

COMMUNITY RESOURCES				
Name of Organization/Program	Service Area	Services Available	Established Contacts	Info Links
Central Rivers AEA 267	18 counties, 9000 square miles	Educational services, information and technology and Special Ed	Offices in Cedar Falls, Clear Lake and Marshalltown CL phone 641-329-4200	https://www.centralriversaea.org/
AA and Alanon	Nationwide	Meetings, guidance and support to stop drinking, and support for family members	Mason City office 207 8th Place SE 641-423-6266	aa.org
AARP/SCSEP	Nationwide	Employment services for 55+, support services	Local office 520 S. Pierce Ave., Mason City 641-243-8873	https://www.aarp.org/aarp-foundation/our-work/income/scsep/
AIDS hotline	Statewide	Information, referrals	CDC Info Network 800-232-4636, HIV/AIDS Info Network 800-448-0440	https://ryanwhite.hrsa.gov/hiv-care/hotlines
Allamakee County Assistance	Allamakee County	General assistance, county social services	NIECAC 563-382-9854 Location in Decorah	https://www.neicac.org/
Allison Food Pantry	Allison		Allison City Hall 319-231-1188	
Anchor Family Health Center	Mason City	Faith based health and counseling center	641-424-0000, 28004th St SW Suite 8, Mason City	http://www.anchorfamilyhealth.com/
Avalon Center (Adoption & Mental Health)	North Iowa, offices in Mason City, Charles City	Adoption services, mental health services, supervised visitation, mentoring	1202 S. Main St. Charles City 641-715-1183 , 9 2nd St NW Mason City 641-422-0070	https://www.avaloncenter.us/
Baby Pantry	Mason City	baby supplies, clothing	302 5th St SE St. Joseph's Church 641-424-5001	https://epiphanyparish.org/baby-pantry
Blackhawk County Public Health	Blackhawk County	Healthy homes, testing, vaccinations, maternal health, etc	1407 Independence Ave 5th Floor, Waterloo 319-291-2413	https://www.bhccpublichealth.org/
Bremer County Assistance	Bremer County	General assistance, county social services	NIECAC 563-382-9854 Location in Decorah	https://www.neicac.org/
Buchanan County Public Health	Buchanan County	Immunizations, vaccinations, more	1413 First St. West, Independence 319-332-0860	https://www.buchanancounty.iowa.gov/services/public_health/index.php
Butler County Public Health	Butler County	"Public Health nurses maintain, promote and restore health"	428 Sixth St Allison 319-267-2934	https://butlercounty.iowa.gov/departments/health
Caring Pregnancy Center	Located in Mason City but open to anyone	Pregnancy tests, Options consultations, Abortion information, Limited ultrasounds, Pregnancy support and education, Parenting classes and education, Support for men, Abortion recovery, Sexual health education, Referrals	caring@cpcmasoncity.org	https://www.cpcmasoncity.org/
Catholic Charities	Nationwide	Affordable housing, immigration and refugee services, integrated health, food and nutrition	Local office 600 1st St NW #5 641-424-9683 and 103 E State St	https://www.catholiccharitiesusa.org/

Cedar Valley Food Pantry	Waterloo		1605 Lafayette St. Waterloo 319-235-0507	
Cerro Gordo County Attorney	Cerro Gordo County	Mental health commitment, delinquency, child in need of assistance, more	220 N. Washington Ave. Mason City 641-421-3101	https://www.cgcounty.org/department/s/attorney
Cerro Gordo County General Assistance and Veteran Affairs	Cerro Gordo County	For Vets, they assist vets and dependents secure county, state and federal benefits allowable under the law, can help with rent and utilities after other avenues exhausted	220 N. Washington Ave. Mason City GeneralAssistance@cgcounty.org, Veteran's Services same address, 641-421-3085	https://www.cgcounty.org/department/s/general-assistance, https://www.cgcounty.org/department/s/veteran-affairs-567
