



Iowa's Perinatal Depression Project **Referral Information**

<p>Adair County</p>	<p>Crossroads Behavioral Health 1003 Cottonwood Road Creston, IA 50801 <i>Serves: Adair</i> Hours: Monday – Thursday 8:30 am – 7:00 pm; Friday 8:30 am – 4:00 pm Eligible: Insurance, Individual fees are on a sliding fee schedule bases on family income and number of dependents. Postpartum Depression Specialty: None Staff: Psychiatrist, Licensed therapists</p>
<p>Adams County</p>	<p>Crossroads Mental Health Center 1003 Cottonwood Street Creston, Iowa 641-782-8457 800-622-5168 Serves: Union, Clarke, Adams and Taylor Hours: Monday – Thursday 8:30 am – 7:00 pm; Friday 8:30 am – 4:00 pm Eligible: Insurance, Individual fees are on a sliding fee schedule bases on family income and number of dependents. Postpartum Depression Specialty: None Staff: Psychiatrist, Licensed therapists and social workers</p> <p>Crossroads Mental Health Center Satellite 9th and Nodaway Corning, Iowa 50841 800-622-5168 <i>Serves: Adams</i></p>

	<p>Hours: Vary, call for appt. Eligible: Insurance, Individual fees are on a sliding fee schedule bases on family income and number of dependents. Postpartum Depression Specialty: None Staff: therapists</p>
<p>Allamakee County</p>	<p>Northeast Iowa Mental Health Center 905 Montgomery Street Decorah, Iowa 52101 563-382-3649 800-400-8923</p> <p>17 Allamakee St Waukon, IA 52172</p> <p>Serves: Clayton, Allamakee, Winneshiek, Howard Counties Hours: 9:00 to 4:30 Monday through Friday Eligible: Insurance, sliding fee scale available Postpartum Depression Specialty: None Staff: Licensed Therapists</p> <p>Veteran’s Memorial Hospital 40 First Street SE Waukon, Iowa 52172 563-568-3411 <i>Serves: Allamakee</i> Eligible: Sliding fee scale available for people without insurance Postpartum Depression Specialty:</p>

	<p>Process: Must make an appointment with either the primary physician or a nurse practitioner and participate in a screening process.</p>
<p>Appanoose County</p>	<p>Center for Behavioral Services 221 East State Street Centerville, Iowa 52544 641-856-2775 Hours: Monday, Wednesday 7:00am-6:00pm; Tuesday, Thursday 8:00am-6:00pm: Friday 7:00am-5:00pm Serves: Appanoose Eligible: Sliding fee scale for people with and without insurance Postpartum Depression Specialty: None</p> <p>Community Health Center of Southern Iowa 211 East State Street Centerville, Iowa 52544 641-856-6471 Serves: Appanoose Eligible: Insurance, Title 19, Medicare, Medicaid, Sliding fee scale for people with and without insurance Postpartum Depression Specialty: None, but all can work with postpartum women Staff: Psychiatrist, psychologist, therapist, AARNP</p>
<p>Audubon County</p>	<p>Guthrie County Public Health Nursing Service 2002 State Street, Suite 1 Guthrie Center, IA 50115 641-747-3972 1-800-684-3020 Hours: Monday through Friday 8:00 to 4:30</p>

	<p>Serves: Audubon Eligible: Free Postpartum Depression Specialty: Yes HOPES program for families age 0 to 5 years. Would be appropriate for a mother suffering from depression. Normal procedure would refer a woman back to her primary physician</p>
<p>Benton County</p>	<p>Abbe Center for Community Mental Health Benton County Satellite Offices 1701 Second Avenue Vinton, Iowa 53249 319-472-5226 Hours: Monday 8:30am to 7:00pm, Tuesday through Thursday 8:30am to 5:00pm and Friday 8:30am to 4:00pm Serves: Benton Eligible: Insurance; sliding fee for those who meet guidelines Postpartum Depression Specialty: None Staff: Mercy Hospital in Cedar Rapids and St Luke Hospital in Cedar Rapids provide postpartum depression counseling for women enrolled in their program.</p>
<p>Black Hawk County</p>	<p>Black Hawk Grundy Mental Health Center 3251 West 9th Street Waterloo, Iowa 50702-5399 319-234-2893 Hours: Monday through Friday 8:00am to 3:00pm Serves: Black Hawk Eligibility: Call and ask for Intake prior to 4:00pm Postpartum Depression Specialty: None Staff: Female counselors on staff</p>

<p>Boone County</p>	<p>Youth and Shelter Services The Livery 806 7th Street Boone, Iowa 50036 800-830-7009</p> <p>105 South Marshall Street Boone, IA 50036 (515) 432-7983 Hours: Monday through Friday 8:00 to 5:00 Serves: Boone Eligibility: Call and ask for Intake Postpartum Depression Specialty: None Staff: Counselors</p>
<p>Bremer County</p>	<p>Pathways Behavioral Services 111 Tenth Street SW Waverly, IA 50677 319-352-2064 Hours: Monday through Friday 8:00 to 5:00 Serves: Bremer, Butler and Chickasaw Eligibility: Insurance, sliding fee for those who qualify. Call for Intake Postpartum Depression Specialty: None Staff: Licensed social workers</p>
<p>Buchanan County</p>	<p>ABBE Center for CMH 211 2nd Avenue NE PO BOX 489 Independence, IA 50644 319-398-3562</p>

Hours: Monday - Friday 8:00 to 5:00
Serves: Buchanan
Eligibility: Insurance, Private Pay
Postpartum Depression Specialty: None
Staff: Psychiatrist, Therapist, Social Worker

Covenant Family Solutions, LLC

2300 Swan Lake Blvd. Suite 201
Independence, IA 50644
319-261-2292
Hours: Monday – Friday 8 am – 6 pm
Eligibility: Insurance, Private Pay, Sliding Fee
Postpartum Depression Specialty: Non
Staff: Licensed therapist

Pathways Behavioral Services

209 2nd Ave NE
Independence, IA 50644
319-334-6163
Hours: Monday through Friday 8:00 to 5:00
Serves: Buchanan
Eligibility: Insurance, sliding fee for those who qualify. Call for Intake
Postpartum Depression Specialty: None
Staff: Licensed social workers, therapist

Buena Vista County

Seasons Mental Health Center

Seasons Center for Community Mental Health
608 Geneseo Street

Storm Lake, Iowa 50588

712-262-2922

Hours: Monday through Friday 8:00 to 5:00

Serves: Buena Vista

Eligibility: Insurance, sliding fee for those who qualify

** Postpartum Depression Specialty- staff has received training in postpartum depression

Staff: Psychiatrist, MD, LMSW, IADC, LISW, LMFT, CADC and ARNP

Plains Area Mental Health

728 Erie Street

Storm Lake, IA 50588

712-213-8402

Hours: Monday, Tuesday, Thursday 8 am – 5 pm; Wednesday 8 am – 7 pm; Friday 8 am – 4 pm

Serves: Buena Vista

Eligibility: Insurance, sliding fee scale for those who qualify

Postpartum Depression Specialty: None, all staff have experience with postpartum clients.

