



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

<p><b>Adair County</b></p>	<p><b>Crossroads Behavioral Health Services</b>  1003 Cottonwood Road, Creston IA 50801  Phone: (641) 782-8457  Hours: Mon-Thurs: 8 a.m. to 7 p.m.; Fri: 8 a.m. to 12 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Licensed therapists, Licensed social workers</p>
<p><b>Adams County</b></p>	<p><b>Crossroads Behavioral Health Services</b>  1003 Cottonwood Road, Creston IA 50801  Phone: (641) 782-8457  Hours: Mon-Thurs: 8 a.m. to 7 p.m.; Fri: 8 a.m. to 12 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Licensed therapists, Licensed social workers</p> <p><b>Crossroads Behavioral Health Services – Satellite Office</b>  905 Benton Avenue, Corning IA 50841  Phone: (641) 782-8457  Hours: Vary by appointment</p>
<p><b>Allamakee County</b></p>	<p><b>Northeast Iowa Behavioral Health</b>  17 Allamakee Street, Waukon IA 52172  Phone: (563) 568-3411  Hours: Vary by appointment  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists</p>
<p><b>Appanoose County</b></p>	<p><b>Optimae LifeServices</b>  226 W Main Street, Suite 201, Ottumwa IA 52501  Phone: (641) 216-8227  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p> <p><b>Community Health Centers of Southern Iowa</b>  221 E State Street, Centerville IA 52544  Phone: (641) 856-6471</p>

	<p>Hours: Mon-Wed: 7 a.m. to 6 p.m.; Thurs: 7 a.m. to 5 p.m.; Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Psychiatrist, Psychologist, Licensed therapists, ARNPs</p>
<b>Benton County</b>	<p><b>ABBE Center for Community Mental Health</b>  309 1<sup>st</sup> Avenue, Vinton IA 52349  Phone: (319) 472-5226  Hours: Mon, Wed Thurs: 8 a.m. to 4:30 p.m.; Tues: 8 a.m. to 5:30 p.m.; Fri: 8 a.m. to 3:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist</p>
<b>Black Hawk County</b>	<p><b>Mid-Iowa Family Therapy Clinic, Inc</b>  3275 W 4<sup>th</sup> Street, Waterloo IA 50701  Phone: (319) 833-0072  Hours: Hours vary  Eligibility: Insurance, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists</p> <p><b>Black Hawk-Grundy Mental Health Center</b>  3251 W 9<sup>th</sup> Street, Waterloo IA 50702  Phone: (319) 234-2893  Hours: Mon-Thurs: 8 a.m. to 7 p.m.; Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p> <p><b>Pathways Behavioral Services</b>  111 10<sup>th</sup> Street SW, Waverly IA 50677  Phone: (319) 352-2064  Hours: Mon-Wed: 8 a.m. to 6 p.m.; Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 12 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: Licensed social workers, Counselors, Psychiatrists, ARNPs</p>
<b>Boone County</b>	<p><b>YSS</b>  105 S Marshall Street, Boone IA 50036  Phone: (515) 432-7983</p>

	<p>Hours: Mon: 8 a.m. to 7 p.m.; Tues: 8 a.m. to 5 p.m.; Wed, Thurs: 8 a.m. to 6 p.m.; Fri: 8 a.m. to 1 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Counselors</p>
<b>Bremer County</b>	<p><b>Pathways Behavioral Services</b>  111 10<sup>th</sup> Street SW, Waverly IA 50677  Phone: (319) 352-2064  Hours: Mon-Wed: 8 a.m. to 6 p.m.; Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 12 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: Licensed social workers, Counselors, Psychiatrists, ARNPs</p> <p><b>Covenant Clinic</b>  217 20<sup>th</sup> Street NW, Waverly IA 50677  Phone: (319) 352-9500  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Postpartum Depression Specialist: None  Staff: Psychiatrist, Psychologist, Licensed social worker, Licensed therapist, ARNPs</p>
<b>Buchanan County</b>	<p><b>ABBE Center for Community Mental Health</b>  2349 Jamestown Avenue, Suite 5, Independence IA 50644  Phone: (319) 334-4010  Hours: Mon: 8 a.m. to 5:30 p.m.; Tues, Wed, Thurs: 8 a.m. to 4:30 p.m.; Fri: 8 a.m. to 3:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Licensed therapist, Licensed social worker</p> <p><b>Covenant Family Solutions</b>  1655 Blairs Ferry Road, Marion IA 52302  Phone: (319) 261-2292  Hours: Mon, Tues, Wed: 8 a.m. to 7 p.m.; Thurs, Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, ARNPs</p>
<b>Buena Vista County</b>	<p><b>Seasons Center for Behavioral Health</b>  608 Geneseo Street, Storm Lake IA 50588  Phone: (800) 242-5101  Hours: Mon-Fri: 8 a.m. to 5 p.m.</p>

	<p>Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Physicians, Licensed social workers, Licensed therapists, ARNPs</p> <p><b>Plains Area Mental Health Center</b>  728 Erie Street, Storm Lake IA 50588  Phone: (712) 213-8402  Hours: Mon, Tues, Thurs: 8 a.m. to 5 p.m.; Wed: 8 a.m. to 7 p.m.; Fri: 8 a.m. to 4 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed social workers, ARNPs</p> <p><b>New Directions Mental Health Counseling</b>  808 Michigan Street, Suite A, Storm Lake IA 50588  Phone: (712) 213-7814  Hours: Mon-Thurs: 10 a.m. to 5 p.m.; Fri: 10 a.m. to 2 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: Licensed social workers</p>
<b>Butler County</b>	<p><b>Pathways Behavioral Services</b>  111 10<sup>th</sup> Street SW, Waverly IA 50677  Phone: (319) 352-2064  Hours: Mon-Wed: 8 a.m. to 6 p.m.; Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 12 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: Licensed social workers, Counselors, Psychiatrists, ARNPs</p> <p><b>Covenant Clinic</b>  217 20<sup>th</sup> Street NW, Waverly IA 50677  Phone: (319) 352-9500  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Postpartum Depression Specialist: None  Staff: Psychiatrist, Psychologist, Licensed social worker, Licensed therapist, ARNPs</p>
<b>Calhoun County</b>	<p><b>UnityPoint Health – Berryhill Center</b>  720 Kenyon Road, Fort Dodge IA 50501  Phone: (515) 955-1717  Hours: Mon-Thurs: 7:30 a.m. to 6:30 p.m.; Fri: 7:30 a.m. to 4:30 p.m.  Eligibility: Insurance</p>