Cerro Gordo County Health Dept	Cerro Gordo County	STD testing, immunizations, home care, senior health, prevention	2570 4th St SW Mason City 641-421-9300	https://cghealth.com/
Cerro Gordo County Public Transit	Cerro Gordo County		1-641-423-2262	
Chickasaw County Assistance	Chickasaw County	General assistance, county social services	NIECAC 563-382-9854 Location in Decorah	https://www.neicac.org/
Chickasaw County Food Pantry	New Hampton		New Hampton 641-394-5454	
Child Abuse Reporting	Statewide	Hot line to report sexual, physical, mental abuse of children	1-800-362-2178	https://dhs.iowa.gov/child-abuse#:~:text=The%20Child%20Abuse%20Hotline%20at,report%20as%20a%20mandatory%20reporte
Child and Adolescent Integrated Health	Mason City	Family , group and individual counseling	641-424-7068 9 2nd St NW Mason City	https://www.childandadolescentintegratedhealth.com/
Child Support Recovery Unit	Cero Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Winnebago and Worth counties	"...supports individuals and businesses with applying and making payments for child support"	Local office 529 9th St SE Suite 2, Mason City 641-424-1147	https://dhs.iowa.gov/child-support
Childcare Resource and Referral	Nationwide	Assists with selecting child care providers, on-site consults, maintains list of providers	Waterloo;, Dubuque, Decorah, many others	https://iowaccrr.org/
CICS Crisis Line/Mobile Response/YourLife Crisis Line	State of Iowa	Crisis Line/Mobile Response, crisis observation,mental health treatment-jails, can pay for atty fees and transportation costs associated with commitments, wearable emergency response systems	855-581-8111, or text 855-895-8398	https://www.cicsmhds.org/services/crisis-services/
Clayton County Assistance	Clayton County	Visiting nurse program, substance abuse services	111 High St NE Elkader 563-245-1106	https://www.neicac.org/
Clayton County Assistance	Clayton County	General assistance, county social services	NIECAC 563-382-9854 Location in Decorah	https://www.neicac.org/
Clear Lake Area Responsive Transit	Clear Lake		641-357-3007	
Clear Lake/Ventura Food Pantry	Clear Lake or Ventura	Open Wed. 4-6pm	United Methodist Church , 641-357-5247	https://clearlakeumc.org/clear-lake-ventura-food-pantry/

Community Health Center	7 counties around Ft. Dodge and Mason City	Medical, dental, outreach, mental health, COVID testing, sports and DOT physicals, and more	404 N Federal Ave. Mason City 641-450-0601, Fort Dodge 515-576-6500	https://www.chcfd.com/
Community Kitchen North Iowa	7 counties in North Iowa	Free daily meals at noon, dinners Mon-Thurs, no criteria to partake	641-424-2316, 606 N. Monroe Ave in Mason City	https://www.communitykitchennia.com/
Courage Hall*	Cerro Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Worth, Winnebago and Wright counties	Veteran's Home	641-380-0047	https://northernlightsshelters.org/
Crisis Intervention Service	Cerro Gordo County, Floyd County, Franklin County, Hancock County, Mitchell County, Winnebago County, Worth County plus 8 more	Resources for Domestic abuse, sexual assault and homicide affected persons	Mason City: 641.423.0490 , 206 3rd St NE cis@CISHELPS.org 24-Hour Crisis Line: Domestic Abuse: 855.424.9133 Sexual Assault: 800.479.9071	https://www.cishelps.org/
Delaware county Public Health	Delaware County	immunizations, environmental services, more	563-927-7551 613 W Main St Manchester	https://www.regmedctr.org/services/public-health/contact/default.aspx
DHS	Statewide - Iowa	Medicaid,SNAP,Cash Assistance, childcare assistance, child or dependent adult abuse	Local office 641-424-8641, 525 9th St SE Mason City	https://dhs.iowa.gov/node/3294
