



MERCY COLLEGE
OF HEALTH SCIENCES

Community Resource Guide



The purpose of this guide is to provide you with information about a variety of community resources that you may find helpful. This guide is not exhaustive, so you are encouraged to seek out additional resources not listed here that may be a better fit for your needs. We also encourage you to contact the resources listed for the most up-to-date information (eligibility, hours, locations, etc.), as changes occur frequently. If you need additional information or assistance, please contact Diane Haskins at diane.haskins@mchs.edu. Mercy College of Health Sciences does not exclusively endorse any of the resources in this guide.

ADVOCACY SERVICES

[Iowa Department of Human Rights](#)

321 E. 12th St.
Des Moines, IA 50319
(515) 242-5655

[Polk County Crisis & Advocacy Services](#)

2309 Euclid Ave.
Des Moines, IA 50310
(515) 286-3600

CHILDCARE ASSISTANCE/REFERRAL

[Bidwell Riverside Child Development Center](#)

1203 Hartford Ave.
Des Moines, IA 50315
(515) 244-2268

[Bright Horizons](#)

[Mercy Child Development Center](#)

1150 6th Ave.
Des Moines, IA 50314
(515) 643-9090

[Care.com](#)

Babysitting, childcare, and housekeeping resource directory

[Children & Families of Iowa](#)

1111 University Ave.
Des Moines, IA 50314
(515) 288-1981

[College Sitter Contact](#)

CSC connects families with highly qualified college student childcare providers. Sign up, search, select, and schedule online.

[DHS Childcare Availability Map](#)

[Iowa Child Care Resource & Referral](#)

1-855-244-5301

[Iowa Health & Human Services](#)

1900 Carpenter Ave.
Des Moines, IA 50314
1-866-448-4605

CHILDCARE ASSISTANCE/REFERRAL (cont.)

[Sittercity](#)

Digital platform for finding in-home care.

[West Des Moines Community Schools](#)

[Kids West Child Care](#)

3550 Mills Civic Parkway
West Des Moines, IA 50265
(515) 633-5010

CLOTHING/HOUSEHOLD

[Bidwell Riverside](#)

1203 Hartford Ave.
Des Moines, IA 50315
(515) 244-6251

[Caring Hands Outreach Center](#)

[Uplift Program](#)

201 9th St., N.E.
Altoona, IA 50009
(515) 967-4533 ext. 4

[Central Iowa Shelter and Services](#)

1420 Mulberry
Des Moines, IA 50309
(515) 284-5719

[Eddie Davis Community Center](#)

1312 Maple St.
West Des Moines, IA 50265
(515) 277-1103

[The FreeStore](#)

1020 24th St.
West Des Moines, IA 50266
(515) 282-3733

[St. Vincent DePaul](#)

1426 6th Ave.
Des Moines, IA 50314
(515) 282-8327

[West Des Moines Human Services](#)

[Clothing Closet](#)

139 6th St.
West Des Moines, IA 50265
(515) 222-3660

COVID-19 RESOURCES

[Center for Disease Control](#)

[Mercy College – COVID-19 Updates](#)

[MercyOne Des Moines](#)

[Polk County Health Department](#)

[United States Government](#)

Mask, treatment, vaccine, and testing information.

To find a vaccine provider near you, visit

[Vaccines.gov](#) or call 1-800-232-0233.

DOMESTIC VIOLENCE SERVICES

[Access Assault Care Center](#)

Confidential help for domestic violence & sexual assault.

24-Hour Crisis Line: (515) 292-0519 or Toll Free

1-855-983-4641

[Catholic Charities Domestic Violence & Sexual Assault Services](#)

24-Hour Crisis Line: 1-888-612-0266

[Children & Families of Iowa](#)

1111 University Ave.

Des Moines, IA 50314

24/7 Local Crisis Hotline: (515) 243-6147

[Iowa Coalition Against Domestic Violence](#)

4725 Merle Hay Road, Ste. 107

Des Moines, IA 50322

(515) 244-8028

[Iowa Victim Service Call Center](#)

1-800-770-1650 or text "IOWAHELP" 20121

[Mid-Iowa Sexual Assault Response Team \(SART\)](#)

Assistance for Victims Receiving Medical Care

Through [Polk Co. Crisis and Advocacy](#)

515-286-3600 (24-Hour Crisis Line)

[National Domestic Violence Hotline](#)

1-800-799-SAFE (7233)

EDUCATION ASSISTANCE

[Post-Secondary Education Retention Program \(PSERP\)](#)

See website for eligibility requirements and to learn more about how the program helps low-income/first generation college students successfully complete their education goals.