	<p>Postpartum Depression Specialist: None Staff: ARNPs</p>
<p><b>Carroll County</b></p>	<p><b>Seasons Center for Behavioral Health</b> 524 E 7<sup>th</sup> Street, Carroll IA 51401 Phone: (800) 242-5101 Hours: Mon-Fri: 8 a.m. to 5 p.m. Eligibility: Insurance, Sliding Fee Scale upon assessment Postpartum Depression Specialist: None Staff: Licensed therapists, Licensed social workers</p> <p><b>Plains Area Mental Health Center</b> 318 S Maple Street, Suite 1, Carroll IA 51401 Phone: (712) 792-2991 Hours: Mon: 8 a.m. to 8 p.m.; Tues-Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 4 p.m. Eligibility: Insurance, Sliding Fee Scale upon assessment Postpartum Depression Specialist: None Staff: Licensed therapists, Licensed social workers</p> <p><b>St Anthony Mental Health Services</b> 405 S Clark Street, Carroll IA 51401 Phone: (712) 794-5435 Hours: Mon-Fri: 8 a.m. to 4:30 p.m. Eligibility: Insurance, Sliding Fee Scale upon assessment Postpartum Depression Specialist: None Staff: Psychiatrist, Licensed therapists, ARNPs</p> <p><b>Counseling Services LLC</b> 322 513<sup>th</sup> Street, Sac City IA 50583 Phone: (712) 662-3222 Hours: Mon-Fri: 9 a.m. to 5 p.m. Eligibility: Insurance, Sliding Fee Scale upon assessment Postpartum Depression Specialist: None Staff: Licensed social workers</p> <p><b>Transitional Services of Iowa</b> 300 W Broadway Street, Suite 29, Council Bluffs IA 51503 Phone: (712) 328-3700 Hours: Mon-Thurs: 8 a.m. to 6:30 p.m.; Fri: 8 a.m. to 4:30 p.m. Eligibility: Insurance, Sliding Fee Scale upon assessment</p>

	<p>Postpartum Depression Specialist: None Staff: Licensed therapists</p> <p><b>Private Victories Counseling Services, LLC</b> 115 E Lincoln Way, Jefferson IA 50129 Phone: (712) 830-2545 Hours: Mon-Fri: 8 a.m. to 4:30 p.m. Eligibility: Insurance Postpartum Depression Specialist: None Staff: Licensed therapist</p>
<b>Cass County</b>	<p><b>Southwest Iowa Mental Health Center</b> 1500 E 10<sup>th</sup> Street, Atlantic IA 50022 Phone: (712) 243-2606 Hours: Mon-Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 2 p.m. Eligibility: Insurance, Sliding Fee Scale upon assessment Postpartum Depression Specialist: None Staff: Licensed therapists, Counselors, Psychologists</p> <p><b>Therapy Place, Inc</b> 101 E 22<sup>nd</sup> Street, Atlantic IA 50022 Phone: (712) 254-9018 Hours: Mon-Fri: Hours vary Eligibility: Insurance, Sliding Fee Scale upon assessment Postpartum Depression Specialist: None Staff: Psychologist, Counselors, Licensed social workers</p>
<b>Cedar County</b>	<p><b>ABBE Center for Community Mental Health</b> 1039 Arthur Street, Iowa City IA 52240 Phone: (319) 338-7884 Hours: Mon, Tues, Thurs: 8 a.m. to 5 p.m.; Wed: 8 a.m. to 8 p.m.; Fri: 8 a.m. to 4 p.m. Eligibility: Insurance Postpartum Depression Specialist: None Staff: Psychiatrists, Counselors</p>
<b>Cerro Gordo County</b>	<p><b>YSS</b> 50 N Eisenhower Avenue, Mason City IA 50401 Phone: (641) 423-7362 Hours: Mon-Fri: 8 a.m. to 4:30 a.m. Eligibility: Insurance, Sliding Fee Scale upon assessment</p>