Staff: LISW, ARNP

New Directions

808 Michigan Street, Suite A

Storm Lake, IA 50588

712-213-7814

Hours: Monday, Tuesday 10 am – 8 pm; Wednesday, Thursday, Friday 10 am – 5 pm

Serves: Buena Vista

Eligibility: Insurance

Postpartum Depression Specialty: None, all staff have experience with postpartum clients.

Staff: LISW

<p>Butler County</p>	<p>Cedar Valley Mental Health Center 111 10th St SW Waverly, IA 50677 Phone: 319-352-2064 Fax: 352-2329 E-mail: cvmhc@wl-p.net Hours: Tuesday 8:00am to 5:00pm Services Provided: outpatient, emergency, evaluation, education, counseling and community support. Services provided at a reduced rate for residents in Bremer, Serves: Butler and Chickasaw counties Postpartum Depression Specialty: None Staff: Psychiatrist, therapist</p> <p>Covenant Clinic 217 20TH ST NW Waverly IA 50677 319-352-9606 Hours: Monday – Friday 8:00 am – 5:00 pm Serves: Butler Postpartum Depression Specialty: None Staff: Psychiatrist, psychologist, social worker, therapist</p>
<p>Calhoun County</p>	<p>North Central Iowa Mental Health Center 720 Kenyon Road Fort Dodge, Iowa 50501 515-955-1717 Serves: Calhoun, Pocahontas, Webster, Hamilton, Humboldt, Wright, Greene Hours: Monday through Friday 8:00am to 4:30pm Eligible: Insurance, sliding fee scale</p>

	<p>Postpartum Depression Specialty: none Staff: Licensed therapists</p> <p>Plains Area Mental Health Center 180 10th Street. SE Suite 201 PO Box 70 Le Mars, IA 51031 Phone: 712-546-4624 Toll Free: 800-325-1192 Fax: 712-546-93 Serves: Calhoun Hours: 8:30am to 5:00pm, Monday through Friday Eligible: Insurance, sliding fee scale Postpartum Depression: None Staff: Psychiatrist, Psychologists, Social Workers</p>
Carroll County	<p>St Anthony Mental Health Services 405 S. Clark St Carroll, IA 51401 712-794-5435 Serves: Carroll Hours: Call for schedule Postpartum Depression Specialty: None Staff: Licensed mental health specialists</p> <p>Plains Area Mental Health 608 N Court Street</p>

	<p>Carroll, IA 51401 712-792-2991 Serves: Carroll Hours: Monday – Friday 8:00 am – 5:00 pm Postpartum Depression Specialty: None Staff: Psychiatrist, Psychologist, Therapist</p> <p>Counseling Services, LLC 512 N Court St Carroll, IA 51401 712-662-3222</p> <p>Choices Counseling 312 West 3rd Street Carroll, IA 51401 712-328-3700</p>
<p>Cass County</p>	<p>Southwest Iowa Mental Health Center 1408 East 10th Street Atlantic, Iowa 50022 712-243-2606 Serves: Cass Hours: Monday – Thursday 8:00 am – 5:00 pm Postpartum Depression Specialty: None Staff: Licensed mental health specialists</p> <p>Therapy Place, Inc. 101 E. 22nd Street</p>

	<p>Atlantic, IA 50022 712-254-9018 Serves: Cass County Hours: Monday – Tuesday: 9:00 am – 7:00 pm, Wednesday 9:00 am – 6:30 pm; Thursday 11:00 am – 6:00 pm (Telehealth); Friday – Saturday 11:00 am – 8:00 pm</p>
Cedar County	<p>The Community Mental Health Center for Mid-Eastern Iowa 507 East College Street Iowa City, Iowa 52240 319-338-7884 800-332-4224</p> <p>Tipton Office 319 Lemon Street Tipton, Iowa 52772 563-886-2405 mentalhealth@meimhc.org</p> <p>Serves: Iowa, Johnson and Cedar Eligible: Insurance, sliding fee scale Hours: 8:00am to 5:00pm Monday through Thursday Postpartum Specialty: None Staff: Psychiatrist, Psychologists, ARNP and social workers</p>
Cerro Gordo County	<p>Wellsource 235 South Eisenhower Avenue Mason City, Iowa 50401-1562 641-424-2075 Toll Free (800) 700-IOWA Fax(641)424-9555</p>

	<p>www.wellsorcehealth.org Serves: Kossuth, Winnebago, Worth, Hancock, Mitchell, Floyd, Grundy, Cerro Gordo Hours: 24 hours emergency services. Monday: 8 am – 8 pm, Tuesday – Friday: 8 am – 5 pm Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: Yes Staff: Psychiatrist, Psychologists and social workers</p>
<p>Cherokee County</p>	<p>Plains Area Mental Health Center 180 10th Street. SE Suite 201 PO Box 70 Le Mars, IA 51031 Phone: 712-546-4624 Toll Free: 800-325-1192 Fax: 712-546-93 Serves: Plymouth, Ida, Sioux and Cherokee counties Hours: Monday through Friday 8:30am to 5:00pm Eligible: Insurance, sliding fee scale Postpartum Depression: None Staff: Psychiatrist, Psychologists, Social Workers</p> <p>900 N. 2nd St., Suite A PO Box 972 Cherokee, IA 51012 Phone: 712-225-2575 Hours: 8:00 to 5:00 Serves: Cherokee and Buena Vista Counties Eligibility: Insurance, sliding fee for those who qualify Postpartum</p>

	<p>Depression Specialty- none</p> <p>Mental Health Associates, LLC 2212 Pierce St., Suite 100 Sioux City, IA 51104 712-255-8323</p> <p>Spencer Psychiatry 1200 1st Avenue E, Suite A Spencer, IA 51301 712-262-1808</p>
Chickasaw County	<p>Pathways Behavioral Services 602 Washington Ave. Fredericksburg, Iowa 50630 Phone: 563-237-5300 Fax: 563-237-5304 Serves: Chickasaw Office Hours: Monday - Friday, 8:00 am - 5:00 pm Postpartum Depression Specialty: None Staff: Licensed therapists</p>
Clarke County	<p>Crossroads Mental Health Center 1003 Cottonwood Street Creston, Iowa 641-782-8457 Serves: Union, Clarke, Adams, Decatur, Madison and Taylor Hours: Monday – Thursday 8:30 am – 7:00 pm; Friday 8:30 am – 4:00 pm Eligible: Insurance, sliding fee scale upon assessment</p>

