

Cass County Urgent Need Community Resource Guide



February 2025

Compiled in partnership with Cass County ISU Extension

For the latest version of this document visit www.extension.iastate.edu/cass/family-food or call Cass County Extension at (712) 243-1132 for a print copy.

If possible emergency, call 9-1-1 and dispatch will determine whether you need emergency help

CRISIS

Cass County Sheriff

Address: 5 W. 7th St., Atlantic, IA 50022 | (712) 243-2206 | <https://www.casscountya.gov/county-departments/sheriffs-office/>

Atlantic Police Department

Address: 23 E. 4th St., Atlantic, IA 50022
(712) 243-3512 | www.atlanticowapd.org

Your Life Iowa

Free and confidential help for suicide prevention, problem gambling, and substance abuse issues (drugs and alcohol).
24/7 Call: (855) 581-8111 TXT: (855) 895- 8398 | www.yourlifeiowa.org

988 Suicide & Crisis Helpline

Free and confidential support for people in distress. Call 24/7: 988 | www.988lifeline.org

Runaway Hotline

If you are thinking of running, if you have a friend who has run away, or if you are a runaway ready to go home.
24/7: Call or Text 1 (800) RUNAWAY | www.1800RUNAWAY.org

American Red Cross

Disaster relief and help with needs during disasters. |(515) 243-7681 | <https://www.redcross.org/local/iowa.html>

United Way 211

Information on resources from help paying bills to help finding food.
24/7: 211 | www.211.org

Family Crisis Centers

Advocacy and support for those injured or harmed by crime. 24/7:
(800) 382-5603 | <https://www.familycrisiscenters.org/>

GENERAL ASSISTANCE

Cass County General Relief and Community Services

Provides assistance to residents of Cass County, including assistance for rent, utilities, and indigent burial, to name a few. Address: 5 W. 7th St., Atlantic, IA 50022 | (712) 243-4424
www.casscountya.gov/county-departments/general-relief-office/

Cass County Department of Human Services

Supplemental Food Assistance (SNAP) & more.
Address: 601 Walnut St., Atlantic, IA 50022 | (712) 243-4401
<https://hhs.iowa.gov/locations/cass-county-dhs>

Atlantic Area Ministerial Association

A network of church ministers from local communities with access to resources to help those in need. | (712) 243-3156

Iowa Department of Human Services

Find food assistance, Medicaid, childcare assistance, and more.
24/7: (800) 972-2017 | hhs.iowa.gov Apply for food, cash assistance, childcare assistance, and more (online only):
<https://hhs.iowa.gov/programs/apply-services>

West Central Community Action

Assists with services including heat assistance, childcare referrals, WIC referrals, Head Start, toiletries pantry, clothing closet, & more.
| Address: 304 Chestnut St., Atlantic, IA 50022 | (712) 243-5421 | www.westcentralca.org

Cass County ISU Extension

Unbiased research-based information for family, home, business, community, or farm. | Address: 805 W. 10th St., Atlantic, IA 50022 | (712) 243-1132 | www.extension.iastate.edu/cass

ABUSE

General

Iowa DHS Child and Dependent Adult Abuse Hotline

Confidential reporting and assessment of suspected abuse against children and dependent adults in Iowa.
(800) 362-2178 | <https://hhs.iowa.gov/report-abuse-fraud/report>

Boys and Girls Town Hotline

Helping children, families, and communities suffering from abuse, addiction, abandonment, or violence.
24/7: (800) 448-3000 TXT: Voice to 20121 | www.boystown.org/hotline

Domestic Violence/ Sexual Assault/ Trafficking

Cass Health Emergency Department

A Sexual Assault Nurse Examiner (SANE) is available 24/7 to treat and support survivors of sexual assault. SANE nurses treat pubescent patients but have resources to assist prepubescent survivors.
Address: 1501 E. 10th St., Atlantic, IA 50022 | (712) 243-3250

Catholic Charities Domestic Violence & Sexual Assault Program

24/7 crisis line, shelter, legal advocacy, crisis intervention, housing and economic advocacy, free support groups and classes for survivors of domestic violence, sexual assault, and human trafficking. Bilingual / Spanish-speaking advocates available. 24/7: (888) 612-0266 | For groups and classes: (712) 328-0266 | www.CatholicCharitiesDM.org

Family Crisis Support Network

Advocacy & Support for survivors of domestic violence (no emergency intervention).
Mailing address: PO Box 11 Atlantic, IA 5002 | (712) 243-6615

Iowa Victims Service Call Center

24/7 Domestic violence, sexual violence, human trafficking. (800) 770-1650 or text IOWAHELP to 20121 | www.survivorshelpline.org

National Human Trafficking Hotline

If you or someone you know is a victim, call now to access support and services to get help and stay safe.

