

Cedar County Resource Guide

Schools:

Bennett Community School District, 563-890-2228-Located in the city of Bennett, Ia
<https://www.bennett.k12.ia.us/>

Durant Community School District, 563-785-4432-Located in the city of Durant, Ia
<https://www.durant.k12.ia.us/>

Tipton Community School District, 563-886-6121-Located in the city of Tipton, Ia
<https://www.tipton.k12.ia.us/>

West Branch Community School District, 319-643-7213-Located in the city of West Branch, Ia
<https://www.west-branch.k12.ia.us/>

Smart phone app's:

211 App for your phone-Resources at your fingertips

<https://www.211iowa.org/211app/>

From any phone, dial 211 or download the “**211 Iowa**” app (Google Play or Apple Store) for instant connection with local resources. You can also **text your zip code to 898211** to chat live with a 211 Operator 24-hours a day, seven days a week.

Smart911 App for your phone-Emergency Services

<https://www.smart911.com/>

Information Numbers

<u>Emergency Housing</u>	<u>Phone Number</u>
Friends of the Family- For Domestic Violence/Human Trafficking victims	319-352-1108/1-800-410-7233
Waypoint Shelter Service Line	319-366-7999 or 24/7 call center 833-739-0065
<u>Domestic Violence Shelter</u>	<u>Phone Number</u>
Domestic Violence Intervention Program	319-351-1043/800-373-1043
Friends of the Family	319-352-1108/1-800-410-7233
Waypoint	319-363-2093/800-208-0388
<u>Domestic Abuse/Sexual Assault/ Human Trafficking Advocacy</u>	<u>Phone Number</u>
Domestic Violence Intervention Program	319-351-1043/800-373-1043
Friends of the Family	319-352-1108/1-800-410-7233
Domestic Violence Hotline (Waypoint)	800-208-0388
National Domestic Violence Hotline	800-799-7233
Iowa Domestic Violence Hotline	800-770-1650 or text IOWAHELP to 20121
National Human Trafficking Hotline	888-373-7888 or Text 233733
<u>Community Action / Outreach/Rent &Utility Assistance</u>	<u>Phone Number</u>
Community Action Agency	563-275-4315
Cedar County -General Assistance	563-866-1726
Department of Human Services	563-263-9302
Iowa Concern	800-447-1985
Iowa State Extension and Outreach	563-866-6157
<u>Clothing</u>	<u>Phone Number</u>
Carroll Assistance Center	563-374-1520-Wheatland
Salvation Army Family Store	319-339-4984
<u>Food Pantries</u>	<u>Phone Number</u>
Carroll Assistance Center	563-374-1520-Wheatland
Calvary Foursquare Church	563-886-6418
Durant/Wilton Food Pantry	563-785-4551
West Branch Food Pantry	319-359-7834/319-643-2010
Southeast Linn Community Center	319-455-2844
Solon Community Food Pantry	319-624-6710
<u>Housing/Transitional Housing/Housing Assistance</u>	<u>Phone Number</u>
House of Hope	319-366-4673
Friends of the Family	319-352-1108/1-800-410-7233
EIRHA/ECIA County Housing	563-556-4166 or 800-942-4648
<u>Mental Health Services</u>	<u>Phone Number</u>
Lutheran Services	563-886-6773
Cedar County Community Services	563-866-1726
Eastern Iowa Counseling	319-440-1108-Solon

Four Oaks Family & Children Services	319-337-4523-Iowa City
Family Inc	319-643-3532-West Branch
Unity Point Health-Abbe Health Services-Community Mental Health	319-338-7884
Iowa Warm Line (5-10pm)	844-775-9276
National Alliance on Mental Illness-non crisis resource and referrals	800-950-6264 or text NAMI to 741741
Iowa Compass-resource and referrals for those with disabilities/complex needs	800-773-2001 or text Compass to 85511
Your Life Iowa-24/7 crisis support in Iowa	855-581-8111 or text 855-895-8398
National Suicide Prevention Lifeline	800-273-8255/888-628-9454-En Espanol
Crisis Text Line for crisis help	Text 741741
The Trevor Project (LGBTQ Crisis and Suicide Hotline in Iowa)	866-488-7386
Veterans Crisis Line in Iowa	800-273-8255
ISU Extension Iowa Concern-Support regarding legal, financial, stress, and crisis related questions	800-447-1985
<u>Health Care</u>	<u>Phone Number</u>
Cedar County Case Management	563-886-2557
Unity Point Health Family Medical Clinic	563-866-2182
Mercy Family Medicine	563-886-2195
University of Iowa Hospitals	800-777-8442
<u>Substance Abuse Services</u>	<u>Phone Number</u>
Area Substance Abuse Council	319-462-4327-Anamosa, 319-447-1921-Cedar Rapids
Resolutions Substance Services	319-351-9760-Iowa City
Substance Abuse & Mental Health Services National Helpline	800-662-4357 (English and Spanish)
<u>Legal Services</u>	<u>Phone Number</u>
Iowa Legal Aid	800-532-1275
ISU Extension Iowa Concern-Support regarding legal, financial, stress, and crisis related questions	800-447-1985
<u>Abuse or Neglect</u>	<u>Phone Number</u>
Department of Human Services	563-263-9302
<u>Parenting Services</u>	<u>Phone Number</u>
Iowa State Extension	563-886-6157
Parent Helpline	855-427-2736
<u>Elderly/Disabled Services</u>	<u>Phone Number</u>
Iowa Compass-resource and referrals for those with disabilities/complex needs	800-773-2001 or text Compass to 85511
Cedar County Case Management	563-886-2557
Cedar County Community Services	563-866-1726
Heritage Agency on Aging	319-398-5559/800-332-5934-Cedar Rapids
REM Iowa Community Services Inc	319-895-9035-Iowa City

<u>Transportation</u>	<u>Phone Number</u>
River Bend Transit	800-292-8959
<u>Employment Office/Financial Assistance</u>	<u>Phone Number</u>
Iowa Works	319-423-0333
Iowa State Extension Office	563-886-6157
Iowa Vocational Rehabilitation	319-354-4766