	<p>Postpartum Depression Specialty: None Staff: Licensed therapists and social workers</p>
<p>Clay County</p>	<p>Seasons Mental Health Center 201 East 11th Street Spencer, Iowa 51301 712-262-2922 www.seasonscenter.org Serves: Clay Hours: Monday through Friday 8:00 to 5:00 Serves: Buena Vista Eligibility: Insurance, sliding fee for those who qualify Postpartum Depression Specialty: staff has received training in postpartum depression Staff: Psychiatrist, MD, LMSW, IADC, LISW, LMFT, CADC and ARNP</p> <p>Northwest Iowa Counseling 20 West 4th Street Spencer, IA 51301 712-262-6111 Hours: Monday, Wednesday, Thursday 8 am – 5 pm; Tuesday 8 am – 6 pm; Friday 8 am – 12 noon Serves: Clay Eligibility: Insurance, sliding fee for those who qualify Postpartum Depression Specialty: all have experience with postpartum clients</p> <p>Spencer Psychiatric & Counseling 2016 Hwy Blvd Spencer, IA 51301</p>

	<p>712-580-3882 Hours: Monday - Thursday 8 am – 5 pm; Friday 8 am – 3 pm Serves: Clay Eligibility: Must have insurance or pay for services in full before being seen Postpartum Depression Specialty: all have experience with postpartum clients</p> <p>Hope Haven 920 South Grand Spence, IA 51301 888-218-8886 Hours: Monday – Friday 8 am – 4:30 pm; appt. on weekends Serves: Clay Eligibility: Insurance and sliding fee per household income Postpartum Depression Specialty: all have experience with postpartum clients</p>
<p>Clayton County</p>	<p>Northeast Iowa Mental Health Center 905 Montgomery Street Decorah, Iowa 52101 641-424-2075</p> <p>Elkader Medical Clinic 911 Carter Road, N.W. Elkader, IA 52043</p> <p>Guttenberg Municipal Hospital 200 Main St. Guttenberg, IA 52052 Serves: Clayton, Allamakee, Winneshiek, Howard Counties</p>

	<p>Hours: 9:00 to 4:30 Monday through Friday Eligible: Insurance, sliding fee scale available Postpartum Depression Specialty: None Staff: Licensed Therapists</p>
Clinton County	<p>Bridgeway 208 Bank Street Keokuk, Iowa 52632 319-524-3873 Hours: Monday – Friday 8:00 am – 5:00 pm Serves: Clinton County Eligible: Insurance, sliding fee scale available Postpartum Specialty: None Staff: Psychiatrists, Licensed social workers and therapists</p>
Crawford County	<p>Plains Area Mental Health Center 20 North 14th Street Denison, IA 51442-0187 712-263-3172 www.wimhc.com Serves: Crawford Hours: Monday 8:00am - 8:00pm; Tuesday - Thursday 8:00 am – 5:00 pm; Friday 8:00am to 4:00pm. Eligible: Services are available to all persons residing in Crawford County. Fees are based on family income and the number of people in the home. Persons who are living outside the county area are charged the full cost of service. Postpartum Depression: Yes</p> <p>CCMH Medical Clinic: City Center</p>

	<p>115 North 14th Street Denison, IA 51442 712-263-5071 Serves: Crawford County Hours: Monday - Thursday: 8:30 A.M. – 4:00 P.M.; Friday: 8:00 A.M. – 12:00 P.M. Tuesday - Wednesday: CCMH Main Clinic Hours: 5:00 P.M. – 7:00 P.M.</p> <p>Lutheran Services in Iowa (LSI) 205 S. 7th Street Denison, IA 51442 712-263-9341 Serves: Crawford County Hours: Monday – Friday: 8:00 am – 5:00 pm</p>
<p>Dallas County</p>	<p>Eyerly Ball 211 S. 7th Street, Suite D Adel , IA 50003 515-993-2158 Fax: 515-993-2140 Serves: Dallas Hours: Monday through Friday 8:00am to 4:30pm Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: None Staff: Psychiatrist, Licensed therapists</p> <p>Genesis Development 310 10th Street</p>

	<p>Perry, IA 50220</p> <p>2111 W. Greene Adel, IA 50003 Serves: Dallas Hours: Monday through Friday 8:00am to 4:30pm Eligible: Insurance, sliding fee scale , Title 19 Postpartum Depression Specialty: None Staff: Psychiatrist, Licensed therapists</p> <p>Mid-Iowa Family Therapy 600 1st Street Perry, IA 50220 Serves: Dallas Hours: Varied Eligible: Insurance, Title 19 Postpartum Depression Specialty: None Staff: Psychiatrist, therapist</p>
<p>Davis County</p>	<p>Mid-Iowa Family Therapy 105 S Vine St Ottumwa, IA 52501 641-683-5993</p> <p>1501 W Washington St Mt. Pleasant, IA 52641 319-385-1919 Serves: Davis, Jefferson, Van Buren</p>

	<p>Hours: Varied Eligible: Insurance, state Postpartum Depression Specialty: None Staff: Psychiatrist, therapist</p> <p>Optimae Life Services 301 W Burlington Fairfield, IA 52556 641-472-5771</p> <p>226 W Main Suite 405 Ottumwa, IA 52501 641-682-4804</p> <p>106 N Jackson Mt. Pleasant, IA 52641 319-385-2830 Serves: Davis, Jefferson, Van Buren Hours: Monday – Friday 8 am – 5 pm Eligible: Insurance, Title XIX, self-pay, occasional sliding fee Postpartum Depression Specialty: None Staff: Psychiatrist, LISW, LMHC</p>
<p>Decatur County</p>	<p>Lucas County Health Center 1200 North 7th Street Chariton, Iowa 50049 641-774-3370 Serves: Lucas, Monroe, Ringgold, Decatur counties</p>

	<p>Hours: 24/7 Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: None Staff: Psychiatrist, Licensed therapists and social workers</p>
<p>Delaware County</p>	<p>Abbe Center for Community Mental Health 721 5th Street Manchester, IA 52057 563-927-6700 Serves: Delaware Hours: Mon, Tues, Fri 8am-4:30pm; Wed 8am-5:30pm; Thurs 8am-3:30pm Eligible: Insurance, Title 19 Postpartum Depression Specialty: None Staff: Psychologist, psychiatrist, licensed mental health</p>
<p>Des Moines County</p>	<p>Optimae Life Solutions 407 N 4th St Burlington, IA 52601 319-754-4618 Serves: Louisa, Davis, Des Moines, Muscatine, Washington, Henry, Lee, Jefferson, Van Buren Hours: 8:30am to 4:30pm, Monday through Friday Eligible: Insurance, sliding fee scale, Title 19 Postpartum Depression: No Staff: Psychiatrist, Licensed therapists and social worker and therapists and social worker</p> <p>Mid-Iowa Family Therapy 205 Washington St, Suite 200 Burlington, IA 52601 319-208-1280</p>