(888) 373-7888 or text 233733 | www.humantraffickinghotline.org

CHILDCARE, FAMILY SUPPORT, AND MORE

Child Care Resource & Referral Agency (CCR&R)

Resource for any parent looking for childcare. (855) 244-5301 |

www.iowaccrr.org | Provider search:

<https://ccmis.dhs.state.ia.us/ClientPortal/ProviderSearch.aspx>

Child and Family Resource Network of Southwest Iowa

Free parenting support and resources.

(712) 355-2615 | www.childandfamilyresourcenetwork.org

LC Clinic

Free programs and resources for parents and parents-to-be, including pregnancy tests, STI testing for chlamydia and gonorrhea, parenting education, and more. | Address: 507 Chestnut St. Atlantic, IA 50022 | Mon. Wed. 11-5PM: (712) 254-9086 | 24/7 text: (515) 523-5669 | <https://www.iowalclinic.org/>

Lutheran Services in Iowa

Respite and programming for children and adults with waivers; refugee and immigrant services; foster care and adoption. | (515) 271-7411 | www.lsiowa.org

FINANCIAL/LEGAL/EMPLOYMENT

Cass County Attorney

Address: 5 W. 7th St., Atlantic, IA 50022 | (712) 243-4504

| <https://www.casscountyaia.gov/county-departments/county-attorneys-office/>

Iowa Concern Hotline

Free, confidential financial, legal, stress and crisis assistance. 24/7:

(800) 447-1985 | www.extension.iastate.edu/iowaconcern

Iowa Legal Aid

Legal assistance for low-income individuals. | (800) 532-1503 |

www.iowalegalaid.org |

Iowa Workforce Development

To file for unemployment and find employment services. (866) 239-

0843 | www.iowaworkforcedevelopment.gov

Iowa Vocational Rehabilitation Services

Employment and support services for Iowans with limitations.

Address: 1005 E 7th St., Suite 201, Atlantic IA 50022 | (712) 243-

5346 | workforce.iowa.gov/vr

FOOD

Cass County Local Food Policy Council Website:

Information on food pantries, resources, and mobile pantries. |

www.facebook.com/CassCountyLocalFood

Supplemental Nutrition Assistance Program (SNAP)

Also known as “food stamps” or EBT, SNAP provides financial nutrition benefits to low-income households based on income.

(855) 944-3663 | <https://hsservices.iowa.gov/apspspp/ssp.portal>

Double Up Food Bucks

Coupons for free fruits and vegetables are provided to people who purchase fresh fruits and vegetables with SNAP/EBT. Participating retail locations in Cass County include Fareway in Atlantic and the Produce in the Park Farmers Market. |

www.iowahealthieststate.com/double-up-food-bucks

Women, Infants, & Children (WIC)

An income-based supplemental nutrition program for babies, children under the age of 5, pregnant women, breastfeeding women, and women who have had a baby in the last 6 months. |

(712) 355-3645 | <https://hhs.iowa.gov/programs/food-assistance/wic-iowa>

Farmers Market Nutrition Program (FMNP)

FMNP provides farmers market produce checks to WIC recipients and low-income adults age 60+. Checks can be used June 1 –

October 31. Senior Checks: (800) 432-9209. | WIC checks: (712)

328-5886 | www.connectionsaaa.org

Food Pantries

Anita Food Pantry

Address: 208 Chestnut St, Anita, IA 50020

Hours: 1st & 3rd Saturday, 8:00 - 10:00am | (712) 250-0410

Atlantic Food Pantry

Address: 704 W. 7th St., Atlantic, IA 50022 (Enter via 6th to Palm) |

Hours: Thursdays, 12:30- 2 PM (or until food sacks distributed) |

(712) 243-5019 (9-11 AM Mon, Thurs)

EMERGENCY FOOD NEEDS: Call: (712) 243-4424 or (712) 243-5421

Cumberland Care & Share

Address: 317 Monroe St, Cumberland, IA 50843 Hours: 1st & 3rd

Wednesday, 4:30pm- 5:30pm | (712) 774-5818

The Lord’s Cupboard

Address: 100 Cass St., Griswold, IA 51535 Hours: 2nd and 4th

Tuesday, 11:00am - 2:00pm | (712) 778-4178

Meals for Children

School districts offer free/reduced meals to students who qualify.

Weekend food or “Backpacks” may be available for those in need.