EMERGENCY SHELTER

[Bethel Mission \(Men\)](#)

1310 6th Ave.

Des Moines, IA 50309

(515) 244-5445

[Catholic Charities Emergency Family Shelter](#)

1535 11th St.

Des Moines, IA 50314

(515) 282-1235

[Central Iowa Shelter & Services](#)

1420 Mulberry St.

Des Moines, IA 50309

(515) 284-5719

[Hope Center of Women and Children](#)

3333 E. University Ave.

Des Moines, IA 50317

(515) 264-0144

EMPLOYMENT/JOB ASSISTANCE

[Evelyn K. Davis Center](#)

1171 7th St.

Des Moines, IA 50314

(515) 697-7700

[Future Ready Iowa](#)

[Iowa Center for Economic Success](#)

8345 University Blvd.

Clive, IA 50325

(515) 283-0940

[Iowa Workforce Development](#)

430 E. Grand Ave.

Des Moines, IA 50309

(515) 281-5387

EMPLOYMENT/JOB ASSISTANCE (cont.)

[Project IOWA](#)

1420 Mulberry St.
Des Moines, IA 50309
(515) 280-1274

[St. Vincent DePaul](#)

1426 6th Ave.
Des Moines, IA 50314
(515) 282-8327 ext. 150

[WorkSource](#)

1001 Office Park Rd., Suite 121
West Des Moines, IA 50265
(515) 225-4355

FINANCIAL ASSISTANCE

PLEASE NOTE: This list of financial resources has been compiled for your convenience and does not in any way guarantee assistance from any of the agencies on this list.

[Affordable Connectivity Program](#)

FCC program to help households struggling to pay for internet service.

[Caring Hands – Uplift Program \(Altoona\)](#)

(515) 967-4533 ext. 4

Limited assistance with rent and utilities.

[Cross Outreach Des Moines](#)

Rent/Security Deposit Assistance, Water/Electric Assistance
(515) 279-9998

Assistance is limited and not guaranteed.

[Embrace Iowa](#)

Eligible households can receive up to \$750 towards the purchase of appliances, car repairs, dental service, medication, eyeglasses, furniture, home repairs, household items, beds, and other essential needs.

[Financial Empowerment Center](#)

Free, professional financial coaching.
1171 7th St.
Des Moines, IA 50314
515-697-7700

FINANCIAL ASSISTANCE (cont.)

General Assistance Programs
(Programs vary by county)

[Boone County](#)

[Dallas County](#)

[Hardin County](#)

[Jasper County](#)

[Linn County](#)

[Marion County](#)

[Story County](#)

[Warren County](#)

[IMPACT Community Action Partnership](#)

Serving Boone, Jasper, Marion, Polk, and Warren Counties and offering utility, food, housing, and disaster assistance.
(515) 518-4770

[Iowa Community Action Association](#)

16 agencies offering a variety of assistance services.
(515) 244-0307

[Iowa Mortgage Help Hotline](#)

(877) 622-4866

[Low-Income Home Energy Assistance Program \(LIHEAP\), Family Development and Self-Sufficiency \(FaDSS\), Weatherization Assistance](#)

See website for where to apply in your county.

[Modest Needs Foundation](#)

Grant program providing assistance with rent, utilities, car payment, car repairs, other expenses.

[National Community Action Partnership](#)

See website to find a Community Action Agency anywhere in the U.S.

[New Opportunities Outreach](#)

Serving Audubon, Calhoun, Carroll, Dallas, Greene, Guthrie, and Sac Counties with education, support, and various assistance services.
(712) 792-9266

[Polk County General Assistance](#)

Help with basic needs, special needs, and property tax assistance.
2309 Euclid Ave.
Des Moines, IA 50310
(515) 286-2088

FINANCIAL ASSISTANCE (cont.)

