

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.

Crossroads Behavioral Health Services

Locations: Creston, Osceola

Telehealth available? No

Languages: English

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: www.crossroadsbhs.org

Creston: (641) 782-8457

Osceola: (641) 342-4888

Winterset: (515) 462-3105

Mind & Spirit Counseling Center

Locations: Urbandale

Telehealth available? Yes

Languages: English, translation services available

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

Infinity Health

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

Telehealth available? Yes

Languages: English, translation services available

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

Optimae Behavioral Health

Locations: Adel, Des Moines, Newton

Telehealth available? Yes

Languages: English, translation services available

Optimae Behavioral Health serves all customers regardless of ability to pay. Discounts 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.

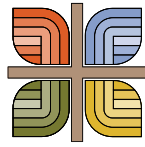
Contact Info:

Website: www.optimaelifeservices.com

Adel: (515) 478-1189

Des Moines: (515) 243-3525

Newton: (641) 275-3520



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Primary Health Care (PHC)

Locations: Ames, Des Moines, Marshalltown, Urbandale

Telehealth available? Yes

Languages: English, Spanish, Bosnian, additional translation services available as needed

PHC offers a spectrum of medical and dental services including family practice and behavioral health. PHC does accept insurance and offers a sliding scale. Referrals to Behavioral Health available for patients who call PHC their home for primary care.

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

UnityPoint Health - Eyerly Ball

Locations: Ames, Des Moines, Indianola

Telehealth available? No

Languages: English, Spanish, Bosnian, additional translation services available as needed

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.unitedpoint.org/locations/unitedpoint-health---eyerly-ball

Phone: (515) 241-0982

Waubonsie Mental Health Center

Locations: Clarinda, Red Oak, Shenandoah

Telehealth available? No

Languages: English

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