

Resource List – Southeast Polk

The following is a list of various mental health and counseling resources in the area. It is not a complete list and not a personal recommendation for any service. Please check with your insurance provider prior to treatment.

General Counseling Services

Child Psychiatry (Dr. Kunze & Dr. Dewdney)
939 Office Park Rd, West Des Moines
(515) 288-5570

Counseling Centers for Central IA
6000 University, West Des Moines
(515) 241-2300

Compass Clinical Associates (formally Wadle and Assoc.)
2500 82nd Place, Urbandale 270-1344
(515) 412-5112

Counseling for Growth and Change
6959 University Ave, Windsor Heights
(515) 243-1020

Kavalier and Associates Dr. Kavalier
1003 Grand Ave, West Des Moines
(515) 267-1003

Polk County Health Department
1907 Carpenter Ave, Des Moines
(515) 286-3798
www.polkcountyiowa.gov/health

Unity Point Children's Behavioral Health Services
(515) 263-5249
1-800-522-4944

Catholic Charities
601 Grand Ave, Des Moines
(515) 244-3761
1535 11th St, Des Moines
(515) 282-1235

Des Moines Pastoral Counseling Center
8553 Urbandale Ave, Urbandale
(515) 274-4006

First Call for Help
2116 Grand Ave, Des Moines
(515) 246-6555

Iowa Department of Human Services
(515) 281-3147

Lutheran Social Services
3125 Cottage Grove, Des Moines
(515) 274-4946
3116 University Ave, Des Moines
(515) 271-7411

University of Iowa Psychiatric Hospital
(319) 353-6314

Unity Point Student Assistance Program
1301 Pennsylvania Ave. Des Moines
(515) 263-4004

Darian Baker (school-based mental health therapist. Referral made by school counselor to be seen in building.)
Woodward Community Based Services
611 5th Ave.
Des Moines, IA 50309
(515) 537-2975

Next Step Counseling – Mike Koch (school-based services)
3812 Ingersoll, Des Moines
(515) 681-9706

Visiting Nurse Services
Mental Health and Behavioral Health Intervention Services
1200 University Ave. Suite 205, Des Moines
(515) 558-9946

Central Iowa Counseling, Ltd.
Carla Davis
607 8th St SW Suite C, Altoona
(515) 967-9150

Life-Line Resources L.L.C.
*some specialty in diversity
3115 Douglas Ave, Des Moines
Office: (515) 235-4720

Central Iowa Psychological Services
3737 Woodland Ave, Ste 415, West Des Moines
(515) 222-1999
www.iowacounseling.com

Children and Families of Iowa
1111 University Ave, Des Moines
(515) 288-1981

Family Legacy- Deb Gipple
(works well with Autism and ADD/ADHD)
2 locations:
5415 NW 88th St, Suite 100, Johnston
185 NE Dartmoor Dr, Waukee
(515) 727-1338

Crisis Services

Crisis and Advocacy Services (formerly Victim Services)
2309 Euclid Ave, Des Moines, IA 50310
(515) 286-3600

Polk County Department of Human Services
2309 Euclid Ave, Des Moines
(515) 725-2600, (515) 283-9238

Mobile Crisis Response Team
945 19th Street, Des Moines
(515) 283-4811

Orchard Place/Child Guidance Center (sets aside a number of
emergency slots each day)
808 5th Ave, Des Moines
(515) 244-2267

Mercy Franklin/Mercy First Step
Behavioral Health Center
1818 48th St, Des Moines
(515) 271-6000
Help Center: (515) 271-6111

Lutheran Hospital
Adolescent Dual Diagnosis Services
700 E. University Ave.
Des Moines, IA 50316
(515) 263-2333

Broadlawn Medical Center Mental Health Services
(515) 282-2331

Iowa Coalition Against Sexual Assault (CASA)
3030 Merle Hay Rd, Des Moines
(515) 244-7424
communications@iowacasa.org

Family Counseling

Children and Families of Iowa
1111 University Ave, Des Moines
(515)288-1981

Sequel Care of Iowa
107 E 5th Street, Des Moines
(515) 274-9607

LifeWorks
600 42nd Street, Des Moines
(515) 255-8399

Family Legacy
2 locations:
5415 NW 88th St, Suite 100, Johnston
185 NE Dartmoor Dr, Waukee
(515) 727-1338

