

Iowa Emergency Resources

- State of Iowa [Coronavirus Information website](#).
- [Food Banks and Shelters](#). *Please do not go to a Food Bank without first calling for an appointment.*
- [Local Public Health Agency Community Contact List](#).
- Iowa Department of Human Services [Community Contact List of Mental Health Providers](#).
- [Your Life Iowa](#) - Crisis support for anyone facing problems with alcohol, drugs, gambling mental health, or suicidal thoughts. For crisis support, call 855-581-8111, chat live, or text 855-895-8398.
- [Please Pass the Love Teen COVID-19 Support](#) - Safe, on-line support *for teens only*.