	<p>Postpartum Depression Specialist: None Staff: Counselors</p>
<b>Cherokee County</b>	<p><b>Plains Area Mental Health Center</b> 900 N 2<sup>nd</sup> Street, Suite 2, Cherokee IA 51012 Phone: (712) 225-2575 Hours: Mon-Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 4 p.m. Eligibility: Insurance, Sliding Fee Scale upon assessment Postpartum Depression Specialist: None Staff: Psychiatrists, Psychologists, Licensed social workers</p>
<b>Chickasaw County</b>	<p><b>Pathways Behavioral Services</b> 111 10<sup>th</sup> Street SW, Waverly IA 50677 Phone: (319) 352-2064 Hours: Mon-Wed: 8 a.m. to 6 p.m.; Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 12 p.m. Eligibility: Insurance Postpartum Depression Specialist: None Staff: Licensed social workers, Counselors, Psychiatrists, ARNPs</p>
<b>Clarke County</b>	<p><b>Crossroads Behavioral Health Services</b> 1003 Cottonwood Road, Creston IA 50801 Phone: (641) 782-8457 Hours: Mon-Thurs: 8 a.m. to 7 p.m.; Fri: 8 a.m. to 12 p.m. Eligibility: Insurance, Sliding Fee Scale upon assessment Postpartum Depression Specialist: None Staff: Psychiatrist, Licensed therapists, Licensed social workers</p> <p><b>Community Health Centers of Southern Iowa</b> 131 W Washington Street, Osceola IA 50213 Phone: (641) 342-9000 Hours: Mon-Thurs: 8 a.m. to 6 p.m.; Fri: 8 a.m. to 5 p.m. Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19 Postpartum Depression Specialist: None Staff: Psychiatrist, Psychologist, Licensed therapists, ARNPs</p>
<b>Clay County</b>	<p><b>Seasons Center for Behavioral Health</b> 120 E 5<sup>th</sup> Street, Spencer IA 51301 Phone: (800) 242-5101 Hours: Mon-Fri: 8 a.m. to 5 p.m.</p>



	<p>Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Physicians, Licensed social workers, Licensed therapists, ARNPs</p> <p><b>Seasons Center for Behavioral Health</b>  201 E 11<sup>th</sup> Street, Spencer IA 51301  Phone: (712) 262-2922  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Licensed therapists</p> <p><b>Spencer Psychiatric &amp; Counseling Services</b>  20 W 6<sup>th</sup> Street, Spencer IA 51301  Phone: (712) 580-3882  Hours: Mon-Thurs: 8 a.m. to 5 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: ARNPs</p> <p><b>Northwest Iowa Counseling</b>  20 W 4<sup>th</sup> Street, Spencer IA 51301  Phone: (712) 262-6111  Hours: Mon, Wed, Thurs: 8 a.m. to 5 p.m.; Tues: 8 a.m. to 6 p.m.; Fri: 8 a.m. to 12 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers, Counselors</p> <p><b>Hope Haven</b>  920 S Grand Ave, Spencer IA 51301  Phone: (888) 218-8886  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Counselors</p>
<p><b>Clayton County</b></p>	<p><b>Northeast Iowa Behavioral Health</b>  911 Carter Road NW, Elkader IA 52043  Phone: (563) 382-3649  Hours: Vary by appointment</p>

	<p>Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists</p>
<b>Crawford County</b>	<p><b>Plains Area Mental Health Center</b>  20 N 14<sup>th</sup> Street, Denison IA 51442  Phone: (712) 263-6498  Hours: Mon-Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 4 p.m.  Eligibility: Insurance: Sliding Fee Scale upon assessment  Postpartum Depression Specialist: Yes  Staff: Licensed therapists, Licensed social workers</p> <p><b>CCMH Medical Clinic: City Center</b>  115 N 14<sup>th</sup> Street, Denison IA 51442  Phone: (712) 265-2800  Hours: Mon-Thurs: 8 a.m. to 7 p.m.; Fri: 8 a.m. to 12 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Physicians, Counselors</p>
<b>Dallas County</b>	<p><b>Optimae LifeServices</b>  513 E 6<sup>th</sup> Street, Des Moines IA 50309  Phone: (515) 478-1189  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p> <p><b>Mid-Iowa Family Therapy Clinic, Inc</b>  20244 141<sup>st</sup> Street, Perry IA 50220  Phone: (515) 465-5739  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists</p> <p><b>Eyerly Ball</b>  1301 Center Street, Des Moines IA 50309  Phone: (515) 243-5181  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.</p>

	<p>Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Licensed therapists</p> <p><b>Genesis Development</b>  610 10<sup>th</sup> Street, Perry IA 50220  Phone: (515) 465-7541  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: Licensed therapists</p>
<b>Davis County</b>	<p><b>Optimae LifeServices</b>  605 E Winfield Avenue, Mount Pleasant IA 52641  Phone: (319) 385-8051  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p> <p><b>Mid-Iowa Family Therapy Clinic, Inc</b>  105 S Vine Street, Ottumwa IA 52501  Phone: (641) 683-5993  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists</p>
<b>Decatur County</b>	<p><b>Community Health Centers of Southern Iowa</b>  302 NE 14<sup>th</sup> Street, Leon IA 50144  Phone: (641) 446-2383  Hours: Mon, Thurs: 8 a.m. to 6 p.m.; Tues: 7 a.m. to 7 p.m.; Wed: 7 a.m. to 6 p.m.; Fri: 7 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Psychiatrist, Psychologist, Licensed therapists, ARNPs</p> <p><b>Community Health Centers of Southern Iowa</b>  802 E Ackerley Street, Lamoni IA 50140  Phone: (641) 784-6162  Hours: Mon, Fri: 9 a.m. to 5 p.m.; Tues-Thurs: 8 a.m. to 6 p.m.</p>

	<p>Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Psychiatrist, Psychologist, Licensed therapists, ARNPs</p>
<p><b>Delaware County</b></p>	<p><b>ABBE Center for Community Mental Health</b>  721 S 5<sup>th</sup> Street, Manchester IA 52057  Phone: (563) 927-6700  Hours: Mon, Tues, Friday: 8 a.m. to 4:30 p.m.; Wed: 8 a.m. to 5:30 p.m.; Thurs: 8 a.m. to 3:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychologist, Psychiatrist, Licensed therapists</p>
<p><b>Des Moines County</b></p>	<p><b>Optimae LifeServices</b>  823 N 6<sup>th</sup> Street, Burlington IA 52601  Phone: (319) 237-1732  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p> <p><b>Mid-Iowa Family Therapy Clinic, Inc</b>  205 Washington Street, Suite 200, Burlington IA 52601  Phone: (319) 208-1280  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Title 19  Postpartum Depression Specialist: None  Staff: Psychiatrist, Licensed therapists</p>
<p><b>Dickinson County</b></p>	<p><b>Seasons Center for Behavioral Health</b>  1401 Hill Avenue, Spirit Lake IA 51360  Phone: (800) 242-5101  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Physicians, Licensed social workers, Licensed therapists, ARNPs</p> <p><b>Plains Area Mental Health Center</b>  710 Lake Street, Spirit Lake IA 51360  Phone: (712) 225-1490  Hours: Mon-Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 4 p.m.</p>