DHS- Mitchell County	Mitchell	Assistance, mental health, family services, etc	641-832-3500 415 Pleasant St #100 Osage	https://mitchellcounty.iowa.gov/
DHS-Allamakee County	Allamakee	Assistance, mental health, family services, etc	2307 US-52, Decorah 563-568-4583	
DHS-Blackhawk County	Blackhawk	Assistance, mental health, family services, etc	1407 Independence Ave, Waterloo 319-291-2441 or 877-204-3822	https://dhs.iowa.gov/node/1883
DHS-Butler County	Butler county	Assistance, mental health, family services, etc	800-873-1340, 319-267-2594 713 Elm St Allison	https://dhs.iowa.gov/
DHS-Clayton County	Clayton	Assistance, mental health, family services, etc	600 Gunder Rd. #6, Elkader 563-245-1865	http://www.claytoncountiavia.gov/211/General-Assistance
DHS-Dubuque County	Dubuque	Assistance, mental health, family services, etc	563-557-8251 799 Main St., Dubuque	https://dhs.iowa.gov/node/1907
DHS-Floyd County	Floyd	Assistance, mental health, family services, etc	641-228-5713, 1206 S. Main St Charles City	https://dhs.iowa.gov/
DHS-Franklin County	Franklin	Assistance, mental health, family services, etc	641-456-5820 1600 Central Ave E, Hampton	
DHS-Winneshiek County	Winneshiek	Assistance, mental health, family services, etc	2307 US 52 South , Decorah 563-382-2928	https://dhs.iowa.gov/node/1975
DHS-Wright County	Wright	Assistance, mental health, family services, etc	515-532-6645 114 1st St SW Clarion	
Dubuque County Mental Health and Disability Services	Dubuque county	Support and stabilization services, information	210 Jones St Suite 203, Dubuque 563-589-7870	https://www.dubuquecountyiowa.gov/211/Mental-Health-and-Disability-Services
Dubuque County Public Health	Dubuque County	immunizations, environmental services, visiting nurses, more	1225 Seippel Rd Dubuque, 563-557-7396	https://www.dubuquecountyiowa.gov/223/Health-Department

Elderbridge	One of 6 Agencies on Aging in Iowa, Elderbridge covers 29 counties	health, prevention and wellness; family caregiver support; older worker employment program; elder justice and adult protective services; medicare support; private pay for services, meals on wheels	515-955-5244, 800-243-0678 1190 Briarstone Dr. Mason City	https://elderbridge.org/
Fayette County Assistance	Fayette County	General assistance, county social services	NIECAC 563-382-9854 Location in Decorah	https://www.neicac.org/
Find-a-Lawyer Referral Service	Statewide	State Bar Associated lawyers, charge \$25 or less for 30 min. legal consult	Iowa Find-a-Lawyer is at iowafindalawyer.com, links to each county	https://www.iowabar.org/
Floyd County Public Health	Floyd County	Case mgmt., alzheimer's support group, home care service aides, education	1003 Gilbert St., Charles City 641-257-6111	https://www.floydcoia.org/186/Public-HealthHome-Health-Care-Services
Food Bank of Iowa	Statewide	Resource to find Mobile Pantries, School Pantries, Backpack Programs, SNAP, WIC, and Food Banks in Iowa.	Contact in Des Moines: P.O. Box 1517, Des Moines, IA 50305 515-564-0330	https://foodbankiowa.org/
Four Oaks	Statewide	Integrated health homes, functional family therapy, foster care and adoption, foster group care, psychiatric medical institute for children, TotalChild, many others	980 S. Iowa Ave. and 80 N. Eisenhower Ave in Mason City, other locations in Iowa 641-423-3222, 319-364-0259	https://www.fouroaks.org/
Franklin County Public Health	Franklin County	Home health care, therapy, skilled nursing, immunizations, foot clinics, and more	1600 Central Ave E, Hampton, IA 641-456-5820	https://www.franklincountyia.gov/departments/public_health/index.php