Atlantic School District

For all questions, including Backpacks and summer meals (pre-K-

12): Central Office: (712) 243-4252 | Food Service: (712) 243-5369 |

www.atlanticiaschools.org

CAM School District

Foods Director: Tami Williamson (712) 746-7060 or

twilliamson@cam.k12.ia.us

Backpack program (Grades Pre-K through 8th, HS by exception): Ellie

Stirek (712) 746-7060 or estirek@cam.k12.ia.us |

www.camcougars.org

Griswold School District

Free/reduced meals: (712) 778-2152

Friday Food (Pre-K through 5th): Diane Rieken (605) 695-0652 |

www.griswoldschools.org

Food Delivery Services

Meals on Wheels

\$3.50 Meals delivered Mon. – Fri. within Atlantic city limits.
(712) 250-0036

HEALTH

Cass Health - Comprehensive healthcare services including acute care, obstetrics, skilled nursing, specialty services, and immunizations.

- *Primary Care for routine and acute healthcare needs that are not emergencies.*
- *Rapid Care for minor injuries and illnesses when a primary care provider isn't available soon enough. All patients are seen on a first-come first-served basis without appointments.*
- **Emergency** - For needs including abdominal pain, asthma attack (first or severe), broken bones, severe burns or electric shock, coughing or vomiting blood, difficulty breathing, heart attack, fever in infants under 3 months, poison ingestion, shock, trauma, serious head injury, stroke, uncontrollable bleeding or amputation.
- **Call 911 if someone has the signs of a heart attack or stroke:**

Emergency/ Atlantic location: 1501 E. 10th St., Atlantic, IA 50022
Additional primary care locations in Anita, Griswold, and Massena.
(712) 243-3250 | www.casshealth.org

Cass County Public Health

Health information and free programs, including parenting support, breast and cervical cancer screenings, car seat installation, and fall prevention programs for older adults.

Address: 1408 East 10th St., Atlantic, IA 50022 | (712) 243-7546 |
www.casshealth.org/PublicHealth/

Atlantic Lions Club

Funding for eyeglasses and hearing aids for individuals with a financial need. Application required. | (712) 249-0519

Dental Health

I-Smile Dental Initiative

Connect pregnant women and children with a dentist, and insurance, and find ways to help pay for a dental visit.
Liz Addison, Coordinator (712) 256-9566 | laddison@firefly.kids

Medicaid Dental Providers

Locate a dental provider that accepts Medicaid.
Delta Dental: www.deltadentalia.com/find-a-provider/dwp/ |
MCNA: www.mcnaia.net/

Sexual Health

Pottawattamie County Public Health – Family Planning Title X services

Offering family planning, pregnancy services, STI testing and treatment, and preconception health | (712) 242-1155

Family Planning Council of Iowa

Reproductive healthcare and family planning services, including services for low-income individuals. | (515) 288-9028 |
www.fpcouncil.org

Nebraska AIDS Project (NAP)

Free, confidential HIV, Hepatitis C, and syphilis testing. Free condoms, dental dams, and lube. | (Call or text): (712) 435-0917 |
www.nap.org

Mental Health & Disability Services

Disability Rights Iowa

Equips Iowans with disabilities with knowledge, advocacy, representation, and assistance. Services are free to adults and children. (800) 779-2502 | <https://disabilityrightsiowa.org/>

Full Circle Therapy

Therapy services for children, adults, couples, and families. Medicare and Medicaid accepted. Address: 808 East 7th St., Atlantic, IA 50022 | (712) 352-0917 |
www.fullcircletherapyiowa.com

NAMI Southwest Iowa

Free in-person and virtual support groups, education, and advocacy for families and individuals living with mental illness. | (712) 542-7904 | www.namisouthwestiowa.com

Family Connections, Inc.

Therapy services for children, adults, couples, and families. All insurances accepted. Multiple locations available.
(712) 256-4420 | www.familyconnectionsia.com

Project Recovery Iowa

Free, confidential, virtual, and in-person counseling sessions to Iowans experiencing emotional distress or feeling overwhelmed.
<https://hhs.iowa.gov/programs/programs-and-services/disaster-recovery-resources/project-recovery-iowa>

Southwest Iowa Mental Health Disability Service Region

Resources to help manage mental health disabilities and intellectual/developmental disabilities. | (712) 328-5645 |
www.swiamhds.com

- Anywhere Crisis Care for youth and teens (712) 828-7458; In home or community support to youth in a mental health crisis not requiring hospitalization.
- Crisis Stabilization Residential Service for Children | (712)-322-3700
- Crisis Stabilization Residential Service for Adults: Voluntary service provided in short-term residential settings to de-escalate and stabilize a mental health crisis.
 - Bridges Crisis Care, Council Bluffs, IA | (712)-325-5650
 - Harbor Point, Clarinda, IA | (712)-850-1389

Therapy Place, Inc.