	<p>Serves: Davis, Jefferson, Van Buren Hours: Monday – Friday 8:00 am – 5:00 pm Eligible: Insurance, Title 19 Postpartum Depression Specialty: None Staff: Psychiatrist, therapist</p>
<p>Dickinson County</p>	<p>Seasons Mental Health Center 2301 Hwy 71 Spirit Lake, IA 51360 712-262-2922 www.seasonscenter.org Serves: Dickinson Hours: Monday through Friday 8:00 to 5:00 Serves: Buena Vista Eligibility: Insurance, sliding fee for those who qualify ** Postpartum Depression Specialty- staff has received training in postpartum depression Staff: Psychiatrist, MD, LMSW, IADC, LISW, LMFT, CADC and ARNP</p> <p>Cherish Center 1004 22nd Street Milford, IA 51351 712-338-3333 Serves: Dickinson Hours: Monday through Friday 9:00 to 4:00 Serves: Buena Vista Eligibility: Insurance, sliding fee for those who qualify Postpartum Depression Specialty: None, experience with postpartum clients Staff: LMHC, NCC</p>

	<p>Spencer Psychiatric & Counseling 710 Lake Street, Suite 2 Spirit Lake, IA 51360 712-580-3882 Hours: Tuesdays Serves: Dickinson Eligibility: Must have insurance or pay for services in full before being seen Postpartum Depression Specialty: all have experience with postpartum clients Staff: Psychiatric ARNP</p> <p>Hope Haven 1210 Gary Avenue Spirit Lake, IA 51360 712-336-6977 Hours: Monday – Friday 8:00 am 0 4:30 pm Serves: Dickinson Eligibility: Insurance and sliding fee per household income Postpartum Depression Specialty: all have experience with postpartum clients Staff: LMHC</p>
<p>Dubuque County</p>	<p>Hillcrest Family Center Inc 200 Mercy Drive, Suite 200 Dubuque, Iowa 52001 563-582-0145 800-437-8634</p> <p>225 West 6th Street</p>

	<p>Dubuque, IA 52001 563-690-0019</p> <p>www.hillcrest-fs.org</p> <p>Serves: Dubuque and Jackson counties Hours: 8:00am to 5:00pm, Monday through Friday Eligible: Sliding fee scale available Postpartum Depression: Not specifically. Does have programming for parenting and child care available Staff: Licensed Therapists</p>
Emmet County	<p>Seasons Mental Health Center 115 North 6th Street Estherville, Iowa 51334 712-324-3263</p> <p>Serves: Emmet, Pocahontas Hours: Monday, 8:00am to 5:00pm, Wednesday 8:00am to 5:00pm and Thursday 8:00am to 5:00pm Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: None Staff: Sandy Pelzer specializes in children and family issues and Sue Hager specializes in women and family issues</p>
Fayette County	<p>Backbone Counseling Center 709 West Main Street Manchester, Iowa 52057 800-632-0014</p> <p>Serves: Bremer, Buchanan and Fayette counties Hours: 9:00am to 4:30pm Monday through Friday</p>

	<p>Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: None Staff: Licensed therapists and social workers</p> <p>Northeast Iowa Mental Health Center 905 Montgomery Street Decorah, Iowa 52101 563-382-3649 800-400-8923</p> <p>West Union Residential Facility 500 S. Pine West Union, IA 52175 Serves: Clayton, Allamakee, Winneshiek, Howard Counties Hours: 9:00 to 4:30 Monday through Friday Eligible: Insurance, sliding fee scale available Postpartum Depression Specialty: None Staff: Licensed Therapists</p>
<p>Floyd County</p>	<p>Wellsource 235 South Eisenhower Avenue Mason City, Iowa 50401-1562 641-424-2075 Toll Free (800) 700-IOWA Fax(641)424-9555 ww.wellsourcehealth.org</p> <p>Serves: Kossuth, Winnebago, Worth, Hancock, Mitchell, Floyd, Grundy, Cerro Gordo Hours: 24 hours emergency services. Monday: 8 am – 8 pm, Tuesday – Friday: 8 am – 5 pm</p>

	<p>Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: Yes Staff: Psychiatrist, Psychologists and social workers</p>
Fremont County	<p>Waubonsie Mental Health Center 216 W Division Street Clarinda, Iowa 51632 712-542-2388 Serves: Page, Montgomery, Fremont Counties Hours: Monday - Friday 8:00am to 5:00pm Eligible: Insurance, sliding fee scale upon assessment Postpartum Depression Specialty: None Staff: Psychiatrist, Licensed social workers and therapists</p>
Greene County	<p>North Central Iowa Mental Health Center 720 Kenyon Road Fort Dodge, Iowa 50501 515-955-1717 Serves: Calhoun, Greene, Hamilton, Humboldt, Pocahontas, Webster, Wright Hours: Monday through Friday 8:00am to 4:30pm Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: none Staff: Licensed therapists</p> <p>Private Victories 115 E Lincoln Way Jefferson, IA 712-830-2545 Serves: Greene County</p>
Grundy County	Wellsorce

	<p>235 South Eisenhower Avenue Mason City, Iowa 50401-1562 641-424-2075 Toll Free (800) 700-IOWA Fax(641)424-9555 ww.wellsourcehealth.org</p> <p>Serves: Kossuth, Winnebago, Worth, Hancock, Mitchell, Floyd, Grundy, Cerro Gordo Hours: 24 hours emergency services. Monday: 8 am – 8 pm, Tuesday – Friday: 8 am – 5 pm Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: Yes Staff: Psychiatrist, Psychologists and social workers</p>
Hamilton County	<p>North Central Iowa Mental Health Center 720 Kenyon Road Fort Dodge, Iowa 50501 515-955-1717</p> <p>Serves: Calhoun, Greene, Hamilton, Humboldt, Pocahontas, Webster, Wright Hours: Monday through Friday 8:00am to 4:30pm Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: none Staff: Licensed therapists</p>
Hancock County	<p>Wellsource 235 South Eisenhower Avenue Mason City, Iowa 50401-1562 641-424-2075 Toll Free (800) 700-IOWA Fax(641)424-9555 ww.wellsourcehealth.org</p>

	<p>Serves: Kossuth, Winnebago, Worth, Hancock, Mitchell, Floyd, Grundy, Cerro Gordo Hours: 24 hours emergency services. Monday: 8 am – 8 pm, Tuesday – Friday: 8 am – 5 pm Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: Yes Staff: Psychiatrist, Psychologists and social workers</p>
<p>Harrison County</p>	<p>CHI – Health Behavioral Services 704 North 8th Street Missouri Valley, IA 51555 712-642-2045 Serves: Harrison Hours: Monday 8:30 am – 5:00 pm; Tuesday 9:00 am – 5:00 pm; Wednesday – Friday 8:30 am – 5:00 pm Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: None Staff: Psychiatrist, psychologists, social worker, counselor, medication manager</p> <p>Choices Counseling & Consulting 411 E. 6th Street Logan, IA 51546 712-644-2305 Serves: Harrison Hours: Based on client needs; Not set hours, but staff will work to accommodate the client’s needs. Staff: Licensed mental health</p> <p>Heartland Family Services 107 N. 4th Avenue #8 Logan, IA 51546</p>