Friends of the Family	Cedar Rapids, Waterloo, Dubuque, Mason City	Human trafficking, domestic abuse and shelter for victims of abuse, assault and homelessness, plus Blackhawk County housing project	MASON CITY OUTREACH OFFICE Phone: 319-352-1108, Housing services hotline: 319-233-3094, Victim Services hotline: 319-352-0037	https://www.fofia.org/services
Gamblers Anonymous	Nationwide	Meetings, guidance and support to stop gambling, and support for family members	Local meeting lookup online	https://www.gamblersanonymous.org/ga/locations
Grundy County Public Health	Grundy County	Education, prevention programs, more	706 H Ave Suite 2, Grundy Center 319-824-6312	https://www.grundycountyiowa.gov/departments/public-health-home-care
Habitat for Humanity-Mason City office	Cerro Gordo, Franklin, Winnebago, Worth, Wright and Hancock counties	Assists people in gaining ownership of their home through sweat equity, thrift store	517 1st St NW , Mason City 641-424-8978	https://habitatnci.org/
Hancock County Public Health	Hancock County	Home healthcare, immunizations, emergency response, environmental health, promotes healthy lifestyle	641-923-3676 545 State St. Apt. 1, Garner	https://hancockcountyia.gov/public-health/
Hawkeye Harvest	North Iowa area	Provides emergency food to those in need through referrals and direct applications, also ongoing food relief	641-424-3073, 122 S. Adams Ave in Mason City	https://foodbankiowa.org/agency/hawkeye-harvest-food-bank
hawk-i	State of Iowa	health insurance coverage for uninsured kids of working families	1-800-657-5856	https://dhs.iowa.gov/hawki

Head Start and Early Head Start	Algona, Charles City, Forest City, CAL, Clarksville, Clear Lake, Mason City, Aplington, Parkersburg	Preschool for kids that meet income guidelines, health screenings, healthy meals and snacks, help for families with disabled kids	North Iowa Community Action Agency 2817 5th St SW Mason City 641-494-1891	https://nicoa-online.org/early-childhood-learning/
Healthy Families	Mason City	Family health, family planning	641-423-5044, 641-424-7068 100 1st St NW Suite 200, Mason City	https://nicoa-online.org/family-planning/
HIV/AIDS assistance	Statewide - Iowa	Prevention, counseling, testing, case mgmt., support services, HEP vaccinations, Ryan White medication assistance	Lucas Office Building 321 E 12th St. Des Moines 515-281-7689 Deaf Relay 1-800-735-2942	https://idph.iowa.gov/hivstdhep/hiv
Home Base Iowa/ Veteran Career Planner	Statewide	Career help, assistance programs for vet and spouse, resume's and more	IowaWorks Mason City 600 S. Pierce Ave 641-422-1524	https://www.iowaworkforcedevelopment.gov/veteran-employment-services
Hospice of North Iowa	North Iowa	Quality care for those facing life limiting illnesses, at home, nursing home or inpatient hospice residence	232 2nd St SE , Mason City 641-428-6208	https://www.mercyone.org/location/mercyone-north-iowa-hospice
Howard County Assistance	Howard County	General assistance, county social services	NIECAC 563-382-9854 Location in Decorah	https://howardcounty.iowa.gov/
HUD/VASH	Mason city area	Provides permanent supportive housing for homeless vets and their families	Kevin Strunk, LISW Case Mgr 641-425-5000, located at VA clinic	https://www.va.gov/homeless/hud-vash.asp
Human Trafficking Hotline	Nationwide		1-888-373-7888	
Iowa AG's Office Crime Victim's Compensation Program	Statewide	pays for crime related expenses such as medical care, counseling, lost wages, funeral expenses	515-281-5044, or 1-800-373-5044	https://www.iowaattorneygeneral.gov/for-crime-victims/crime-victim-compensation-program
