FREE HELP NEAR YOU

North Iowa · Mason City, Clear Lake, Charles City & Decorah

Mason City · Clear Lake · Charles City · Osage · Northwood · Garner · Hampton · Algona · Decorah · Cresco · Waukon · Oelwein

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

North Iowa Community Action
Mason City · energy help
641-423-7766

North Iowa Community Action (toll-free)
North Iowa
1-800-873-1899

Safety From Abuse (24 hours)

Crisis Intervention Service
Mason City · 24 hours
1-855-424-9133

Helping Services for Youth & Families
Decorah · 24 hours
1-800-383-2988

Veterans

Mason City VA Clinic
VA health care
641-421-8077

Health Care

Community Health Center – Mason City
Mason City · sliding fee
641-450-0601

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

Mason City Police
641-421-3636

Cerro Gordo County Sheriff / Communications
641-421-3000

Iowa State Patrol – Mason City
641-424-3625

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