	<p>Serves: Harrison Hours: Monday – Thursday 8:00 am – 7:30 pm; Friday 8:00 am – 2:30 pm Specialty: none Staff: Licensed mental health counselors</p>
Henry County	<p>Optimae 106 N. Jackson St Suite 103 Mt. Pleasant, IA 52641 Serves Henry County Hours: Monday – Friday: 8:00 am to 5:00 pm Afterhours: Foundation II Hotline 800-332-4224 Eligible: Insurance, T19, sliding fee scale (upon request) Postpartum Depression: No Staff: Licensed therapists and social worker</p>
Howard County	<p>Northeast Iowa Mental Health Center 905 Montgomery Street Decorah, Iowa 52101 641-424-2075</p> <p>Regional Health Services 327 8th Ave West Cresco, IA 52136 Serves: Clayton, Allamakee, Winneshiek, Howard Counties Hours: 9:00 to 4:30 Monday through Friday Eligible: Insurance, sliding fee scale available Postpartum Depression Specialty: None Staff: Licensed Therapists</p>

<p>Humboldt County</p>	<p>North Central Iowa Mental Health Center 720 Kenyon Road Fort Dodge, Iowa 50501 515-955-1717 Serves: Calhoun, Greene, Hamilton, Humboldt, Pocahontas, Webster, Wright Hours: Monday through Friday 8:00am to 4:30pm Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: none Staff: Licensed therapists</p> <p>Kossuth Regional Hospital 1515 S. Philips St Algona, IA 50511 515-295-2451 Serves: Humboldt County</p>
<p>Ida County</p>	<p>Plains Area Mental Health Center 180 10th Street. SE Suite 201 PO Box 70 Le Mars, IA 51031 Phone: 712-546-4624 Toll Free: 800-325-1192 Fax: 712-546-93 Serves: Plymouth and Cherokee counties Hours: 8:30am to 5:00pm, Monday through Friday Eligible: Insurance, sliding fee scale Postpartum Depression: None</p>

<p>Iowa County</p>	<p>Staff: Psychiatrist, Psychologists, Social Workers</p> <p>The Community Mental Health Center for Mid-Eastern Iowa 507 East College Street Iowa City, Iowa 52240 319-338-7884 800-332-4224</p> <p>Amana Family Practice 505 39th Avenue Amana, IA 5243 319-338-7884 www.communitymentalhealthcenter.org Serves: Cedar, Iowa and Johnson counties Hours: Monday - Friday 8:00am to 5:00 pm Eligible: Insurance, Medicaid, Medicare and private pay Postpartum Depression Specialty: Yes Staff: Psychiatrist, Psychotherapist, Social Workers</p> <p>Grinnell Regional Mental Health 210 4th Avenue Grinnell, IA 641-236-2347 Serves: Poweshiek, Tama, Iowa Hours: Monday – Friday 8:00 am – 4:30 pm Eligible: Insurance Postpartum Depression Specialty: None Staff: Psychiatrist and therapists</p>
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<p>Jackson County</p>	<p>Hillcrest Family Center Inc. 200 Mercy Drive, Suite 200 Dubuque, Iowa 52001 563-582-0145 800-437-8634</p> <p>225 West 6th Street Dubuque, IA 52001 563-690-0019</p> <p>www.hillcrest-fs.org</p> <p>Serves: Dubuque and Jackson counties Hours: 8:00am to 5:00pm, Monday through Friday Eligible: Sliding fee scale available Postpartum Depression: Not specifically. Does have programming for parenting and child care available Staff: Licensed Therapists</p>
<p>Jasper County</p>	<p>Optimae Life Services 1730 1st Avenue E Newton, IA 50208 641-787-9133</p> <p>Serves: Jasper Hours: Monday – Friday 8:00 am – 5:00 pm Eligible: Insurance, Private Pay, Medicaid, Medicare Postpartum Depression: No Staff: Psychiatrist, therapist</p>
<p>Jefferson County</p>	<p>Mid-Iowa Family Therapy</p>

105 S Vine St
Ottumwa, IA 52501
641-683-5993

1501 W Washington St
Mt. Pleasant, IA 52641
319-385-1919
Serves: Davis, Jefferson, Van Buren
Hours: Varied
Eligible: Insurance, state
Postpartum Depression Specialty: None
Staff: Psychiatrist, therapist

Optimae Life Services

301 W Burlington
Fairfield, IA 52556
641-472-5771

226 W Main Suite 405
Ottumwa, IA 52501
641-682-4804

106 N Jackson
Mt. Pleasant, IA 52641
319-385-2830
Serves: Davis, Jefferson, Van Buren
Hours: Monday – Friday 8 am – 5 pm

	<p>Eligible: Insurance, Title XIX, self-pay, occasional sliding fee Postpartum Depression Specialty: None Staff: Psychiatrist, LISW, LMHC</p>
Johnson County	<p>The Community Mental Health Center for Mid-Eastern Iowa 507 East College Street Iowa City, Iowa 52240 319-338-7884 800-332-4224</p> <p>Tipton Office 319 Lemon Street Tipton, Iowa 52772 563-886-2405 mentalhealth@meimhc.org</p> <p>Serves: Iowa, Johnson and Cedar Eligible: Insurance, sliding fee scale Hours: 8:00am to 5:00pm Monday through Thursday Postpartum Specialty: None Staff: Psychiatrist, Psychologists, ARNP and social workers</p>
Jones County	<p>Abbe Center for Community Mental Health 520 11th Street NW Cedar Rapids, Iowa 52405 319-398-3562 www.abbefamily.org</p> <p>Serves: Linn, Jones and Benton counties Hours: 8:00am to 4:30pm Eligible: Insurance, sliding fee scale with assessment</p>

	<p>Postpartum Depression Specialty: yes Staff: Licensed therapists and social workers</p>
Kossuth County	<p>Wellsorce 235 South Eisenhower Avenue Mason City, Iowa 50401-1562 641-424-2075 Toll Free (800) 700-IOWA Fax(641)424-9555 www.wellsorcehealth.org Serves: Kossuth, Winnebago, Worth, Hancock, Mitchell, Floyd, Grundy, Cerro Gordo Hours: 24 hours emergency services. Monday: 8 am – 8 pm, Tuesday – Friday: 8 am – 5 pm Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: Yes Staff: Psychiatrist, Psychologists and social workers</p>
Lee County	<p>Optimae Life Services 509 Avenue F Fort Madison, IA 52627 319-372-3566 Serves: Louisa, Davis, Des Moines, Muscatine, Washington, Henry, Lee, Jefferson, Van Buren Hours: Monday through Friday: 8:30am to 4:30pm Eligible: Insurance, Title 19, sliding fee scale Postpartum Depression: No Staff: Psychiatrist, Licensed therapists and social worker</p> <p>Mid-Iowa Family Therapy 205 Washington, Suite 200 Burlington, IA 52601</p>