Salvation Army

1326 6th Avenue
Des Moines, IA 53014
(515) 282-3422

U.S. Dept. of Housing & Urban Development

Rental Help

Utility Help

West Des Moines Human Services Emergency Assistance

Serving residents of West Des Moines
139 6th St.
West Des Moines, IA 50265
(515) 222-3660

FOOD/BASIC NEEDS ASSISTANCE/FOOD PANTRIES/MEALS

Bidwell Riverside

1203 Hartford Ave.
Des Moines, IA 50315
(515) 244-6251

Bethel Mission – Hope Café

Free, nutritious meals to individuals and families.
1310 6th Ave.,
Des Moines, IA 50314
(515) 244-5445

Caring Hands

See website for locations and times.
(515) 967-4533

Catholic Charities

See website for locations and times.
(515) 262-7290

Central Iowa Community Fridge Locations

Central Iowa Shelter and Services

1420 Mulberry
Des Moines, IA 50309
(515) 284-5719

FOOD/BASIC NEEDS ASSISTANCE/FOOD PANTRIES/MEALS (cont.)

Cross Outreach

Assistance with personal hygiene kits, cleaning supplies, bus tokens or passes, and laundromat vouchers.
(515) 279-9998

DMARC Food Pantry Network

See website for locations and times.
(515) 277-6969

Eddie Davis Community Center

1312 Maple St.
West Des Moines, IA 50265
(515) 277-1103

Eternity Church Food Bank

See website for locations and times.
(515) 223-9260

Food Bank of Iowa

See website for locations and times.
(515) 564-0330
For help with qualification and application questions regarding the Supplemental Nutrition Assistance Program (SNAP), call the SNAP Hotline at (855) 944-3663 or email foodassistanceoutreach@iowafba.org.

Impact Community Action Partnership

Monthly Food Pantry
(515) 518-4770

Iowa Dept. of Human Services Food Assistance

See website for information on Supplemental Nutrition Assistance Program (SNAP) and other food-related programs.

Knock and Drop Iowa – Latino Food Pantry

(By appointment only)
4801 Franklin Ave., #152
Des Moines, IA 50310
(515) 443-6349

Mt. Olive Missionary Baptist Church

3100 2nd Ave.
Des Moines, IA 50313
(515) 282-7947
Free food – every Friday from 4-6 p.m.

FOOD/BASIC NEEDS ASSISTANCE/FOOD PANTRIES/MEALS (cont.)

St. Vincent DePaul

See website for locations and times.
For help applying for SNAP, go to the 2nd Fl. Education Center at 1426 6th Ave., DSM anytime Monday through Friday.
(515) 282-8327 ext. 140

West Des Moines Human Services

See website for days and times.
139 6th St.
West Des Moines, IA 50265
(515) 222-3660

Women, Infants and Children (WIC)

Supplemental nutrition program for babies, children under the age of 5, pregnant and breastfeeding women, and women who have had a baby in the last 6 months. See website to find agency closest to you.
(515) 281-6650

HEALTH (Free Counseling/Mental Health/Therapy Resources)

Uwill

- Mercy College partner for student mental health and wellness solutions
- Private, secure, confidential
- Free, quick, and immediate access to teletherapy
- Therapist of your choice based on preferences (issue, gender, language, ethnicity)
- 180 minutes per academic year per student
- Times that fit YOUR schedule (day, night, weekend)
- Variety of appointment types (video, phone, online chat, or message)
- Click on link above or scan QR code below to register with your student email account and book a session.

Students Receive
Free Immediate Access to a Therapist



Private. Secure. Confidential.
Scan to get started

HEALTH (Counseling/Mental Health/Therapy/Crisis Resources)

PLEASE NOTE: There may be a cost associated with the services listed below. Please check with individual providers to see if they accept private insurance, Medicare, Medicaid, and/or personal payment or if they provide financial assistance or will work with individuals based on their income.