	<p>Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p> <p><b>Hope Haven</b>  920 S Grand Ave, Spencer IA 51301  Phone: (888) 218-8886  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Counselors</p>
<b>Dubuque County</b>	<p><b>Hillcrest Family Services</b>  200 Mercy Drive, Suite 200, Dubuque IA 52001  Phone: (563) 582-0145  Hours: Mon-Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 12 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed social workers, Counselors</p>
<b>Emmet County</b>	<p><b>Seasons Center for Behavioral Health</b>  826 N 8<sup>th</sup> Street, Estherville IA 51334  Phone: (800) 242-5101  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p>
<b>Fayette County</b>	<p><b>ABBE Center for Community Mental Health</b>  129 S Vine Street, West Union, IA 52175  Phone: (563) 422-5344  Hours: Mon, Wed, Thurs: 8 a.m. to 4:30 p.m.; Tues: 8 a.m. to 5:30 p.m.; Fri: 8 a.m. to 3:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Social workers</p> <p><b>Northeast Iowa Behavioral Health</b>  36 S Frederick Avenue, Oelwein IA 50662  Phone: (319) 283-5774  Hours: Mon, Tues, Thurs: 7 a.m. to 6 p.m.; Wed: 7 a.m. to 5 p.m.; Fri: 8:30 a.m. to 2:30 p.m.</p>

	<p>Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists</p>
<b>Fremont County</b>	<p><b>Waubonsie Mental Health Center</b>  216 W Division Street, Clarinda IA 51632  Phone: (712) 542-2388  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed social workers, Licensed therapists, ARNPS</p>
<b>Greene County</b>	<p><b>UnityPoint Health – Berryhill Center</b>  720 Kenyon Road, Fort Dodge IA 50501  Phone: (515) 955-1717  Hours: Mon-Thurs: 7:30 a.m. to 6:30 p.m.; Fri: 7:30 a.m. to 4:30 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: ARNPs</p> <p><b>Private Victories Counseling Services, LLC</b>  115 E Lincoln Way, Jefferson IA 50129  Phone: (712) 830-2545  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: Licensed therapist</p>
<b>Grundy County</b>	<p><b>Black Hawk-Grundy Mental Health Center</b>  3251 W 9<sup>th</sup> Street, Waterloo IA 50702  Phone: (319) 234-2893  Hours: Mon-Thurs: 8 a.m. to 7 p.m.; Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p>
<b>Hamilton County</b>	<p><b>UnityPoint Health – Berryhill Center</b>  720 Kenyon Road, Fort Dodge IA 50501  Phone: (515) 955-1717</p>

	<p>Hours: Mon-Thurs: 7:30 a.m. to 6:30 p.m.; Fri: 7:30 a.m. to 4:30 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: ARNPs</p> <p><b>YSS</b>  321 W 2<sup>nd</sup> Street, Webster City IA 50595  Phone: (515) 832-1061  Hours: Mon-Thurs: 8:30 a.m. to 4:30 p.m.; Fri: 8:30 a.m. to 12 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Counselors</p>
<b>Harrison County</b>	<p><b>CHI Health Psychiatric Associates</b>  704 N 8<sup>th</sup> Street, Missouri Valley IA 51555  Phone: (712) 642-2045  Hours: Mon-Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 4 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychologists, Licensed social workers, Counselors, ARNPs</p> <p><b>Heartland Family Services</b>  107 N 4<sup>th</sup> Avenue, Suite 8, Logan IA 51546  Phone: (712) 644-2946  Hours: Mon, Tues, Thurs: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Counselors</p>
<b>Henry County</b>	<p><b>Optimae LifeServices</b>  509 Avenue F, Fort Madison IA 52627  Phone: (319) 385-2830  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p> <p><b>Mid-Iowa Family Therapy Clinic, Inc</b>  1501 W Washington Street, Suite 104, Mount Pleasant IA 52641  Phone: (319) 385-1919</p>

	<p>Hours: Hours vary  Eligibility: Insurance, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists</p>
<b>Howard County</b>	<p><b>Northeast Iowa Behavioral Health</b>  112 N Elm Street, Cresco IA 52136  Phone: (563) 382-3649  Hours: Vary by appointment  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists</p>
<b>Humboldt County</b>	<p><b>UnityPoint Health – Berryhill Center</b>  720 Kenyon Road, Fort Dodge IA 50501  Phone: (515) 955-1717  Hours: Mon-Thurs: 7:30 a.m. to 6:30 p.m.; Fri: 7:30 a.m. to 4:30 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: ARNPs</p> <p><b>Kossuth Regional Health Center</b>  1519 S Phillips Street, Algona IA 50511  Phone: (515) 295-7714  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychologist, Licensed social workers</p>
<b>Ida County</b>	<p><b>Plains Area Mental Health Center</b>  700 E 2<sup>nd</sup> Street, Suite 2, Ida Grove IA 51445  Phone: (712) 364-3500  Hours: Mon: 8 a.m. to 7 p.m.; Tues-Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 4 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p>
<b>Iowa County</b>	<p><b>ABBE Center for Community Mental Health</b>  1039 Arthur Street, Iowa City IA 52240</p>