	<p>319-208-1280</p> <p>Serves: Davis, Des Moines, Jefferson, Lee, Louisa, Muscatine, Van Buren, Washington</p> <p>Hours: Varied</p> <p>Eligible: Insurance, state</p> <p>Postpartum Depression Specialty: None</p> <p>Staff: Psychiatrist, therapist</p>
Linn County	<p>Abbe Center for Community Mental Health</p> <p>520 11th Street NW</p> <p>Cedar Rapids, Iowa 52405</p> <p>319-398-3562</p> <p>www.abbefamily.org</p> <p>Serves: Linn, Jones and Benton counties</p> <p>Hours: 8:00am to 4:30pm</p> <p>Eligible: Insurance, sliding fee scale with assessment</p> <p>Postpartum Depression Specialty: yes</p> <p>Staff: Licensed therapists and social workers</p>
Louisa County	<p>ResCare, Inc.</p> <p>301 West Burlington Avenue</p> <p>Fairfield, Iowa 52556</p> <p>641-472-1684</p> <p>800-735-2942 TTY</p> <p>Serves: Louisa, Des Moines, Muscatine, Washington, Henry, Lee, Jefferson, Van Buren</p> <p>Hours: 8:30am to 4:30pm, Monday through Friday</p> <p>Eligible: Insurance, sliding fee scale</p> <p>Postpartum Depression: No</p> <p>Staff: Licensed social worker</p>

<p>Lucas County</p>	<p>Lucas County Health Center 1200 North 7th Street Chariton, Iowa 50049 641-774-3370 Serves: Lucas, Monroe, Ringgold, Decatur counties Hours: 24/7 Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: None Staff: Psychiatrist, Licensed therapists and social workers</p> <p>Community Health Centers of Southern Iowa 302 NE 14th St. Leon, IA 641-446-2283</p> <p>Rathbun Area Mental Health Center 125 S Grand St. Chariton , IA 641-774-8484</p>
<p>Lyon County</p>	<p>Seasons Mental Health Center 315 First Avenue Suite 202 Rock Rapids, Iowa 51246 712-472-9605 Serves: Lyon Hours: Monday 8:00am to 5:00pm, Tuesday, 10:00am to 4:00pm, Wednesday 8:30am to 12:30pm and Thursday, 8:00am to 5:00pm Eligible: Insurance, sliding fee scale</p>

	<p>Postpartum Depression Specialty: None Staff: Licensed social workers</p> <p>Creative Living Center PO Box 163 1905 10th Street Rock Valley, IA 51247 712-476-5245</p>
Marion County	<p>Capstone Center 2003 N Lincoln Knoxville Iowa 641-842-4925</p> <p>Integrative Counseling Solutions 107 S Third St. Knoxville, IA 641-842-HELP</p> <p>Crossroads of Pella 712 Union St. Pella, I A 641-682-1212</p> <p>Pine Rest Christian Mental Health Services 2611 Washington St. Pella IA 641-628-9599</p>
Mills County	Allegent Mercy Hospital

	<p>Psychiatric Associates at Mercy Council Bluffs 801 Harmony Street, Suite 302 MERCY TWO Professional Center Council Bluffs, IA 51503 Phone: 712-328-2609 Fax: 712-328-9257 Serves: Mills, Pottawattamie, Shelby, Harrison, Monroe Hours: Monday/Wednesday: 8 a. to 5 pm; Tuesday/Thursday: 8 am to 7 pm; Friday: 8 am to 5 pm Eligible: Insurance, private pay, sliding fee scale Postpartum Depression Specialty: None Staff: Psychiatrist and social worker</p>
<p>Mitchell County</p>	<p>Wellsorce 235 South Eisenhower Avenue Mason City, Iowa 50401-1562 641-424-2075 Toll Free (800) 700-IOWA Fax(641)424-9555 www.wellsorcehealth.org Serves: Kossuth, Winnebago, Worth, Hancock, Mitchell, Floyd, Grundy, Cerro Gordo Hours: 24 hours emergency services. Monday: 8 am – 8 pm, Tuesday – Friday: 8 am – 5 pm Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: Yes Staff: Psychiatrist, Psychologists and social workers</p>
<p>Monona County</p>	<p>Burgess Mental Health 1600 Diamond Street Onawa, IA 51040 712-423-9160</p>

	<p>Hours: Monday – Friday 8:00 am – 5:00 pm Eligible: Monona Postpartum Depression Specialty: None Staff: Psychiatrist, therapist</p> <p>Mapleton Satellite Mental Health Clinic 111 S. 5th Street Mapleton, IA 51034 712-882-9011 Hours: Tuesday, Wednesday, Friday 9:00 am – 5:00 pm Eligible: Monona Postpartum Depression Specialty: None Staff: Psychiatrist, therapist</p>
<p>Monroe County</p>	<p>Lucas County Health Center 1200 North 7th Street Chariton, Iowa 50049 641-774-3370 Serves: Lucas, Monroe, Ringgold, Decatur counties Hours: 24/7 Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: None Staff: Psychiatrist, Licensed therapists and social workers</p> <p>Allegent Mercy Hospital Psychiatric Associates at Mercy Council Bluffs 801 Harmony Street, Suite 302 MERCY TWO Professional Center</p>

	<p>Council Bluffs, IA 51503 Phone: 712-328-2609 Fax: 712-328-9257 Serves: Mills, Pottawattamie, Shelby, Harrison, Monroe Hours: Monday/Wednesday: 8 a. to 5 pm; Tuesday/Thursday: 8 am to 7 pm; Friday: 8 am to 5 pm Eligible: Insurance, private pay, sliding fee scale Postpartum Depression Specialty: None Staff: Psychiatrist and social worker</p> <p>Rathbun Area Mental Health Center 12 Washington Ave W. Albia, IA 641-932-2065</p>
Montgomery County	<p>Waubonsie Mental Health Center 216 W Division Street Clarinda, Iowa 51632 712-542-2388 Serves: Page, Montgomery, Fremont Counties Hours: Monday - Friday 8:00am to 5:00pm Eligible: Insurance, sliding fee scale upon assessment Postpartum Depression Specialty: None Staff: Psychiatrist, Licensed social workers and therapists</p>
Muscatine County	<p>ResCare, Inc. 301 West Burlington Avenue Fairfield, Iowa 52556 641-472-1684 800-735-2942 TTY</p>

