Family Practice

5616 460th Street Paullina, Iowa 51046

Telephone: 712-448-2000

Paullina Mercy One

108 Groesbeck Paullina, Iowa 51046

Telephone: 712-949-2126

Primghar Mercy One

240 North Rerick Ave Primghar, Iowa 51245

Telephone: 712-957-2310

Wound Care Center: 712-957-5575

Promise Community Health Center

338 1st Ave. NW, Sioux Center, Iowa 51250

Telephone: 712-722-1700

Sanford Clinic Hartley

512 3rd Street North East Hartley, IA 51346

Telephone: 712-728-2702

Sanford Clinic Sanborn

321 Main Street Sanborn, Iowa 51248

Telephone: 712-729-3545

Sanford Clinic Sheldon

800 Oak Street Sheldon, Iowa 51201

Telephone: 712-324-5356

Sutherland Mercy One

108 West 2nd Street Sutherland, Iowa 51058

Telephone: 712-446-2567

In-Home Care

Avera at Home

Sibley, Iowa

Telephone: 712-754-4611

Careage Home Care

Cherokee, Iowa

Telephone: 712-225-5129

Sanford Home Health

Sheldon, Iowa

Telephone: 712-324-6420

Stay In Home Care Inc.

Royal and Spirit Lake, Iowa

Telephone: 855-933-2595

Vision

Eye Care Center

Paullina, Iowa

Telephone: 712-448-2195

Eye Care Center

Sheldon, Iowa

Telephone: 712-324-2552

Promise Community Health Center

338 1st Ave NW, Sioux Center, Iowa 51250

Telephone: 712-722-1700

Sheldon Vision Care

Sheldon, Iowa

Telephone: 712-324-5151

Hospitals

Sanford Sheldon Medical Center

118 North 7th Avenue Sheldon, Iowa 51201

Telephone: 712-324-5041

Mercy One Hospital

255 North Welch Avenue Primghar, Iowa
51245

Telephone: 712-957-2300

Housing

Community Housing Initiatives

Spencer, Iowa

Telephone: 712-262-5965

Coordinated Entry – Homelessness

Telephone: 1-833-739-0065

Homes of Hope – Love Inc.

Sheldon, Iowa

Telephone: 712-324-9707

Murphy Management

Algona, Iowa

Telephone: 515-295-2927

Northwest Iowa Regional Housing Authority

919 2nd Avenue SW, Spencer, Iowa

Telephone: 71-262-7460

Rent Sheldon

rentsheldon.com

Telephone: 712-324-1699

Legal

**Iowa Attorney General – Consumer
Protection Office**

Telephone: 515-281-5926 or 1-888-777-4590

Iowa Concern Hotline

Telephone: 1-800-447-1985

Iowa Legal Aid

506 Nebraska Street, Sioux City, Iowa 51101

Telephone: 712-277-8686 or 1-800-352-0017

Iowa Legal Aid – Landlord & Tenant Law

IowaLegalAid.org

Telephone: 1-800-532-1275

Iowa Office of Ombudsman

Ola Babcock Miller Building

1112 East Grand, Des Moines, Iowa

Telephone: 515-281-3592 or 1-888-426-6283

Juvenile Court Services

215 W. 6th Street, Ste. 5, Spencer, Iowa

Telephone: 712-262-5938

Lawyer Referral Service – Iowa State Bar Association

Des Moines, Iowa

Telephone: 515-280-7429

The Legal Hotline for Older Adults (60+)

Iowa Legal Aid

1111 9th Street Suite 230, Des Moines, Iowa

Telephone: 1-800-992-8161

Libraries

Melvin Public Library

Telephone: 712-736-2107

Sanborn Public Library
Telephone: 712-930-3215

Primghar Public Library
Telephone: 712-957-8981

Hartley Public Library
Telephone: 712-928-2080

Paullina Public Library
Telephone: 712-949-3941

Sheldon Public Library
Telephone: 712-324-2442

General N.B. Baker Library
Sutherland, Iowa
Telephone: 712-446-3839

Archer Public Library
Telephone: 712-723-3629

Medical Equipment

Algiti
Sioux Falls, South Dakota
Telephone: 605-371-2005

Avera Home Medical Equipment
Spencer, Iowa
Telephone: 712-580-3923
Sioux Center, Iowa
Telephone: 712-722-8179

MercyOne
Primghar, Iowa
Telephone: 712-957-2300

Sioux City, Iowa
Telephone: 712-233-5151

Rotech
Storm Lake, Iowa
Telephone: 712-732-9978

**Sanford Home Health Home Medical
Equipment**
Sheldon, Iowa
Telephone: 712-324-4453

Wheelchair Dynamics Inc.
Sheldon, Iowa
Telephone: 712-324-4575

Oxygen Rental

Apria Healthcare
Storm Lake, Iowa
Telephone: 712-732-7710
Sioux City, Iowa
Telephone: 712-255-1555

Lincare
Spencer, Iowa
Telephone: 712-262-6749
Sioux Falls, South Dakota
Telephone: 605-332-2858