Family Therapy Solutions
Jeremy Overbaugh
4685 Merle Hay Road, Ste. 207, Des Moines
515-278-2978

Greif Services

Hamilton's Funeral & After Life Services
(515) 243-5221

Amanda the Panda
1821 Grand Ave, West Des Moines
(515) 223-4847

Des Moines Area Religious Counsel-Grief Support Group
(515) 277-6969

Substance Abuse

Cornerstone (Program of Children and Families of Iowa)
501 S.W. Ankeny Rd, Ankeny
(515) 289-2272

Al-Anon Information Service Center
939 Office Park Rd #113, West Des Moines
(515) 277-5059
www.al-anondesmoines.org

Lutheran Dual Diagnosis
700 E. University Ave, Des Moines, IA 50316
(515) 263-2333

PACE (Program of Orchard Place)
620 8th St, Des Moines, Iowa
(515) 697-5700

Employee & Family Resources
1446 Martin Luther King Pkwy, Des Moines
(515) 471-2356

Homelessness

Youth Emergency Shelter Services - Iowa Homeless Youth
Centers
1219 Buchanan Street, Des Moines
(515) 265-1222
24 Hour Line: (515) 249-1443

Iowa Rental Help (Assistance with rent payments, utility
payments, moving expenses, security deposits, rental deposits,
etc.)
www.iowarentalhelp.com
1-800-432-7230

Suicide

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Statewide Iowa Crisis Hotline
1-800-332-4224

NAMI Iowa Alliance for the Mentally Ill of Iowa
(statewide information and advocacy)
1-800-417-0417
amiowa@aol.com
Help Line: 1-800-273-8255

American Foundation for Suicide Prevention
(212) 363-3500
www.afsp.org

Young Moms/Dads

Young Women's Resource Center
818 5th Ave, Des Moines
(515) 244-4901
www.ywrc.org

Visiting Nurse Services
1200 University Ave. Suite 205, Des Moines
(515)558-9946

A New Beginning Catholic Charities - adoption counseling
601 Grand Ave, Des Moines
(515) 237-5027, (515) 244-3761

Lutheran Family Service of Iowa
6200 Aurora Ave, Suite 410W, Des Moines
(515)251-4900

Ruth Harbor House
534 42nd St, Des Moines
(515) 279-4661

LGBTQ Services

GLSEN
212-727-0135
www.glsen.org

Iowa Pride Network (OneIowa)
3839 Merle Hay Rd, Suite 274, Des Moines
(515) 288-4019
www.pride.oneiowa.org

The Des Moines PRIDE Center
1620 Pleasant St, Suite 244, Des Moines
(515) 277-7884

Dr. Joe Freund (LGBT focused-physician)
Franklin Family Practice Center
4908 Franklin Avenue, Des Moines
(515) 280-4930

Eating Disorders

Michelle Roling
1412 Hy Vue Street, Adel
(515) 231-3918
www.michelleroling.com

OMNI Behavioral Health
Eating Disorder Clinic
8715 Oak Street, Omaha, NE
(402) 333-0898

University of Iowa Eating Disorder Specialty Clinic
(319) 353-6314

Education and Career Services

DMACC Youth Consortium
(Adult High School Diploma and HiSET)
Greg McCullough
DMACC – Southridge Room 1C
1111 E Army Post Road, Des Moines
(515) 287-8702

Vocational Rehab
510 E 12th Street
Des Moines, IA 50319
(515) 281-4211
www.ivrs.iowa.gov/

Iowa Job Corps
Employment Center: (515) 281-9634
Ottumwa location: (641) 682-2000
Denison location: (712) 263-4192
<http://www.jobcorps.gov/>

Iowa Works – Iowa Work Force Development
1000 E Grand Ave, Des Moines
(515) 281-5387, 1-800-562-4692
www.iowaworkforce.org

ASK Resource Center
5665 Greendale Rd, Suite D, Johnston
(515) 243-1713
www.askresource.org