	<p>Serves: Louisa, Des Moines, Muscatine, Washington, Henry, Lee, Jefferson, Van Buren Hours: 8:30am to 4:30pm, Monday through Friday therapists and social worker Eligible: Insurance, sliding fee scale Postpartum Depression: No Staff: Licensed therapists and social worker</p>
<p>O'Brien County</p>	<p>Seasons Mental Health Center 604 Park Street Sheldon, IA 51201 712-262-2922 www.seasonscenter.org Hours: Monday through Friday 8:00 to 5:00 Serves: O'Brien Eligibility: Insurance, sliding fee for those who qualify ** Postpartum Depression Specialty- staff has received training in postpartum depression Staff: Psychiatrist, MD, LMSW, IADC, LISW, LMFT, CADC and ARNP</p> <p>Creative Living Center 818 4th Avenue Sheldon, IA 51210 888-587-2537 Serves: O'Brien Hours: Varies Eligibility: Insurance with Sliding fee for those who qualify Postpartum Depression Specialty: None, experience with postpartum clients Staff: LMHC, LISW, PLMHC</p>

<p>Osceola County</p>	<p>Seasons Mental Health Center 600 9th Avenue North Sibley, IA 51249 712-262-2922 www.seasonscenter.org Hours: Monday through Friday 8:00 to 5:00 Serves: Osceola Eligibility: Insurance, sliding fee for those who qualify ** Postpartum Depression Specialty- staff has received training in postpartum depression Staff: Psychiatrist, MD, LMSW, IADC, LISW, LMFT, CADC and ARNP</p>
<p>Page County</p>	<p>Waubonsie Mental Health Center 216 W Division Street Clarinda, Iowa 51632 712-542-2388 Serves: Page, Montgomery, Fremont Counties Hours: Monday - Friday 8:00am to 5:00pm Eligible: Insurance, sliding fee scale upon assessment Postpartum Depression Specialty: None Staff: Psychiatrist, Licensed social workers and therapists</p>
<p>Palo Alto County</p>	<p>Seasons Center for Behavioral Health 717 Broadway Emmetsburg, IA 50536 712-852-2922 800-242-5101 Serves: Palo Alta Hours: Tuesday and Thursday 8:00am to 12:00pm and Friday 9:00am to 1:00pm Eligible: Insurance sliding fee scale</p>

	<p>Postpartum Depression Specialty: None Staff: Licensed social worker and therapists</p>
Plymouth County	<p>Plains Area Mental Health Center 180 10th Street. SE Suite 201 PO Box 70 Le Mars, IA 51031 Phone: 712-546-4624 Toll Free: 800-325-1192 Fax: 712-546-9331 Serves: Plymouth, Ida and Cherokee counties Hours: 8:30am to 5:00pm, Monday through Friday Eligible: Insurance, sliding fee scale Postpartum Depression: None Staff: Psychiatrist, Psychologists, Social Workers</p>
Pocahontas County	<p>North Central Iowa Mental Health Center 720 Kenyon Road Fort Dodge, Iowa 50501 515-955-1717 Serves: Calhoun, Greene, Hamilton, Humboldt, Pocahontas, Webster, Wright Hours: Monday through Friday 8:00am to 4:30pm Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: none Staff: Licensed therapists</p> <p>Seasons Mental Health Center 115 North 6th Street</p>

	<p>Estherville, Iowa 51334 712-324-3263 Serves: Emmet, Pocahontas Hours: Monday, 8:00am to 5:00pm, Wednesday 8:00am to 5:00pm and Thursday 8:00am to 5:00pm Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: None Staff: Sandy Pelzer specializes in children and family issues and Sue Hager specializes in women and family issues</p>
Polk County	<p>Eyerly Ball Mental Health Center 1301 Center Street Des Moines, Iowa 50309 515-243-5181 Serves: Polk Hours: Monday through Friday 8:00am to 5:00pm Eligible: Insurance, sliding fee scale upon assessment Postpartum Depression Specialty: Yes Staff: Psychiatrist, Psychologist and licensed social workers</p>
Pottawattamie County	<p>Allegent Mercy Hospital Psychiatric Associates at Mercy Council Bluffs 801 Harmony Street, Suite 302 MERCY TWO Professional Center Council Bluffs, IA 51503 Phone: 712-328-2609 Fax: 712-328-9257 Serves: Mills, Pottawattamie, Shelby, Harrison, Monroe Hours: Monday/Wednesday: 8 a. to 5 pm; Tuesday/Thursday: 8 am to 7 pm; Friday: 8 am to 5 pm</p>

	<p>Eligible: Insurance, private pay, sliding fee scale</p> <p>Postpartum Depression Specialty: None</p> <p>Staff: Psychiatrist and social worker</p>
Poweshiek County	<p>Grinnell Regional Mental Health</p> <p>210 4th Avenue</p> <p>Grinnell, IA</p> <p>641-236-2347</p> <p>Serves: Poweshiek, Tama, Iowa</p> <p>Hours: Monday – Friday 8:00 am – 4:30 pm</p> <p>Eligible: Insurance</p> <p>Postpartum Depression Specialty: None</p> <p>Staff: Psychiatrist and therapists</p>
Ringgold County	<p>Lucas County Health Center</p> <p>1200 North 7th Street</p> <p>Chariton, Iowa 50049</p> <p>641-774-3370</p> <p>Serves: Lucas, Monroe, Ringgold, Decatur counties</p> <p>Hours: 24/7</p> <p>Eligible: Insurance, sliding fee scale</p> <p>Postpartum Depression Specialty: None</p> <p>Staff: Psychiatrist, Licensed therapists and social workers</p>
Scott County	<p>Vera French Community Mental Health Center</p> <p>1441 W Central Park Avenue</p> <p>Davenport, Iowa 52804</p> <p>563-383-1900</p> <p>Serves: Scott</p> <p>Hours: , Monday 8 am to 9, Tuesday/Thursday 8 am – 6 pm, Wednesday/Friday 8am – 5 pm</p>

	<p>Eligibility: Insurance, sliding scale available Postpartum Depression Specialty: None Staff: Psychiatrists, psychologists, Licensed social workers and counselors, ARNP</p>
<p>Shelby County</p>	<p>Myrtue Medical Center Behavioral Health 1213 Garfield Avenue Harlan, IA 51537 Serves: Shelby County Hours: Monday – Tuesday: 8:00 am – 7:00 PM; Wednesday – Thursday: 8:00 am -5:00 pm; Friday 8:00 am – 4:00 pm Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: None Staff: Psychiatrist and social worker</p>
<p>Sioux County</p>	<p>Plains Area Mental Health Center 180 10th Street. SE Suite 201 PO Box 70 Le Mars, IA 51031 Phone: 712-546-4624 Toll Free: 800-325-1192 Fax: 712-546-93 Serves: Plymouth, Ida, Sioux and Cherokee counties Hours: Monday through Friday 8:30am to 5:00pm Eligible: Insurance, sliding fee scale Postpartum Depression: None Staff: Psychiatrist, Psychologists, Social Workers</p>

