

It's OK to ask for HELP!

WE are still here!



**Eastern
Iowa Region
Crisis
System**

During this COVID-19 Pandemic, we have not changed the services we are providing, but changed HOW we provide them! Crisis Care is still available through the use of *telephone and video-conferencing!*

- 24 Hour Mobile Crisis Outreach & 24 Hour Crisis Line **1-844-430-0375**
- 24 Hour Life Connections Peer Respite Support Line **1-516-688-7484**
- MCSA Peer Line and Virtual Groups. Open 8am-5pm M-F **563-200-2742**
- Life Connections Peer Line and Virtual Groups. M, T, Th, F: 5pm-10pm, Sat-Sun 12pm-5pm **563-357-6352**
- Vera French Peer Drop In- 8am-4pm M-F **563-322-5276**
- 24 Hour Crisis Stabilization Residential **563-396-3017**
- Care Coordination
- Substance Use Disorder Services
- Justice Involved Care Coordination
- Committal Pre-Screening
- 24 Hour Tele-Health in the Emergency Departments

April 8, 2020