	<p>Phone: (319) 338-7884  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Social workers</p> <p><b>Amana Family Practice Clinic</b>  505 39<sup>th</sup> Avenue, Amana IA 52203  Phone: (319) 622-3231  Hours: Mon, Tues, Thurs: 8 a.m. to 7:30 p.m.; Wed, Fri: 8 a.m. to 12 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: Yes  Staff: Counselors</p> <p><b>Capstone Behavioral Healthcare</b>  2002 4<sup>th</sup> Avenue W, Grinnell IA 50112  Phone: (641) 260-8270  Hours: Mon-Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 3 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Licensed therapists, PAs</p>
<b>Jackson County</b>	<p><b>Hillcrest Family Services</b>  200 Mercy Drive, Suite 200, Dubuque IA 52001  Phone: (563) 582-0145  Hours: Mon-Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 12 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed social workers, Counselors</p>
<b>Jasper County</b>	<p><b>Optimae LifeServices</b>  513 E 6<sup>th</sup> Street, Des Moines IA 50309  Phone: (641) 787-9133  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p> <p><b>Capstone Behavioral Healthcare</b>  1123 1<sup>st</sup> Avenue E, Suite 200, Newton IA 50208</p>

	<p>Phone: (641) 792-4012  Hours: Mon: 7:30 a.m. to 6 p.m.; Tues-Thurs: 7:30 to 5 p.m.; Fri: 7:30 a.m. to 3 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrists, Licensed therapists, Licensed social workers</p>
<p><b>Jefferson County</b></p>	<p><b>Optimae LifeServices</b>  513 E 6<sup>th</sup> Street, Des Moines IA 50309  Phone: (641) 472-7236  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p> <p><b>Mid-Iowa Family Therapy Clinic, Inc</b>  1660 42<sup>nd</sup> Street NE, Suite O, Cedar Rapids IA 52402  Phone: (319) 826-3855  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists</p>
<p><b>Johnson County</b></p>	<p><b>ABBE Center for Community Mental Health</b>  1039 Arthur Street, Iowa City IA 52240  Phone: (319) 338-7884  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Social workers</p> <p><b>UI Women’s Wellness and Counseling Service</b>  University of Iowa Hospitals and Clinics  200 Hawkins Drive, Iowa City IA 52242  Phone: (319) 384-5499  Hours: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: Yes  Staff: Psychiatrist, Psychologists</p>

	<p><b>Covenant Family Solutions</b>  1754 5<sup>th</sup> Street, Coralville IA 52241  Phone: (319) 261-2292  Hours: Mon-Wed: 8 a.m. to 7 p.m.; Thurs, Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, ARNPs</p> <p><b>Meadowlark Psychiatric Services</b>  320 West Cherry Street, North Liberty, Iowa 52317  Phone: (319)626-3300  Hours: Mon - Fri: 8 am to 6 pm  Eligibility: Insurance, Cash Pay  Postpartum Depression Specialist: Yes  Staff: Psychiatrists, Psychologists, Licensed therapists, Licensed social workers</p> <p><b>Pathways Behavioral Services</b>  1827 1<sup>st</sup> Street W, Suite C, Independence IA 50644  Phone: (319) 334-6163  Hours: Mon-Thurs: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed social workers, Licensed therapists</p>
<p><b>Jones County</b></p>	<p><b>ABBE Center for Community Mental Health</b>  1795 Highway 64E, Office 1272, Anamosa IA 52205  Phone: (319) 398-3652  Hours: Thurs: 9 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Social workers</p>
<p><b>Kossuth County</b></p>	<p><b>Kossuth Regional Health Center</b>  1519 S Phillips Street, Algona IA 50511  Phone: (515) 295-7714  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychologist, Licensed social workers</p>

<p><b>Lee County</b></p>	<p><b>Optimae LifeServices</b>  509 Avenue F, Fort Madison IA 52627  Phone: (319) 372-3566  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p> <p><b>Mid-Iowa Family Therapy Clinic, Inc</b>  1660 42<sup>nd</sup> Street NE, Suite O, Cedar Rapids IA 52402  Phone: (319) 826-3855  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists</p>
<p><b>Linn County</b></p>	<p><b>ABBE Center for Community Mental Health</b>  520 11<sup>th</sup> Street NW, Cedar Rapids, IA 52405  Phone: (319) 398-3562  Hours: Mon, Tues, Thurs: 8 a.m. to 6 p.m.; Wed: 8 a.m. to 8 p.m.; Fri: 8 a.m. to 4 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Social workers</p> <p><b>ABBE Center for Community Mental Health</b>  1077 N Center Point Road, Hiawatha IA 52233  Phone: (319) 369-7952  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Social workers</p> <p><b>Mid-Iowa Family Therapy Clinic, Inc</b>  1660 42<sup>nd</sup> Street NE, Suite O, Cedar Rapids IA 52402  Phone: (319) 826-3855  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists</p>

<p><b>Louisa County</b></p>	<p><b>Optimae LifeServices</b>  301 W Burlington Avenue, Fairfield IA 52556  Phone: (641) 472-5771  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p>
<p><b>Lucas County</b></p>	<p><b>Community Health Centers of Southern Iowa</b>  1711 Osceola Avenue, Suite 115, Chariton IA 50049  Phone: (641) 774-8484  Hours: Mon: 7 a.m. to 6 p.m.; Tues: 8 a.m. to 7 p.m.; Wed: 8 a.m. to 8 p.m.; Thurs: 7 a.m. to 5 p.m.; Fri: 8 a.m. to 6 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Psychiatrist, Psychologist, Licensed therapists, ARNPs</p>
<p><b>Lyon County</b></p>	<p><b>Seasons Center for Behavioral Health</b>  315 1<sup>st</sup> Avenue, Suite 202, Rock Rapids IA 51246  Phone: (800) 242-5101  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed social workers</p> <p><b>Hope Haven</b>  920 S Grand Ave, Spencer IA 51301  Phone: (888) 218-8886  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Counselors</p> <p><b>Creative Living Center</b>  1905 10<sup>th</sup> Street, Rock Valley IA 51247  Phone: (712) 476-5245  Hours: Mon-Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 3 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p>