Psychotherapy, psychiatric services. Medicare, Medicaid accepted. | Address: 101 E. 22nd St. Atlantic, IA | (712) 254-9018 | support-staff@therapyplaceinc.com | www.therapyplaceinc.com

ZION Integrated Behavioral Health Services

Substance abuse/ mental health therapy, crisis, and prevention services. Fees for services based on family size, and residence. Medicare, Medicaid accepted. | Address: 2307 S. Olive St, Atlantic, IA 50022 | (712) 243-5091 | www.zioniowa.org

HOUSING

MICAH House

Emergency help and support services for families and individuals experiencing the crisis of homelessness. Located in Council Bluffs (712) 323-4416 | www.themicahhouse.org/

Iowa Mortgage Help Hotline

Statewide referral hotline, foreclosure intervention, negotiation/mediation services with loan servicers/lenders. | (877) 622-4866 | www.iowamortgagehelp.com

SIRHA - Southern Iowa Regional Housing Authority

Rent assistance or subsidies for qualifying low-income individuals. (641) 782-8585 | www.sirha-ia.org

State of IA Dept. of Health & Human Services Rent Reimbursement

Rent reimbursement for people who live in Iowa, have an income of less than \$25,328, pay rent at an Iowa property that pays property tax, and are either aged 65 or older OR aged 18-64 and disabled. (800) 972-2017 | <https://hhs.iowa.gov/programs/programs-and-services/rent-reimbursement>

OLDER ADULTS

Alzheimer's Association

Support and information on decision-making and crisis assistance for people living with dementia, caregivers, families, and the public. 24/7: (800) 272-3900 | <https://www.alz.org/help-support/resources/helpline>

LifeLong Links

Iowa's aging and disability resource center. | (866) 468-7887 <https://lifelonglinks.org/>

Connections Area Agency on Aging

Assistance, service coordination, and resources for independence for aging Iowans, those 18+ with disabilities, and caregivers. Address: 231 S Main, Council Bluffs, IA 51503 | (800) 432-9209 www.connectionsaaa.org

Senior Life Solutions

Cass Health's intensive outpatient group counseling program for adults age 65+ struggling with depression and anxiety. Address: 1500 E. 10th St., Atlantic, IA 50022 | (712) 250-8100 www.casshealth.org/patients/our-services/senior-life-solutions/

POISON, FOOD, & HOME SAFETY

Poison Control Center

Guidance for poison questions and emergencies. 24/7: (800) 222-1222 | www.poison.org

Food Poisoning Reports

Investigations into causes and sources of foodborne illness. (844) 469-2742

ISU Extension and Outreach AnswerLine

Information on home and family questions such as food safety, preparation, preservation, household cleaning, and more. (800) 262-3804 (M- F, 9 a.m. - noon and 1 - 4 p.m.) <https://www.extension.iastate.edu/humansciences/answerline>

SUBSTANCE MISUSE

Alcoholics Anonymous

A fellowship of individuals who share experience and hope to help others recover from alcoholism. Visit the website for meeting information. | 24/7 crisis line: (800) 273-8255 | (712) 328-9979 Local: www.aa-iowa.org | Regional: www.omahaaa.org/

Tobacco/Nicotine Support Services

Quitline- FREE program to start your QUIT journey. | Adults – “QUIT-NOW” (800.784.8669) www.quitlineiowa.org | Youth - 12-18yrs.) MyLifeMyQuit, Text “START MY QUIT” TO 36072

ZION Integrated Behavioral Health Services

Substance abuse/ mental health therapy, crisis, and prevention services. | Address: 2307 S. Olive St, Atlantic, IA 50022 | (712) 243-5091 | www.zioniowa.org

TEENS/ YOUNG PEOPLE

Teen Line Iowa

Confidential counseling and support for teens about their health, relationships, body, and sexuality. | 8pm-midnight (800) 852-8336 or text TEEN to 839869 8pm-11pm <https://www.teenline.org/>

The Trevor Project

Crisis intervention and suicide prevention for lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) people under age 25. | 24/7: (866) 488-7386; text 678-678 | www.thetrevorproject.org

My Life, My Quit

Resource on vaping, nicotine, and other tobacco products for teens. Call (855) 891-9989 or text “Start My Quit” to 36072 www.mylifemyquit.org

TRANSPORTATION

Southwest Iowa Transit Agency

Safe, affordable, reliable transportation for transit needs. In Atlantic (712) 243-0566 or (712) 250-1200 out-of-town (712) 243-2518 www.swita.com

VETERANS, SERVICEMEN/WOMEN

Cass County Veterans Affairs (712) 243-6662 | Address: Cass County Courthouse, 5 W. 7th St., Atlantic, IA 50022

Veterans' Crisis Line: 988 Press 1 | Text:838255 veteranscrisisline.net

Call Center for Homeless Veterans: (877) 424-3838

Women Veterans Call Center: (855) VA-WOMEN

Veterans' Healthcare: (877) 222-8387

Peer support for combat veterans and families: (877) 927-8387

Nebraska/Western Iowa VA Medical Center: (402) 346-8800 | www.va.gov