Iowa Concern Hotline/ISU extension and outreach	Statewide - Iowa	Confidential assistance and referral for stress, legal questions and financial concerns, crisis and disaster resources	1-800-447-1985	https://www.extension.iastate.edu/iowaconcern/
Iowa Crime Victim Assistance Division	Statewide	services and assistance to victims of violent crimes, including financial	1-800-770-1650 or text IOWAHELP to 20121	https://www.iowaattorneygeneral.gov/for-crime-victims
Iowa Department for the Blind	Statewide - Iowa	outreach, materials, aids and devices, much more	524 4th St, Des Moines 515-281-1333	https://blind.iowa.gov/
Iowa Dept of Public Health	Statewide	vaccine help, training in many aspects	515-281-7689 321 E. 12th St. Des Moines	https://idph.iowa.gov/
Iowa DHS-Mason City	Cerro Gordo County	See DHS	525 9th St SE Mason City 641-424-8641	https://dhs.iowa.gov/node/1893
Iowa Finance Authority	Statewide	"From mortgage or down payment assistance and rental programs that provide affordable homes, to low-cost funds for drinking water, help for beginning farmers and more--we impact all Iowans".	1963 Bell Ave, Suite 200, Des Moines, IA 50315	https://www.iowafinance.com/
Iowa Mediation Service	State of Iowa	Farm, family, workplace mediation, and training	515-331-8081 Headquartered in West Des Moines	https://www.iowamediationservice.com/
Iowa Migrant Movement for Justice	Statewide	legal services, advocacy, human rights	515-255-9809	https://www.iowammj.org/

Iowa Sex Offender Registrant Watch	Statewide	Transmits real-time info about offenders to victims	1-515-725-6050	https://www.iowaattorneygeneral.gov/for-crime-victims/iowa-sex-offender-registrant-watch
Iowa Sexual Assault Exam Payment Program	Statewide	State pays for the exam after a sexual assault, regardless if victim reports a crime to law enforcement	515-281-5044, or 1-800-373-5044	https://www.iowaattorneygeneral.gov/for-crime-victims/sexual-assault-examination-payment-program
Iowa VINE (Victim Information and Notification Everyday)	Statewide	Free and anonymous phone service that provides timely and reliable info about the custody status of an offender	515-281-5044, or 1-800-373-5044	https://www.iowaattorneygeneral.gov/for-crime-victims/iowavine
IowaWorks	Located in IowaWorks offices Statewide	Assistance in Filing Unemployment, job hunting, much more	600 S. Pierce Ave, Mason City 641-422-1524	https://www.iowaworkforcedevelopment.gov/
ISU Farm Economy Assistance	Statewide	Legal services referrals, career exploration, education, workshops, OJT's, more	Western IA: 800-222-6857 Eastern IA: 800-299-3430	https://www.extension.iastate.edu/Pages/communications/farm98/progan.html
Legal Aid/ Iowa	State of Iowa	Free CIVIL legal assistance, eviction assistance, elder law, etc	1-800-532-1275 Mason City local office , 202 1st St SE Suite 112	https://www.iowalegalaid.org/#
Legal Hotline for Older Iowans	Statewide	Consumer finance, guardianship, health care for elders, etc	1-800-992-8161	
Lutheran Social Services	Nationwide	Behavioral health intervention, community programs, early childhood support, foster care and adoption, refugee and immigrant services, family-centered services, residential treatment, disability services and therapy	Local office 2502 S Jefferson Ave. Mason City 641-423-1083	https://lsiowa.org/
Manna of Worth County	Worth county	food distribution center	1000 Central Ave. Northwood, 641-324-2316	https://worthcountyiowa.gov/pView.aspx?id=2039&catid=29
Mason City Housing Authority	Mason City	Section 8 and VA supportive housing assistance	22 N. Georgia Ave. #214 Mason City, 641-421-2711	masoncity.net
Mason City Human Rights Commission	Mason City	Enforces Iowa Civil Rights Act	10 1st St NW Mason City 641-424-7102	
Mason City Public Transit	Mason City		641-421-3616	
