FREE HELP NEAR YOU

Western Iowa · Sioux City, Council Bluffs, Le Mars & Atlantic

Sioux City · Sergeant Bluff · Le Mars · Sioux Center · Orange City · Storm Lake · Council Bluffs · Glenwood · Missouri Valley · Red Oak · Atlantic · Harlan

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 Agency of Siouxland
Sioux City · energy help
712-274-1610

West Central Community Action
Council Bluffs
712-322-2621

West Central Community Action
Atlantic
712-243-5421

Shelter

Catholic Charities
Council Bluffs
712-328-3086

Veterans

Sioux Falls VA (serves Sioux City area)
VA health care
605-336-3230

Omaha VA Medical Center (serves Council Bluffs)
VA health care
402-346-8800

Health Care

Siouxland Community Health Center
Sioux City · sliding fee
712-252-2477

Safety From Abuse (24 hours)

SafePlace
Sioux City · 24 hours
1-800-982-7233

Catholic Charities DV & Sexual Assault Program
Council Bluffs & SW Iowa · 24 hours
1-888-612-0266

Family Crisis Centers
Northwest Iowa · 24 hours
1-800-382-5603

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

Sioux City Police non-emergency
712-279-6960

Council Bluffs Police
712-328-4701

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

NATIONAL HOTLINES · FREE · 24/7

Poison Help
1-800-222-1222

Crisis Text Line
Text HOME to 741741

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

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

Suicide & Crisis Lifeline
Call or text 988

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

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

Veterans Crisis Line
Dial 988, press 1 · Text 838255

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

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