



Crisis Help

SUICIDE PREVENTION

Suicide Prevention Lifeline: call or text 988

Text: "hope" or "hi" to the number 741741

Foundation 2 Crisis Center: 319-362-2174 or 1-800-332-4224

Iowa Crisis Chat: www.iowacrisischat.org

National Youth Crisis Hotline: 1-800-442-HOPE (4673)

Iowa Help Line: 855-800-1239 or text iowahelpline.org

DOMESTIC ABUSE/DATING ABUSE

Waypoint Domestic Abuse/Crisis Line: 319-365-1458

ANONYMOUS SCHOOL THREAT REPORTING

Safe+Sound: 1-800-224-6018 <https://safeandsoundiowa.gov>

ADDITIONAL RESOURCES

[Wellness Coalition of Rural Linn County](#)

[The Wellness Coalition of Rural Linn County.docx](#)

[National Alliance on Mental Illness in Linn County](#)

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Visit our website at: www.northlinncsd.org

"GROWING GREATNESS"