<p><b>Madison County</b></p>	<p><b>Crossroads Behavioral Health Services</b>  102 W Summit Street, Winterset IA 50273  Phone: (641) 782-8457  Hours: Mon-Thurs: 8 a.m. to 7 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Licensed therapists, Licensed social workers</p>
<p><b>Mahaska County</b></p>	<p><b>Capstone Behavioral Healthcare</b>  2002 4<sup>th</sup> Avenue W, Grinnell IA 50112  Phone: (641) 260-8270  Hours: Mon-Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 3 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Licensed therapists, PAs</p>
<p><b>Marion County</b></p>	<p><b>Optimae LifeServices</b>  513 E 6<sup>th</sup> Street, Des Moines IA 50309  Phone: (641) 205-8501  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p> <p><b>Integrative Counseling Solutions</b>  307 E Main Street, Knoxville IA 50138  Phone: (641) 842-4357  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p> <p><b>Capstone Behavioral Healthcare</b>  104 S 6<sup>th</sup> Street, Knoxville IA 50138  Phone: (641) 842-4925  Hours: Mon: 8 a.m. to 6 p.m.; Tues-Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 3 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: Psychologists, Licensed therapists</p>

	<p><b>Crossroads of Pella</b>  712 Union Street, Pella IA 50219  Phone: (641) 628-1212  Hours: Mon-Fri: 9 a.m. to 5 p.m.  Eligibility: Free  Postpartum Depression Specialist: None  Staff: Licensed social workers, Licensed therapists</p>
<b>Marshall County</b>	<p><b>Center Associates</b>  9 N 4<sup>th</sup> Avenue, Marshalltown IA 50158  Phone: (641) 752-1585  Hours: Mon: 8 a.m. to 7 p.m.; Tues-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: Psychiatrists, Licensed therapists, Licensed social workers</p>
<b>Mills County</b>	<p><b>CHI Health Psychiatric Associates</b>  801 Harmony Street, Suite 302, Council Bluffs IA 51503  Phone: (712) 328-2609  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Licensed social workers, Counselors</p>
<b>Monona County</b>	<p><b>Burgess Mental Health</b>  1600 Diamond Street, Onawa IA 51040  Phone: (712) 423-9160  Hours: Mon-Fri: 8:30 a.m. to 5 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: Psychiatrist, Licensed therapists</p>
<b>Monroe County</b>	<p><b>Community Health Centers of Southern Iowa</b>  117 S Main Street, Albia IA 52531  Phone: (641) 932-2065  Hours: Mon-Thurs: 8 a.m. to 6 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Psychiatrist, Psychologist, Licensed therapists, ARNPs</p>

	<p><b>CHI Health Psychiatric Associates</b>        801 Harmony Street, Suite 302, Council Bluffs IA 51503        Phone: (712) 328-2609        Hours: Mon-Fri: 8 a.m. to 5 p.m.        Eligibility: Insurance, Sliding Fee Scale upon assessment        Postpartum Depression Specialist: None        Staff: Psychiatrist, Licensed social workers, Counselors</p>
<b>Montgomery County</b>	<p><b>Waubonsie Mental Health Center</b>        216 W Division Street, Clarinda IA 51632        Phone: (712) 542-2388        Hours: Mon-Fri: 8 a.m. to 5 p.m.        Eligibility: Insurance, Sliding Fee Scale upon assessment        Postpartum Depression Specialist: None        Staff: Licensed social workers, Licensed therapists, ARNPs</p>
<b>Muscatine County</b>	<p><b>Optimae LifeServices</b>        513 E 6<sup>th</sup> Street, Des Moines IA 50309        Phone: (515) 283-1230        Hours: Mon-Fri: 8 a.m. to 4:30 p.m.        Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19        Postpartum Depression Specialist: None        Staff: Licensed therapists, Licensed social workers</p>
<b>O'Brien County</b>	<p><b>Seasons Center for Behavioral Health</b>        118 N 2<sup>nd</sup> Avenue, Sheldon IA 51201        Phone: (800) 242-5101        Hours: Mon-Fri: 8 a.m. to 5 p.m.        Eligibility: Insurance, Sliding Fee Scale upon assessment        Postpartum Depression Specialist: None        Staff: Psychiatrist, Physicians, Licensed social workers, Licensed therapists, ARNPs</p> <p><b>Hope Haven</b>        920 S Grand Ave, Spencer IA 51301        Phone: (888) 218-8886        Hours: Mon-Fri: 8 a.m. to 4:30 p.m.        Eligibility: Insurance, Sliding Fee Scale upon assessment        Postpartum Depression Specialist: None        Staff: Counselors</p>



	<p><b>Creative Living Center</b>  1022 3<sup>rd</sup> Avenue, Sheldon IA 51201  Phone: (712) 476-5245  Hours: Mon-Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 3 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p>
<b>Osceola County</b>	<p><b>Seasons Center for Behavioral Health</b>  600 9<sup>th</sup> Avenue N, Sibley IA 51249  Phone: (800) 242-5101  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Physicians, Licensed social workers, Licensed therapists, ARNPs</p> <p><b>Hope Haven</b>  920 S Grand Ave, Spencer IA 51301  Phone: (888) 218-8886  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Counselors</p>
<b>Page County</b>	<p><b>Waubonsie Mental Health Center</b>  216 W Division Street, Clarinda IA 51632  Phone: (712) 542-2388  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed social workers, Licensed therapists, ARNPs</p>
<b>Palo Alto County</b>	<p><b>Seasons Center for Behavioral Health</b>  3201 1<sup>st</sup> Street, Emmetsburg IA 50536  Phone: (800) 242-5101  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed social workers, Licensed therapists</p>

