

WE ARE HERE TO HELP

The outbreak of COVID-19 can cause anxiety and strong emotions in adults and children both. We are all experiencing heightened amounts of stress, anxiety and worry. "Coping with stress will make you, the people you care about, and your community stronger."

If you or your loved one are in need of immediate and emergency assistance call 911.

Crisis Services & Mental Health Resources

Your Life Iowa

CALL (855) 581-8111

TEXT (855) 895-8398

Seasons Center

Crisis Line (844) 345-4569

(800) 262-2922

Plains Area Mental Health

Crisis Line (888) 546-0730

(855) 534-8288

Additional assistance accessing resources is available through the O'Brien County General Assistance Office.

Individuals who need assistance with daily living essentials may also contact the O'Brien County General Assistance Office or Upper Des Moines Opportunity. Appropriate referrals will be made on behalf of the individual when appropriate.

O'Brien County General Assistance

712-957-5985 (Office)

712-344-2000 (Cell)

awallin@obriencounty.org (Email)

Upper Des Moines Opportunity, Inc.

712-957-1023 (Office)

bcollier@udmo.com (Email)