Mason City VA Clinic	Mason City, surrounding area	Outpatient clinic offers primary care, mental health care, military sexual trauma, more	478 Tiffany Dr. Mason City 641-494-5000 main phone, mental health clinic 515-699-5999	https://www.va.gov/central-iowa-health-care/locations/mason-city-va-clinic/
Mason City Youth Task Force	Mason City	Community and school-based mentoring of youth, and mental health first aid courses	308 S. Pennsylvania Ave. Mason City 641-421-2708	masoncity.net
Meals on Wheels Charles City	Charles City	Meals for elderly and homebound	641-380-0080	https://www.nei3a.org/default.aspx

Meals on Wheels Mason City	Mason City, Forest City, Algona, Hampton and surrounding areas	Meals delivered Mon-Fri to new parents, seniors, adults recovering at home, anyone unable to shop or cook	606 N. Monroe Ave. Mson City	https://www.communitykitchennia.com/meals-on-wheels
Meals on Wheels Waterloo	Waterloo	Meals for elderly and homebound	319-874-6840, 800-779-8707	https://www.nei3a.org/default.aspx
Mental Health Helpline	Benton, Bremer, Buchanan, Delaware, Dubuque, Iowa, Johnson, Jones and Linn Counties	Available for chat, peer- run non-crisis for substance and mental health issues	1-844-775-9276	
Mitchell County Public Health	Mitchell County	Home care, nursing, immunizations, BP clinic	415 Pleasant St. Osage 641-832-3500	https://mitchellcounty.iowa.gov/departments/home-health/
NAMI	Nationwide	Mental health awareness, advocacy, education	NAMI Iowa 515-254-0417 Des Moines	https://nami.org/Home
Narcanon	Nationwide	Meetings, guidance and support to stop drugs, and support for family members	Local meeting lookup online	https://www.na.org/meetingsearch/text-results.php?country=USA&state=iowa&city=Joice&zip=&street=&within=20&day=0&lang=&orderby=datetime
New Beginnings House of Hope *affiliated with the three below	Cerro Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Worth, Winnebago and Wright counties	Temporary shelter for women, children, connecting them with resources to get them back on their feet	641-423-5920 (women/children)	https://northernlightsshelters.org/
NIACC Career Center	Forest City	Manufacturing, construction trades, information tech, health careers	124 Nerem Dr. S Forest City 641-422-4330	https://www.niacc.edu/admissions/high-school-programs/john-v-hanson-career-center/
NIACC Career Link	All	Free education, college courses while kids are in high school	500 College Dr. Mason City 1-88-go-Niacc or 641-423-1264	https://www.niacc.edu/admissions/high-school-programs/career-link/
NIACC Continuing Education	All		500 College Dr. Mason City, 641-422-4358	https://www.niacc.edu/continuing-education/
NIACOG: North Iowa Area Council of Governments	Cerro Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Winnebago, and Worth counties	Region 2 Transit	Contact numbers listed on website for each county, main number is 641-423-0491	https://www.niacog.org/transit-phone-numbers
NICAO (North Iowa Community Action Organization)	called for answer*	Energy Assistance, outreach, crisis and disaster assistance, tax assistance, Headstart, WIC, HIV assistance	2817 4th St SE Mason City, 100 1st St NW 641-423-7766, 641-423-5406	https://nicao-online.org/
NICAO Family Health Center	9 county area	Child health assistance, family planning, early childhood learning	1-800-779-8707	https://nicao-online.org/child-adolescent-health/
North Iowa Community Action	Butler, Cerro Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Winnebago and Worth Counties	Health education, family planning	North Iowa Community Action Agency 2817 5th St SW Mason City 641-494-1891	https://nicao-online.org/family-planning/