	<p><b>Hope Haven</b>  920 S Grand Ave, Spencer IA 51301  Phone: (888) 218-8886  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Counselors</p>
<p><b>Plymouth County</b></p>	<p><b>Plains Area Mental Health Center</b>  180 10<sup>th</sup> Street SE, Suite 201, Le Mars IA 51031  Phone: (712) 546-4624  Hours: Mon, Wed, Thurs: 8 a.m. to 5 p.m.; Tues: 8 a.m. to 8 p.m.; Fri: 8 a.m. to 4 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p>
<p><b>Pocahontas County</b></p>	<p><b>UnityPoint Health – Berryhill Center</b>  720 Kenyon Road, Fort Dodge IA 50501  Phone: (515) 955-1717  Hours: Mon-Thurs: 7:30 a.m. to 6:30 p.m.; Fri: 7:30 a.m. to 4:30 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: ARNPs</p> <p><b>Seasons Center for Behavioral Health</b>  147 S Main, Sioux Center IA 51250  Phone: (800) 242-5101  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed social workers, Licensed therapists</p>
<p><b>Polk County</b></p>	<p><b>Optimae LifeServices</b>  513 E 6<sup>th</sup> Street, Des Moines IA 50309  Phone: (515) 283-1230  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p>

	<p><b>Mid-Iowa Family Therapy Clinic, Inc</b>  6900 University Avenue, Suite 115, Windsor Heights IA 50324  Phone: (515) 254-1556  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists</p> <p><b>Eyerly Ball</b>  945 19<sup>th</sup> Street, Des Moines IA 50314  Phone: (515) 241-0982  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Licensed therapists</p> <p><b>Therapeia, LLC</b>  9001 Hickman Road, Suite 350, Urbandale IA 50322  Phone: (515) 205-2925  Hours: Mon-Fri: 9 a.m. to 5 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: Licensed social worker</p> <p><b>Integrative Counseling Solutions</b>  1200 Valley West Drive, Suite 508, West Des Moines IA 50266  Phone: (515) 267-1340  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: Licensed social workers, Licensed therapists</p>
<b>Pottawattamie County</b>	<p><b>Mid-Iowa Family Therapy Clinic, Inc</b>  136 S 7<sup>th</sup> Street, Council Bluffs IA 51501  Phone: (712) 325-1136  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists</p>

	<p><b>Transitional Services of Iowa</b>  300 W Broadway Street, Suite 29, Council Bluffs IA 51503  Phone: (712) 328-3700  Hours: Mon-Thurs: 8 a.m. to 6:30 p.m.; Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists</p> <p><b>CHI Health Psychiatric Associates</b>  704 N 8<sup>th</sup> Street, Missouri Valley IA 51555  Phone: (712) 642-2045  Hours: Mon-Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 4 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychologists, Licensed social workers, Counselors, ARNPs</p>
<b>Poweshiek County</b>	<p><b>Capstone Behavioral Healthcare</b>  200 4<sup>th</sup> Ave W, Grinnell IA 50112  Phone: (641) 260-8270  Hours: Mon-Thurs 8 a.m. to 5 p.m.; Fri: 8 a.m. to 3 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrists, Licensed therapists, Licensed social workers</p>
<b>Sac City</b>	<p><b>Plains Area Mental Health Center</b>  900 Early Street, Sac City IA 50583  Phone: (712) 662-8055  Hours: 24/7  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p> <p><b>Counseling Services LLC</b>  322 513<sup>th</sup> Street, Sac City IA 50583  Phone: (712) 662-3222  Hours: Mon-Fri: 9 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed social workers</p>

<p><b>Scott County</b></p>	<p><b>Mid-Iowa Family Therapy Clinic, Inc</b>  1722 Washington Street, Davenport IA 52804  Phone: (563) 355-0635  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists</p> <p><b>Vera French Community Mental Health Center</b>  1441 W Central Park Avenue  Phone: (563) 383-1900  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrists, Psychologists, Licensed social workers, Counselors, ARNPs</p>
<p><b>Shelby County</b></p>	<p><b>Myrtue Medical Center</b>  1213 Garfield Avenue, Harlan IA 51537  Phone: (712) 755-5056  Hours: Mon, Tues, Thurs: 8 a.m. to 8 p.m.; Wed: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 4 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: Yes  Staff: Psychiatrists, Licensed social workers, Licensed therapists</p>
<p><b>Sioux County</b></p>	<p><b>Seasons Center for Behavioral Health</b>  147 S Main, Sioux Center IA 51250  Phone: (800) 242-5101  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed social workers, Licensed therapists</p> <p><b>Plains Area Mental Health Center</b>  400 Central Avenue NW, Orange City IA 51041  Phone: (712) 546-4624  Hours: Mon-Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 4 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p>

