FREE HELP NEAR YOU

Eastern Iowa · Cedar Rapids, Iowa City, Waterloo & Dubuque

Cedar Rapids · Marion · Hiawatha · Iowa City · Coralville · North Liberty · Waterloo · Cedar Falls · Evansdale · Dubuque · Independence · Anamosa

Not sure where to go?
Tell us what's going on and where you are. We'll point you to the right place.

REAP AMERICA · 24 HOURS
1-877-341-REAP
(1-877-341-7327) · Text: 775-235-8765

911 Police · Fire · Ambulance

988 Mental health crisis call or text

211 Iowa 211 · dial 2-1-1

Food, Bills & Emergencies

HACAP
Cedar Rapids · energy help
319-366-7632

HACAP – Iowa City
Johnson County
319-337-5765

HACAP – Dubuque
Dubuque County
563-556-5130

Operation Threshold
Waterloo · Black Hawk County
319-291-2065

Shelter

Willis Dady Emergency Shelter
Cedar Rapids
319-366-7999

Shelter House
Iowa City
319-351-0326

The Salvation Army
Waterloo
319-235-9358

Veterans

Iowa City VA Medical Center
VA health care
319-338-0581

Waterloo VA Clinic
VA health care
319-235-1230

Dubuque VA Clinic
VA health care
563-588-5520

Health Care

Community Health Free Clinic
Cedar Rapids · free
319-363-0416

Safety From Abuse (24 hours)

Waypoint
Cedar Rapids & Waterloo area · 24 hours
1-800-208-0388

Domestic Violence Intervention Program (DVIP)
Iowa City · 24 hours
1-800-373-1043

Riverview Center
Dubuque & Cedar Rapids · 24 hours
1-888-557-0310

POLICE, FIRE & GAS · Emergency? Call 911 · Smell gas? Get out first, then call

Cedar Rapids Police non-emergency
319-286-5491

Iowa City Police
319-356-5275

Waterloo Police
319-291-2515

Dubuque Police
563-589-4415

MidAmerican Energy · gas leak
1-800-595-5325

NATIONAL HOTLINES · FREE · 24/7

Poison Help
1-800-222-1222

Suicide & Crisis Lifeline
Call or text 988

Veterans Crisis Line
Dial 988, press 1 · Text 838255

Crisis Text Line
Text HOME to 741741

Domestic Violence Hotline
1-800-799-7233 · Text START to 88788

Sexual Assault Hotline (RAINN)
1-800-656-4673

Child Abuse Hotline (Childhelp)
1-800-422-4453 · call or text

Drug & Alcohol Help (SAMHSA)
1-800-662-4357

Human Trafficking Hotline
1-888-373-7888 · Text 233733

Runaway & Homeless Youth (Safeline)
1-800-786-2929