**American Red Cross
Disaster Distress Helpline**

Call or text 1-800-985-5990

**Broadlawns Medical Center
Mental Health Services**

(515) 282-5752

Catholic Charities Counseling Program

Licensed, Professional Therapists
(515) 237-5045

CDC (Centers for Disease Control & Prevention)

Mental Health information, tools, and resources

Central Iowa Psychological Services

See website for locations and services.
(515) 348-8257

Childhelp National Child Abuse Hotline

Call or text 1-800-4453

**Child Protective Services
Iowa Department of Human Services**

24/7 Abuse Hotline: 1-800-362-2178

**Children and Families of Iowa
Domestic Violence Services**

See website for locations and services.
24/7 Hotline: (515) 243-6147

Clive Behavioral Health

Open 24/7 - Adult, Adolescent, and Child Services
1450 NW 114th St.
Clive, IA 50325
844-680-0504

HEALTH (Counseling/Mental Health/Therapy/Crisis Resources)

[Dependent Adult Protective Services Iowa Department of Human Services](#)
24/7 Hotline: 1-800-362-2178 to report abuse, neglect, exploitation, or self-neglect

[Foundation 2 Crisis Center](#)
24/7 Helpline: 1-800-332-4224

[Iowa Victim Service Call Center](#)
24/7 Helpline: 1-800-770-1650 or text 'IOWAHELP' to 20121

[LifeWorks](#)
See website for location information.
(515) 255-8399

[LiveAnotherDay.org](#)
Mental health and recovery resources for the BIPOC community.
24/7 Help Line: 1-866-720-1044

[LUNA](#)
Support, advocacy, empowerment for Latinx victims and survivors of sexual assault and domestic abuse.
24/7 Crisis Line: 1-866-256-7668
(515) 271-5060

[Mid-Iowa Sexual Assault Response Team \(SART\)](#)
Care, support, and counseling to pediatric and adult victims of sexual assault.
24/7 Crisis Line: (515) 286-3600

[Mind and Spirit Counseling Center](#)
8553 Urbandale Ave.
Urbandale, IA 50322
(515) 274-4006

[Mindspring Mental Health Alliance](#)
Mental health resources, support, and workshops.
511 E. 6th St., Suite B
Des Moines, IA 50309
(515) 277-0672

[Monsoon](#)
Domestic violence, sexual assault, human trafficking services to Asian/Pacific Islander victims/survivors.
24/7 Helpline: 1-866-881-4641

HEALTH (Counseling/Mental Health/Therapy/Crisis Resources) (cont.)

[Mosaic Family Counseling Center Inc.](#)
6200 Aurora Ave., Suite 305E
Urbandale, IA 50322
(515) 724-8920

[NAMI Iowa](#)
Mental health resources, advocacy, and support.
3839 Merle Hay Rd., Ste. 229
Des Moines, IA 50310
(515) 254-0417

[National Domestic Violence Hotline](#)
24/7 Hotline: 1-800-799-7233 or text 'START' to 88788

[National Sexual Assault Hotline](#)
Crisis Intervention, Counseling, Support, and Referrals.
1-800-656-HOPE (4673)

[National Suicide and Crisis Lifeline](#)
Dial '988'

[National Crisis Text Line](#)
24/7 Support: Text 'HOME' to 741741

[NISAA](#)
Domestic violence and sexual assault services to African immigrants and refugees.
24/7 Helpline: 1-866-881-4641

[Substance Abuse and Mental Health Services Administration \(SAMHSA\) National Helpline](#)
24/7 Helpline: 1-800-662-4357

[Stepping Stone Family Services](#)
1739 28th St.
West Des Moines, IA 50266
(515) 276-6338

[The Trevor Project](#)
24/7 information & support to LGBTQ young people.
1-866-488-7386

[Chat With Us](#)
Text Us: 678-678

HEALTH (Counseling/Mental Health/Therapy/Crisis Resources) (cont.)

UCS Healthcare

Medical, behavioral, psychiatric, substance use
1300 Woodland Ave.
West Des Moines, IA 50265
(515) 280-3860

ULifeline

Anonymous, confidential, online resource for college mental health.

Unity Point Health

Eyerly-Ball Mental Health Services

945 19th St.
Des Moines, IA 50314
(515) 241-0982

Your Life Iowa

Free, confidential, 24/7 support and resources for alcohol, drug, gambling, suicide, and mental health concerns.

Call 1-855-581-8111 or text 1-855-895-8398

HEALTH (Medical/Dental/Vision)

Broadlawns Medical Center

1801 Hickman Rd.
Des Moines, IA 50314
(515) 282-2200

Dental Connections

1111 9th St., Suite 190
Des Moines, IA 50314
(515) 244-9136

Des Moines Area Community College (DMACC)

Dental Services

(515) 964-6280

Free Clinics of Iowa

See website for locations, hours, and services.
(515) 954-7508

PHC Dental

See website for locations and phone numbers.