	<p><b>Hope Haven</b>  1800 19<sup>th</sup> Street, Rock Valley IA 51247  Phone: (712) 476-2737  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Counselors</p>
<p><b>Story County</b></p>	<p><b>Optimae LifeServices</b>  513 E 6<sup>th</sup> Street, Des Moines IA 50309  Phone: (515) 956-2600  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p> <p><b>Eyerly Ball</b>  2521 University Blvd, Suite 121, Ames IA 50010  Phone: (515) 598-3300  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Licensed therapists</p> <p><b>YSS</b>  125 S 3<sup>rd</sup> Street, Ames IA 50010  Phone: (515) 233-2250  Hours: Mon: 8 a.m. to 7 p.m.; Tues: 8 a.m. to 5 p.m.; Wed, Thurs: 8 a.m. to 6 p.m.; Fri: 8 a.m. to 1 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Counselors</p>
<p><b>Tama County</b></p>	<p><b>Capstone Behavioral Healthcare</b>  2002 4<sup>th</sup> Avenue W, Grinnell IA 50112  Phone: (641) 260-8270  Hours: Mon-Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 3 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Licensed therapists, PAs</p>

	<p><b>Center Associates</b>  1309 S Broadway Street, Toledo IA 52342  Phone: (515) 484-5234  Hours: Mon-Fri: 8:30 a.m. to 4:30 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: Psychiatrists, Licensed therapists, Licensed social workers</p>
<b>Taylor County</b>	<p><b>Crossroads Behavioral Health Services</b>  1003 Cottonwood Road, Creston IA 50801  Phone: (641) 782-8457  Hours: Mon-Thurs: 8 a.m. to 7 p.m.; Fri: 8 a.m. to 12 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Licensed therapists, Licensed social workers</p> <p><b>Crossroads Behavioral Health Services – Satellite Office</b>  125 N Main Street, Lenox IA 50851  Phone: (641) 782-8457  Hours: Vary by appointment</p>
<b>Union County</b>	<p><b>Crossroads Behavioral Health Services</b>  1003 Cottonwood Road, Creston IA 50801  Phone: (641) 782-8457  Hours: Mon-Thurs: 8 a.m. to 7 p.m.; Fri: 8 a.m. to 12 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Licensed therapists, Licensed social workers</p>
<b>Van Buren County</b>	<p><b>Optimae LifeServices</b>  226 W Main Street, Suite 201, Ottumwa IA 52501  Phone: (641) 472-5771  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p>
<b>Wapello County</b>	<p><b>Optimae LifeServices</b></p>

	<p>513 E 6<sup>th</sup> Street, Des Moines IA 50309  Phone: (641) 684-6441  Hours: Mon-Fri: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p> <p><b>Mid-Iowa Family Therapy Clinic, Inc</b>  105 S Vine Street, Ottumwa IA 52501  Phone: (641) 683-5993  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists</p>
<b>Warren County</b>	<p><b>Eyerly Ball</b>  1007 S Jefferson Way, Indianola IA 50125  Phone: (515) 243-5181  Hours: Tues-Thurs: 8 a.m. to 4:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Licensed therapists</p>
<b>Washington County</b>	<p><b>Hillcrest Family Services</b>  2175 Lexington Blvd, Suite 2, Washington IA 52353  Phone: (319) 653-6161  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p>
<b>Wayne County</b>	<p><b>Community Health Centers of Southern Iowa</b>  102-104 N Franklin Street, Corydon IA 50060  Phone: (641) 872-1750  Hours: Tues, Thurs, Fri: 7 a.m. to 5 p.m.; Wed: 7 a.m. to 6 p.m.  Eligibility: Insurance, Title 19, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Psychiatrist, Psychologist, Licensed therapists, ARNPs</p>



<p><b>Webster County</b></p>	<p><b>UnityPoint Health – Berryhill Center</b>  720 Kenyon Road, Fort Dodge IA 50501  Phone: (515) 955-1717  Hours: Mon-Thurs: 7:30 a.m. to 6:30 p.m.; Fri: 7:30 a.m. to 4:30 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: ARNPs</p> <p><b>Mid-Iowa Family Therapy Clinic, Inc</b>  1426 Central Avenue, Suite B, Fort Dodge IA 50501  Phone: (515) 573-5128  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Title 19  Postpartum Depression Specialist: None  Staff: Licensed therapists</p>
<p><b>Winneshiek County</b></p>	<p><b>Northeast Iowa Behavioral Health</b>  905 Montgomery Street, Decorah IA 52101  Phone: (563) 382-3649  Hours: Mon-Thurs: 8 a.m. to 6:30 p.m.; Fri: 8 a.m. to 3:30 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists</p>
<p><b>Woodbury County</b></p>	<p><b>Seasons Center for Behavioral Health</b>  5722 Sunnybrook Drive, Sioux City IA 51106  Phone: (800) 242-5101  Hours: Mon-Fri: 8 a.m. to 5 p.m.  Eligibility: Insurance, Sliding Fee Scale upon assessment  Postpartum Depression Specialist: None  Staff: Licensed therapists, Licensed social workers</p> <p><b>Mental Health Associates LLC</b>  2212 Pierce Street, Suite 100, Sioux City IA 51104  Phone: (712) 255-8323  Hours: Mon-Thurs: 8 a.m. to 5 p.m.; Fri: 8 a.m. to 1 p.m.  Eligibility: Insurance  Postpartum Depression Specialist: None  Staff: Licensed therapists</p>

**Wright County**

**UnityPoint Health – Berryhill Center**

720 Kenyon Road, Fort Dodge IA 50501

Phone: (515) 955-1717

Hours: Mon-Thurs: 7:30 a.m. to 6:30 p.m.; Fri: 7:30 a.m. to 4:30 p.m.

Eligibility: Insurance

Postpartum Depression Specialist: None

Staff: ARNPs

**Iowa Specialty Hospital**

1316 S Main Street, Clarion IA 50525

Phone: (515) 532-2811

Hours: Mon-Fri: 8 a.m. to 4:30 p.m.

Eligibility: Insurance, Sliding Fee Scale upon assessment

Postpartum Depression Specialist: None

Staff: Counselors