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FREE HELP NEAR YOU

Quad Cities & Southeast Iowa · Davenport, Clinton, Muscatine, Burlington & Ottumwa

Davenport · Bettendorf · Eldridge · Clinton · DeWitt · Muscatine · Burlington · Mount Pleasant · Fort Madison · Keokuk · Ottumwa · Fairfield

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

Community Action of Eastern Iowa
Davenport, Clinton & Muscatine
563-324-3236

Community Action of Southeast Iowa
Burlington
319-753-2893

Community Action of Southeast Iowa
Fort Madison
319-372-4471

Community Action of Southeast Iowa
Keokuk
319-524-6383

SIEDA Community Action
Ottumwa
641-682-8741

Safety From Abuse (24 hours)

Family Resources
Davenport & Clinton · 24 hours
563-326-9191

MCSA Domestic Violence Shelter
Muscatine · 24 hours
563-263-8080

Veterans

Iowa City VA Medical Center
VA health care · SE Iowa clinics
319-338-0581

Ottumwa VA Clinic
VA health care
641-693-4300

Health Care

Community Health Care, Inc.
Davenport · sliding fee
563-336-3000

Shelter

Humility Homes & Services
Davenport
563-326-1330

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

Davenport Police non-emergency
563-326-7979

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