HEALTH (Medical/Dental/Vision) (cont.)

Polk County Health Department

1907 Carpenter Ave.
Des Moines, IA 50314
(515) 286-3798

HEALTH INSURANCE/HEALTH PROGRAMS

E.J. Smith & Associates

Specialists in College Student Health Insurance
(847) 564-3660

Healthcare.gov: Student Health Ins. Plans

Healthcare.gov: Income-based Ins. Information

Healthcare.gov: Medicaid/Children's Health Ins. Program (CHIP) Coverage

Iowa Medicaid Programs

HOUSING/HOMELESSNESS

Affordablehousing.com

Low income apartments and waiting lists.

Anawim Housing

1535 Linden St., Suite 100B
Des Moines, IA 50309
(515) 244-8308

Capax Infiniti Housing, Inc.

(515) 276-5823

Conlin Properties

3721 SW 61st Street, Suite A
Des Moines, IA 50321
(515) 246-8016

Central Iowa Regional Housing Authority

1201 SE Gateway Drive
Grimes, IA 50111
(515) 986-1882

Des Moines Municipal Housing Agency

2309 Euclid Avenue
Des Moines IA 50310
(515) 323-8950

HOUSING/HOMELESSNESS (cont.)

[Hawthorn Hill](#)

3001 Grand Avenue
Des Moines, IA 50312
(515) 244-9748

[HOME, Inc.](#)

Rentals, homes for sale, counseling, and education for renters and homeowners.

[IowaHousingSearch.org](#)

Free rental housing locator

[LowIncomeHousing.us](#)

Affordable low-income rental/housing resources.

[Oakridge Neighborhood](#)

(515) 244-7702

[Polk County Housing Trust Fund](#)

Community Housing Resources

[Primary Health Care \(PHC\)](#)

[Homeless Support Services](#)

1200 University Avenue, #110A
Des Moines, IA 50314
(515) 248-1850

[U.S. Dept. of Housing and Urban Development](#)

Housing, rental assistance, and rent relief resources.

[YMCA Supportive Housing Campus](#)

2 SW 9th St.
Des Moines, IA 50309
(515) 288-2424

LEGAL ASSISTANCE

[Drake Legal Clinic](#)

2400 University Ave.
Des Moines, IA 50311
(515) 271-3851

[Eddie Davis Community Center](#)

Free legal referral and reference clinics
1312 Maple St.
West Des Moines, IA 50265
(515) 277-1103

LEGAL ASSISTANCE (cont.)

[Iowa Legal Aid](#)

1-800-532-1275

[Polk County Volunteer Lawyers Project](#)

(515) 243-3904

RESOURCE ASSISTANCE

[GradReady](#)

Video lessons, resources, tools, and tips to help students success financially, academically, personally. (Click on “Get Started” to create an account.)

[Hope4College](#)

Projects, research, resources, and programs to support students.

[Iowa Concern](#)

Source for legal, financial, stress, and crisis/disaster related information and resources.

24/7 Support: 1-800-447-1985

[MercyOne Community Resource Directory](#)

Local programs, resources, and support

[United Way – 211 Iowa](#)

24/7 referral system for health and human service programs, community and disaster services, and governmental programs.

Dial 2-1-1 or TEXT your zip code to 898211.

SUBSTANCE ABUSE/ADDICTION RECOVERY

[Addiction Center](#)

Addiction and recovery resources (treatment providers and centers, online addiction counseling)
(877) 852-3360

[AddictionHelp.com](#)

Addiction, alcohol, treatment, recovery, and mental health resources.

(866) 994-8751

[Al-Anon](#)

(515) 277-5059 (Des Moines)

Or (888) 4AL-ANON

[Alcoholics Anonymous of Des Moines](#)

24/7 Helpline: (515) 282-8550

SUBSTANCE ABUSE/ADDICTION RECOVERY

(cont.)

