



Local Resources for Children with Mental Health Needs

Finding Help: Have you noticed a change in your child's mood or behavior? Has your child's behavior become too challenging to manage on your own? See the guide below for answers on where to get started.

1 Visit your Primary Care Physician

A good place to start in getting help is to make an appointment with your Primary Care Physician (PCP). Take your child to complete an annual physical each year to track any changes. If you have non-emergent concerns about your child's mental health, schedule an appointment to talk about it with their PCP. Your child's physician can start by ruling out any medical issues that could be causing concerns. If there are not any medical concerns, your PCP can talk with you about other options and next steps.

2 Establish Care with a Mental Health Provider

Therapists, counselors and psychologists can be a helpful resource for children and adolescents who need a neutral place to share their feelings. They can also help families understand one another by offering resources and support. School Counselors are available to help families who need help locating a mental health provider.

3 Explore Medication Options with a Specialist

Psychiatrists, nurse practitioners and some psychologists may prescribe medication for some mental health diagnoses. Finding a mental health specialist can be frustrating, as they can be booked several months out for new appointments. Because of the difficulty getting these appointments, even if symptoms improve, keep the appointment to assure access to care when needed. Once you complete the new patient appointment, follow-up appointments are much more available.

4 Continued Support

If you aren't sure where to start in finding a mental health provider or if you have financial concerns about how to pay for treatment, you can reach out to a trained intake specialist for more direct support.



Heart of Iowa Community Services
(515) 993-5869



Dallas County Public Health Navigators
(515) 993-3750

5 Children with Intellectual Disabilities May Have Additional Needs

The Iowa Family Support Network is staffed by individuals with knowledge of local programs and supports that may assist families with additional needs. Call 1-888-425-4371 to get connected. Ask Resources can also support families and connect them to local resources.



Ask Resources
(515) 993-5869



Iowa Family Support Network
(515) 558-9946



6 System of Care (SOC) Integrated Health Home (IHH)

Families needing additional support to manage the needs of a child with a mental health diagnosis may benefit from the support of an IHH or SOC program. These programs provide a team approach to work with the family as a whole and offer multiple supports, such as helping to connect to local providers. Dallas County families are served by Ellipsis or Orchard Place.



Ellipsis
(515) 243-3459



Orchard Place
(515) 868-8037

If you aren't sure if your child needs to go to the hospital:

Call their mental health provider (psychiatrist, psychologist, therapist, or counselor) and follow the emergency instructions. If your child does not have a mental health provider, call their primary care doctor and ask to talk to a nurse or see if you can make a same-day appointment.

Consider taking your child to the walk-in Behavioral Health Urgent Care Clinic.

UnityPoint Clinic - Behavioral Health Urgent Care

(515) 263-2632
1250 East 9th Street
Des Moines, Iowa 50316
Monday - Thursday from 9am-7pm
Friday from 9am-5pm

West Clinic - Primary Health Care

(sliding scale fee for uninsured)
(515) 225-7201
17555 Hickman Road
Urbandale, Iowa 50325
Monday - Friday from 8am-4:30pm

IF YOU BELIEVE YOUR CHILD MAY BE SUICIDAL:

If your loved one is considering taking actions related to ending their own life, exhibiting behaviors or actions that could lead to self-harm, overdose, or a danger to themselves or others, this is considered an emergency. **Please dial 9-1-1.**

If you feel your child needs to be evaluated, call 911 for an ambulance to transport them to an emergency room with in-patient child psychiatry. Lutheran Hospital and Mercy One Downtown Hospital both have inpatient child psychiatry units.

Clive Behavioral Health

(844) 680-0504
24/7 No cost Initial Assessment
1450 NW 114th Street
Clive, Iowa 50325

Iowa Lutheran Hospital

(515) 263-5322
Emergency Room
700 East University Avenue
Des Moines, Iowa 50316

If admission criteria is not met: Easter Seals of Iowa Crisis Stabilization

(515) 288-0818



- Residential services if a child doesn't meet admission criteria to hospital but is not safe at home.
- Up to 5 days of support for the child and their family.



Make sure someone is able to provide constant supervision and remove any items that could be dangerous such as pills, alcohol, weapons, or sharp objects.