North Iowa Regional Housing Authority	Cerro Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Worth counties with some exceptions	Section 8 and Public Housing	641-423-0897	https://nirha.com/

Northeast Iowa Area Agency on Aging	Allamakee, Blackhawk, Bremer, Buchanan, Butler, Chickasaw, Clayton, Delaware, Dubuque, Fayette, Grundy, Hardin, Howard, Jackson, Marshall, Poweshiek, Tama, Winneshiek counties	Meals on Wheels, congregate meal sites, lifelong links, elder abuse prevention and awareness, case management, etc	319-874-6840	https://www.nei3a.org/default.aspx
Northeast Iowa Community Action Network	Allamakee, Bremer, Chickasaw, Clayton, Fayette, Howard & Winneshiek	Energy, water, food, crisis (utility, rent/mortgage, vehicle repairs, emergency medical/dental/mental, transportation, emergency shelter) assistance, Head Start, Family Development, Weatherization, housing	Karli Schmelzer kschmelzer@neiac.org 563-382-8436 Main Office	https://www.neiac.org/
Northeast Iowa Food Bank/Pantries	50 locations NE IA	Website has locations of food pantries, daycares, more	1605 Lafayette St. Waterloo, 319-235-0507	https://www.northeastiowafoodbank.org/locate/
Northern Lights	Butler, Cerro Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Winnebago and Wright Counties	Shelters for men, women, children and vets	641-423-5920 (women/children)	https://northernlightsshelters.org/
Northern Lights*	Cerro Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Worth, Winnebago and Wright counties	Men's Emergency shelter	641-380-0047	https://northernlightsshelters.org/
Northstar Community Services	Waterloo, Waverly, Vinton, Marshalltown, Mason City, New Hampton	Day hab, SCL's, adult day services, food support avail. in Waterloo and Waverly	3420 University Ave. , Waterloo	http://www.northstarcs.org/locations/
One Vision	Many sites throughout North and western Iowa	SCL's, RCF's dayhab, other services for people with disabilities, plus children's autism centers in 2 cities	1200 N 9th St W, Clear Lake, IA main offices, phone 641-357-5277	https://www.onevision.org/
Parents Help Line	Nationwide	listening, problem solving, emotional support, etc	1-845-427-2736	https://www.nationalparenthelpline.org/what-we-do
Prairie Ridge	Mason City, Forest City, Algona, Hampton and surrounding areas	Drop-in center, med management, early intervention, prevention and education, in and outpatient treatment services for drugs, alcohol, gambling, OWI services	866-429-2391 Crisis Line, MC office 641-424-2391	https://prairieridge.net/
Prenatal Care Questions	Statewide		800-369-2229	
Promise Jobs	Located in IowaWorks offices Statewide	TANF Employment and Training program designed to assist cash assistance recipients to become self-sufficient	600 S Pierce Ave , Mason City, 641-422-1524	https://www.iowaworkforcedevelopment.gov/promise-jobs
Public Health Support -YourLife Iowa	Statewide	Alcohol, drugs, suicide, gambling, mental health	855-581-8111, text 855-895-8398	https://yourlifeiowa.org/
RAINN	Nationwide	Rape, Abuse & Incest National Network, prevention, helping survivors, justice	National Sexual Assault Hotline 800-656-4673	https://www.rainn.org/
Red Cross	Nationwide	Disaster assistance, blood donations, CPR classes, lifeguard training and more	Central Iowa: 515-243-7681, Eastern Iowa: 563-6451	https://www.redcross.org/local/iowa.html
Salvation Army of Mason City	Nationwide	Faith-based social service provider of disaster assistance, elder day-care, children and family services, rental assistance, clothing vouchers and more	Local office 747 Village Green Drive, Mason city 641-424-4031	https://centralusa.salvationarmy.org/masoncity/?utm_source=google&utm_medium=organic