**Broadlawns Medical Center
Addiction Treatment Services**

1761 Hickman Rd.
Des Moines, IA 50314
(515) 282-6610

**Center for Behavioral Health
Drug Addiction Treatment Centers**

1200 University Ave., #106
Des Moines, IA 50314
(515) 244-9500

Covert Action Treatment Facility

1223 Center St., Ste. 22
Des Moines, IA 50309
(515) 218-6125

DetoxLocal

Nationwide directory of medical detox providers
24/7 Detox Help Line: 1-866-640-2212

Detox Rehabs

Local alcohol and drug treatment center with detox services.
24/7 Treatment Help: 1-888-294-0030

Gamblers Anonymous

See website for meeting times and locations.

Hope Ministries Life Recovery Programs

(515) 265-7272

Iowa Region of Narcotics Anonymous

4425 Fleur Dr., #107
Des Moines, IA 50321
(800) 897-6242

LiveAnotherDay.org

Mental health and recovery resources
24/7 Help Line: 1-866-720-1044

Powell Chemical Dependency Center

Iowa Lutheran Hospital
700 E. University Ave., 4th Floor
Des Moines, IA 50316
(515) 263-2424

SUBSTANCE ABUSE/ADDICTION RECOVERY

(cont.)

Rehabs.org

Provides resources and non-biased information on treatment centers in the U.S.
1-800-743-5860

**Substance Abuse and Mental Health Services
Administration (SAMHSA) National Helpline**

24/7 Helpline: 1-800-662-4357

St. Gregory Recovery Center

Main Facility:
601 2nd St
Bayard, Iowa 50029
Outpatient Center:
401 Grant Ave.
West Des Moines, IA 50265
888-919-2880

TAX PREPARATION (FREE)

Iowa Center for Economic Success Tax Services

2210 Grand Ave.
Des Moines, IA 50312
(515) 283-0940

United Way of Central Iowa

Volunteer Income Tax Assistance (VITA)

See website for locations and times.

TRANSPORTATION - General

**Des Moines Area Regional Transit Authority
(DART)**

620 Cherry St.
Des Moines, IA 50309
(515) 283-8100

HIRTA Public Transit

(877) 686-0029

Megabus

Low-cost express bus service across the U.S.

TRANSPORTATION - Non-Emergency Medical

PLEASE NOTE: Charges vary by service provider. Some services are covered by Insurance and/or Medicaid. Check with your insurance company prior to scheduling service. 24-hour minimum advance reservations may be required.

[@ Your Service](#)

2661 NE 46th Ave.
Des Moines, IA 50317
(515) 285-2831

[Truecare Mobility](#)

1525 E. Army Post Rd.
Des Moines, IA 50320
(515) 777-6132

[Joy Ride Transport](#)

3000 Justin Dr.
Urbandale, IA 50322
(515) 331-1100

VETERANS

[American Red Cross](#)

[Military Veteran Caregiver Network](#)

Peer support, education, and mentoring.

[Hidden Heroes](#)

Help and support for military caregivers.

[MakeTheConnection.net](#)

Stories, experiences, mental health information, treatment, and support for veterans and their families.

[Polk County Commission of Veteran Affairs](#)

2309 Euclid Ave.
Des Moines, IA 50310
(515) 286-3670

[Student Veterans of America](#)

Service, research, programs, and advocacy for veterans in higher education.

[Team Rubicon](#)

Military and civilians joining together on domestic and international disaster operations.

[Team RWB \(Red, White, and Blue\)](#)

Health and wellness community for veterans.

VETERANS (cont.)

[Together We Served](#)

Virtual base for connecting veterans who served together.

[U.S. Department of Veterans Affairs](#)

National Call Center: 1-800-827-1000

[VA Caregiver Support Program](#)

1-855-260-3274
(M-F 8AM - 10PM & SAT 8AM - 5PM ET)

[VA Central Iowa Healthcare System](#)

See website for locations and contact information.
1-800-698-2411

[VA Mental Health Guide Services](#)

[VA Women Veterans Call Center](#)

Call or text: 1-855-829-6636
(M-F 8AM - 10PM and SAT 8AM - 6:30PM ET)

[Vet Centers](#)

Community-based counseling centers.
1-877-927-8387

[Veterans Crisis Line](#)

1-800-273-8255 and Press 1 or text 838255

[Veteran Wellness Alliance](#)

Connecting veterans with support, services, and peer networks.

[Wounded Warrior Project](#)

Free programs and support services for veterans and their families.