Pharmacies

Hartley Hometown Pharmacy
Telephone: 712-928-7070

Hy-Vee Pharmacy Sheldon, Iowa

Telephone: 712-324-2516

Lewis Family Drug Sheldon, Iowa

Telephone: 712-324-4331

Shopko Hometown Sheldon, Iowa

Telephone: 712-324-3552

Thrifty White Pharmacy Paullina, Iowa

Telephone: 712-949-3490

Senior Services

AARP

Telephone: 1-800-523-5880

www.aarp.org

Alzheimer's & Related Disorders

Telephone: 1-800-272-3900

Dependent Adult Abuse

Telephone: 1-800-362-2178

Elderbridge Agency on Aging

Spencer, Iowa

Telephone: 712-262-1775

Foster Grandparent Program

Telephone: 712-476-2610 or 712-224-2610

Dinner Date

Elderbridge Agency on Aging

Telephone: 262-1775

Life Line

Sanford, Sheldon

Telephone: 712-324-6420

Senior Companion Program

Telephone: 712-476-2628

Substance Abuse

Alcoholics Anonymous

Siouxland Intergroup; Sioux City, Iowa

Telephone: 712-252-1333

Iowa Substance Abuse Information Center

Telephone: 1-866-242-4111

Jackson Recovery

Sioux City, Iowa

Telephone: 712-234-2300

Narcotics Anonymous

Siouxland Area; Sioux City, Iowa

Telephone: 712-279-0733

Iowa Region

Telephone: 1-800-897-6242

National Alcohol Hotline

Telephone: 1-800-252-6465

National Institute on Drug Abuse Help Line

Telephone: 1-800-662-4357

Suicide Warning Signs & Resources

Warning Signs

Talk

Stating they want to kill themselves
Feeling hopeless
Having no reason to live
Feeling trapped
Unbearable pain
Being a burden to others

Behavior

Increased use of alcohol or drugs
Looking for a way to end their lives
Withdrawing from activities
Isolating from friends and family
Visiting or calling people to say goodbye
Sleeping too much or too little
Giving away prized possessions
Aggressive

Mood

Depressed
Anxious
Loss of interest
Irritability
Humiliation/Shame
Anger/Agitation

Negative Self-Talk

Guilt
Not good enough
Ashamed
Unwanted
Useless
Worthless

Other

Health problems
Recent losses
History of psychiatric diagnosis
Family history of suicide
Previous attempts

Warning Signs Specific to Military

Cleaning a souvenir weapon
Visiting Graveyards
Obsession with news coverage of the war or military channel
Wearing uniform off duty
Standing guard of the house, obsessively locking doors and windows
Stopping or hoarding medication
Hoarding alcohol
Defensive speech – “you wouldn’t understand”
Avoiding Eye Contact

*Helping someone you think
may be suicidal*

Talk to them, ask them about suicide, listen without judgement, help them connect with community resources, go with them to a counselor, stay with them, create safety and follow-up

Resources

Avera: 1-800-691-4336

Foundation 2: 1-800-332-4224

National Suicide Prevention Lifeline:

1-800-273-TALK(8255)

En Espanol: 1-888-628-9454

Deaf, Hard of Hearing: 1-800-799-4889

Text Line – Text Home to 741741

Northwest Iowa Care Connections Crisis

Line: 844-345-4569

Plains Area Mental Health 24/7:

1-800-546-0730

Season's Center: 1-800-242-5101

Press 8

Veteran's Crisis Line: 1-800-273-TALK(8255)

Press 1

Support Groups

Al-Anon – Family Members Group

Sheldon Hospital – Sheldon, Iowa

Sundays 8 P.M.

Cancer Society Relay For Life

Telephone: 1-800-227-2345

GLASS Suicide Awareness & Prevention

Spencer, Iowa

Telephone: 712-260-8060

Grief Share

Orange City, Iowa

Telephone: 712-541-5985

Memory Loss Support Group

Sanford Sheldon Senior Care – Sheldon, Iowa

Telephone: 712-324-6467 or 712-324-6470

National Alliance on Mental Illness

NAMI Northwest Iowa

Spencer, Iowa

Telephone: 712-262-9438

**O'Brien County Parents/Caregivers of
Children with Special Needs**

Archer Reformed Church – Archer, Iowa

Second Thursday of each month at 7 P.M.

Telephone: 712-324-9714

Transportation

Regional Transit Authority (Rides)

Telephone: 1-800-358-5037

Siouxland Regional Transit System (SRTS)

Telephone: 712-279-6919

Veterans

O'Brien County Veteran's Affairs

155 S. Hayes Primghar, Iowa

Telephone: 712-957-3207

Iowa Department of Veteran's Affairs

Telephone: 515-252-4698

Sioux Falls VA Healthcare System

Telephone: 605-336-3230

Telephone Care (Nurse): 866-687-7382

U.S. Department of Veteran's Affairs

Telephone: 1-844-698-2311

Veteran's Crisis Line: 1-800-273-TALK(8255)

Press 1

Other Important

Numbers to Know

Atlas of Sioux Center

Sioux Center, Iowa

Telephone: 712-722-4900

Atlas of Spencer

816 ½ South Grand Avenue, Spencer, Iowa
51301

Telephone: 712-580-3277

NW IA Planning & Development Commission

(Home Repairs)

Telephone: 712-262-7225 Ext. 139

SAIL – Self-Sufficiency Advocate for Individual Life Skills

Telephone: 712-298-6000

The O'Brien County Resource Directory is developed by O'Brien County Public Health & O'Brien County General Assistance

The resource directory is updated every spring. If you have additions or changes for the directory please contact:

O'Brien County General Assistance Director
Abby Wallin
712-957-5985
awallin@obriencounty.org

or

O'Brien County Public Health Office
Judy Nieuwenhuis, MSN RN
712-957-0105
jnieuwenhuis@obriencounty.org

Changes must be submitted by June 1 each year – any changes submitted after June 1 may not be added until the following year