	<p>900 N. 2nd St., Suite A PO Box 972 Cherokee, IA 51012 Phone: 712-225-2575 Hours: 8:00 to 5:00 Serves: Cherokee and Buena Vista Counties Eligibility: Insurance, sliding fee for those who qualify Postpartum Depression Specialty- none</p> <p>Bethesda Christian Counseling Midwest 209 1st Street NE, Suite 103 Orange City, IA 51041 712-737-2635 800-269-3160</p>
<p>Tama County</p>	<p>Center Associates 1309 South Broadway Toledo, Iowa 52339 515-484-5234 Serves: Tama Hours: Monday through Friday 8:30 to 4:30 Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: No Staff: Psychiatric, Licensed therapists and social worker</p> <p>Grinnell Regional Mental Health 210 4th Avenue Grinnell, IA</p>

	<p>641-236-2347</p> <p>Serves: Poweshiek, Tama, Iowa</p> <p>Hours: Monday – Friday 8:00 am – 4:30 pm</p> <p>Eligible: Insurance</p> <p>Postpartum Depression Specialty: None</p> <p>Staff: Psychiatrist and therapists</p>
Taylor County	<p>Crossroads Mental Health Center</p> <p>1003 Cottonwood Street</p> <p>Creston, Iowa</p> <p>641-782-8457</p> <p>Serves: Union, Clarke, Adams, Decatur, Madison and Taylor</p> <p>Hours: Monday – Thursday 8:30 am – 7:00 pm; Friday 8:30 am – 4:00 pm</p> <p>Eligible: Insurance, sliding fee scale upon assessment</p> <p>Postpartum Depression Specialty: None</p> <p>Staff: Licensed therapists and social workers</p>
Union County	<p>Crossroads Mental Health Center</p> <p>1003 Cottonwood Street</p> <p>Creston, Iowa</p> <p>641-782-8457</p> <p>Serves: Union, Clarke, Adams, Decatur, Madison and Taylor</p> <p>Hours: Monday – Thursday 8:30 am – 7:00 pm; Friday 8:30 am – 4:00 pm</p> <p>Eligible: Insurance, sliding fee scale upon assessment</p> <p>Postpartum Depression Specialty: None</p> <p>Staff: Licensed therapists and social workers</p>
Van Buren County	<p>Mid-Iowa Family Therapy</p> <p>105 S Vine St</p> <p>Ottumwa, IA 52501</p>

641-683-5993

1501 W Washington St

Mt. Pleasant, IA 52641

319-385-1919

Serves: Davis, Jefferson, Van Buren

Hours: Varied

Eligible: Insurance, state

Postpartum Depression Specialty: None

Staff: Psychiatrist, therapist

Optimae Life Services

301 W Burlington

Fairfield, IA 52556

641-472-5771

226 W Main Suite 405

Ottumwa, IA 52501

641-682-4804

106 N Jackson

Mt. Pleasant, IA 52641

319-385-2830

Serves: Davis, Jefferson, Van Buren

Hours: Monday – Friday 8 am – 5 pm

Eligible: Insurance, Title XIX, self-pay, occasional sliding fee

Postpartum Depression Specialty: None

	Staff: Psychiatrist, LISW, LMHC
Washington County	<p>Hillcrest Family Services Washington Mental Health Services 2175 Lexington Blvd. #2 Washington, Iowa 52353 319-653-6161 www.hillcrest-fs.org Serves: Washington Hours: Monday – Friday 8:30am to 4:30pm Eligible: Insurance, sliding fee scale Postpartum Depression: No Staff: Licensed therapists and social worker</p>
Wayne County	<p>Community Health Centers of Southern Iowa 204 S. Franklin, Corydon, IA 50060 Telephone: (641) 872-1750 Fax: (641) 872-1751 Serves: Wayne Hours: Tuesday and Friday 7:00 am - 5:00 pm Eligible: Postpartum Depression Specialty: None Staff: Licensed counselors and therapists</p>
Webster County	<p>North Central Iowa Mental Health Center 720 Kenyon Road Fort Dodge, Iowa 50501 515-955-1717 Serves: Calhoun, Greene, Hamilton, Humboldt, Pocahontas, Webster, Wright Hours: Monday through Friday 8:00am to 4:30pm</p>

	<p>Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: none Staff: Licensed therapists</p>
Winnebago County	<p>Wellsource 235 South Eisenhower Avenue Mason City, Iowa 50401-1562 641-424-2075 Toll Free (800) 700-IOWA Fax(641)424-9555 www.wellsourcehealth.org Serves: Kossuth, Winnebago, Worth, Hancock, Mitchell, Floyd, Grundy, Cerro Gordo Hours: 24 hours emergency services. Monday: 8 am – 8 pm, Tuesday – Friday: 8 am – 5 pm Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: Yes Staff: Psychiatrist, Psychologists and social workers</p>
Winneshiek County	<p>Northeast Iowa Mental Health Center 905 Montgomery Street Decorah, Iowa 52101 563-382-3649 800-400-8923 Serves: Clayton, Allamakee, Winneshiek, Howard Counties Hours: Monday through Friday 9:00 to 4:30 Eligible: Insurance, sliding fee scale available Postpartum Depression Specialty: None Staff: Licensed Therapists</p>
Woodbury County	<p>Siouxland Mental Health 625 Court Street</p>

	<p>Sioux City, Iowa 51102 712-252-3871 877-493-2273 Serves: Sioux and Woodbury Hours: 9:00 to 4:30 Monday - Friday Eligible: Insurance (including Medicaid & Medicare), sliding fee scale available Postpartum Depression Specialty: Psychiatry and therapy available onsite to address postpartum and women's health issues. Community support services available. Staff: Licensed Therapists</p> <p>Siouxland Community Health Center 1021 Nebraska Street Sioux City, Iowa 51101 712-252-2477 Serves: Woodbury Hours: Monday through Thursday 8:00 – 8:00 p.m., Friday 8:00 – 5:00 Eligible: Insurance (including Medicaid & Medicare), sliding fee scale available Postpartum Depression Specialty: Master level therapist available onsite to address postpartum and women's mental health issues. Staff: Licensed social workers</p>
<p>Worth County</p>	<p>Wellsorce 235 South Eisenhower Avenue Mason City, Iowa 50401-1562 641-424-2075 Toll Free (800) 700-IOWA Fax(641)424-9555 www.wellsorcehealth.org</p>

	<p>Serves: Kossuth, Winnebago, Worth, Hancock, Mitchell, Floyd, Grundy, Cerro Gordo Hours: 24 hours emergency services. Monday: 8 am – 8 pm, Tuesday – Friday: 8 am – 5 pm Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: Yes Staff: Psychiatrist, Psychologists and social workers</p>
<p>Wright County</p>	<p>North Central Iowa Mental Health Center 720 Kenyon Road Fort Dodge, Iowa 50501 515-955-1717 Serves: Calhoun, Greene, Hamilton, Humboldt, Pocahontas, Webster, Wright Hours: Monday through Friday 8:00am to 4:30pm Eligible: Insurance, sliding fee scale Postpartum Depression Specialty: none Staff: Licensed therapists</p> <p>Iowa Specialty Hospital 1316 So Main Clarion, IA 50525 515-532-2811 Serves Wright County</p>