Social Security Administration	Nationwide	Retirement, Disability, SSI, Medicare	625 Village Green Dr. Mason City 800-772-1213	https://www.ssa.gov/
State of Iowa Deaf Services	State of Iowa	Assists with ADA issues, interpreting, referrals. training and workshops, accessibility , etc	1-888-221-3724	https://humanrights.iowa.gov/cas/ds
Suicide Prevention Hotline	Nationwide	Free, confidential support, talk, chat	1-800-447-1985, July 2022: 988(3 digit calling)	https://suicidepreventionlifeline.org/
Teen Line	Statewide	toll-free, for health and relationship concerns	1-800-443-8336	
Ticket to Work	Nationwide	Provides job assistance to people with disabilities on SSDI and SS	Iowa Works 600 S. Pierce Ave. Mason City, 877-424-9472	https://www.ssa.gov/work/WIPA.html
Title 1 Services	Located in IowaWorks offices Statewide	Assists adults, youth and dislocated workers in gaining skills to get and hold a job, go to school, apprenticeships, WEPS and more	600 S. Pierce Ave, Mason City 641-422-1524	Director Emily Smith 641-422-1524
Turning Leaf	North Iowa	outpatient mental health services in family,individual, couples/marriage counseling, EMDR,DBT,on-site school services, substance use, psych evals and med mgmt	103 East State St. Suite 301 Mason City Phonme 641-421-2089	https://turningleafcounseling.com/
United Way of North Central Iowa	Cerro Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Worth, and Winnebago counties	Partners with local agencies to provide education, health and financial stability	2911 4th St SE, Mason City 641-423-1774	https://www.unitedwaynci.org/
Vocational Rehabilitation	Statewide, local offices in IowaWorks offices	individualized services for Iowans with disabilities	600 S Pierce Ave , Mason City 641-422-1524	https://ivrs.iowa.gov/
Walter House*	Cerro Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Worth, Winnebago and Wright counties	Faith-based sober living	641-423-5920	https://northernlightsshelters.org/
Warmline: non-crisis mental health and recovery chat	Benton, Bremer, Buchanan, Delaware, Dubuque, Iowa, Johnson, Jones and Linn Counties	Talk/ Chat/Text for those in more serious need	1-855-800-1239, text same number	http://iowahelpline.org/
Westcare(FAVA)	43 counties of North Iowa	Homeless veterans and their families-housing assistance, etc	641-243-4103, 100 N Clark St Forest City	https://westcare.com/page/where-we-serve_IO
WIC	Nationwide	Nutrition education, supplemental nutritional foods for pregnant, breastfeeding, or postpartum women and kids up to age 5	North Iowa Community Action Agency 2817 5th St SW Mason City 641-494-1891	https://nicao-online.org/wic-nutrition/
Winnebago County Public Health	Winnebago County	Care for all ages, incl. home care, immunizations, environmental health, etc	216 S 4th St, Forest City 641-585-4763 or 1-800-749-6235	https://www.winnebagoountyiowa.gov/departments/public-health-nurse/
Winneshiek County Public Health	Winneshiek County	home care, vaccines & immunizations, STD's, etc	305 Montgomery, Suite 3 Decorah 563-382-4662	https://www.winneshiekhealth.org/
Worth County Public Health	Worth County	Skilled nursing, home care aides, homemaker and respite, BP checks, immunizations, etc	641-324-1741 95 9th St N Northwood	https://worthcountyiowa.gov/pview.aspx?id=2125

YSS/Francis Lauer	Ames, Boone, Des Moines, Marshalltown, Mason City and Webster City offices	Counseling & Treatment, Housing and Shelter, Prevention, Before and after-school care, Life Skills, Youth Development and Advocacy	50 N. Eisenhower Ave. Mason City 641-423-7362	https://www.yss.org/program/
-------------------	---	--	---	---