

DIOCESE OF DES MOINES
CULTIVATING CONNECTIONS IN CHRIST

Low-Cost or No-Cost Iowa Providers

Finding affordable mental health care can be challenging, but there are numerous low-cost and no-cost resources available to support your well-being. For those seeking professional services with fees on a sliding scale, the following agencies can be consulted. Most of these agencies offer services in multiple languages.

Note: Not all individual clinicians at these centers have been vetted by the Diocese of Des Moines.

Catholic Charities

Locations: Ankeny, Council Bluffs, Des Moines

Telehealth available? Yes

Licensed, professional therapists work with clients of all backgrounds to address mental health issues. Catholic Charities does accept insurance. For those without insurance, therapy is provided on a sliding fee scale that is based on income and family size.

Contact Info:

Phone: (515) 237-5045

Email: sfister@catholiccharitiesdm.org

Website: www.catholiccharitiesdm.org

Infinity Health

Locations: Albia, Centerville, Chariton, Corydon, Knoxville, Lamoni, Leon, Mt. Ayr, Osceola

Telehealth available? Yes

We believe your mental health is just as important as your physical well-being. To address the growing need for accessible, high quality behavioral health care in southern Iowa, Infinity Health offers a broad range of treatments to meet your mental health needs.

Contact Info:

Website: www.weareinfinityhealth.org

Albia: (641) 932-2065

Centerville: (641) 865-6471

Chariton: (641) 774-8484

Corydon: (641) 872-1750

Leon: (641) 446-2383

Mount Ayr: (641) 321-3020

Osceola: (641) 342-9000

Crossroads Behavioral Health Services

Locations: Creston, Osceola, Winterset

Telehealth available? No

Crossroads Behavioral Health Services is a non-profit outpatient mental health and addiction treatment center established to provide support, counseling, and therapeutic services to children, adolescents and adults.

Contact Info:

Website:

Creston: (641) 782-8457

Osceola: (641) 342-4888

Winterset: (515) 462-3105

Mind & Spirit Counseling Center

Locations: Urbandale

Telehealth available? Yes

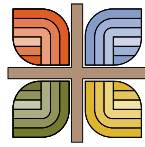
Mind & Spirit Counseling Center offers high-quality mental health services to people who are uninsured, underinsured or from low-income households.

Contact Info:

Phone: (515) 274-4006

Email: info@mindspiritcenter.org

Website: www.mindspiritcenter.org



DIOCESE OF DES MOINES
CULTIVATING CONNECTIONS IN CHRIST

Low-Cost or No-Cost Iowa Providers

Optimae Behavioral Health

*Locations: Adel, Des Moines, Newton,
Telehealth available? Yes*

Optimae Behavioral Health serves all customers regardless of ability to pay. Discounts for essential services are offered based on family size and income. In order to serve as many people as possible, we are pleased to offer a sliding fee scale for our services, based on the Federal Poverty Guidelines.

Contact Info:

Website: www.optimaelifeservices.com
Adel: (515) 478-1189
Des Moines: (515) 243-3525
Newton: (641) 275-3520

UnityPoint Health - Eyerly Ball

*Locations: Ames, Des Moines, Indianola
Telehealth available? No*

Eyerly Ball accepts payment from Medicaid, Medicare, most Commercial Insurance Plans and self-pay. Eyerly Ball actively assists uninsured individuals in securing insurance and those unable to afford the full service fee by applying for our sliding fee scale.

Contact Info:

Website: www.unitypoint.org/locations/unity-point-health---eyerly-ball
Phone: (515) 241-0982

Zion Integrated Behavioral Health

Zion Integrated Behavioral Health Services outpatient mental health programs focus is to assist persons with developing and maintaining coping skills that facilitate adjustment and integration within their living environments and community.

Primary Health Care (PHC)

*Locations: Ames, Des Moines, Marshalltown,
Urbandale
Telehealth available? Yes*

PHC offers a spectrum of medical and dental services including family practice and behavioral health. PHC does accept insurance and offers a sliding scale.

Contact Info:

Website: www.phciowa.org
Ames: (515) 232-0628
Des Moines (South): (515) 248-1400
Des Moines (East): (515) 248-1600
Des Moines (University Ave): (515) 248-1500
Marshalltown: (641) 753-4021
Urbandale: (515) 225-7201

Waubonsie Mental Health Center

*Locations: Clarinda, Red Oak, Shenandoah
Telehealth available? No*

Waubonsie Mental Health Center currently accepts a wide variety of insurance plans. WMHC also offers a sliding fee payment scale to individuals meeting certain income requirements, which may partially or completely cover the cost of your services.

Contact Info:

Website: www.waubonsiemhc.com
Chariton: (712) 542-2388
Shenandoah/Red Oak: (712) 581-7900

*Locations: Adel, Atlantic, Clarinda, Greenfield, Perry,
Red Oak, Shenandoah
Telehealth available? No*

Contact Info:

Website: www.zioniowa.org
Phone: (515) 241-0982
Email: info@zioniowa.org