

Grinnell's **Trusted** "Essentials" Quick-List!!

HOTLINES

- **Crisis Line 24/7 - [988](tel:988)** - includes behavioral/mental health.
Translation services: yes!
- **Crisis Stabilization Services (CSCBS) - [Call / Text / Chat or 1-\(855\) 581-8111](tel:18555818111)**
Help during a mental health crisis. Mobile crises outreach available.
Translation services: yes!
- **Capstone Behavioral Healthcare - [1-\(855\) 581-8111](tel:18555818111)** – *translation services: yes!*
- **Iowa WARM Line – 24/7 - non-crisis - [1-844-775-9276](tel:18447759276)** – mental health & substance abuse listening line - can provide referrals and/or transfer to crisis line for critical services. *Translation services: yes!*

See emergency shelter services in "Housing" below!

BEHAVIORAL/MENTAL HEALTH

- **Grinnell Police Dept. - [\(641\) 236-2670](tel:6412362670) "Opt 2"**
"Ask for Faith, Mental Health Liaison!" 8A-4P M-F, Local non-crisis behavioral & mental health services. *Translation services: no!*
- **Children & Families of Iowa (CFI) - [1-\(515\) 697-7900](tel:15156977900)** - 8A-5P M-Th, 8A-4P Fri.
Translation services: Spanish – yes! / Scheduled service in other languages: yes!
- **Capstone Behavioral Healthcare (Community Mental Health Center) - [\(641\) 792-4012](tel:6417924012)** Non-crisis: "Opt 1" 8A-5P M-TH, 8A-3P Fri.
Translation services: no!
- **Central Iowa Community Services (CICS) - [\(641\) 236-9199](tel:6412369199)** - brain health, intellectual & developmental disability issues. *Scheduled translation services: yes!*

- [Connections \(Station Club House\) - \(641\) 236-5325](#) – 9A-3P M-F – drop-in center to support your behavioral health needs. Includes **FREE meals**, and more! ***Must be 18+ and have a mental health diagnosis.*** *Translation services: no!*

DENTAL & HEALTHCARE

- [Community Care Clinic \(Light Center\) - \(641\) 236-2385](#) “opt 2” 8:30A-4P M-F - healthcare coverage for the under-insured – call to schedule immunization, footcare clinics & MORE. *Translation services: yes!*

DID YOU KNOW? Dentists in Grinnell don’t accept Medicare/Medicaid!

- [Primary Health Care \(PHC\) Marshalltown - 1-\(641\)-753-4021](#) – 8A-5P M-F- ***The closest DENTAL office to Grinnell that accepts Medicare/Medicaid!*** Provides medical & dental services regardless of insurance, immigration status, or ability to pay. On Medicaid? Call [Access to Care - 1-\(844\)- 521-9948](#) *to schedule a ride!* *Translation services: yes!*

FOOD

- [NE Iowa Area Agency on Aging \(60+\) - \(800\) 779-8707](#) “opt 3” – “Iowa Cafe” local diner meals & prepared meals home-delivered – must register! *Scheduled translation services: yes!*
- [Grinnell United Methodist Church](#) - **FREE** Community Meal every Thurs. 5:30-6P **WALKINS WELCOME!**
- [Iowa Kitchen - \(641\) 236-3657](#) - Reserve a **FREE** prepared meal to pick up on Saturdays between noon and 1P! Must reserve by noon on Fri. *Translation services: no!*
- [Mid-Iowa Community Action \(MICA\) - \(641\) 236-3923](#) “opt 2” (x2) Emergency food pantry and more! 9A-4P Mon, Wed, Thurs & Fri., 10A-4P Tues. *Translation services: yes!*

- **Supplemental Nutrition Assistance (SNAP) - (855) 944-3663**
8A-5P M-F – call to apply OVER THE PHONE! *Translation services: yes!*
- **Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)**
1-(641) 752-7162 “opt 3” Schedule appt: opens at 8A or 9:30A M-F
Translation services: yes!
- **Food Cupboard** – **FREE** simple staples inside west entrance to **Drake Community Library** - 8A-7P M-F, 9A-5P Sat, 1P-5P Sun.
- **Connections (Station Club House) (641) 236-5325** – **FREE** meal M-F
Must be 18+ and have a mental health diagnosis. *Translation services: no!*

GENERAL ASSISTANCE

- **Campbell Fund (641) 236-2600** -- 7:30A-4:30P M-F - medical, utility, transport. & more! Pick up application at **520 4th Ave** or download application **here**.
Translation services: no!
- **Children and Families of Iowa (CFI) - (515) 697-7900** - 8A-5P M-F, childcare, Jumpstart, tutoring, juvenile justice, & more!
Translation services: Spanish – yes! Scheduled for other languages – yes!
- **Poweshiek Cty General Assistance** – 1-**(641) 623-0044** 8A-4P M-F, Medical, emergency dental, utility & more! *Translation services: no!*

HOUSING

- **Central Iowa Shelter & Services (CISS) - (515) 284-5719** “opt 1” -
Emergency shelter services. *Translation services: no!*

- [Grinnell / Poweshiek Housing Authority - \(641\) 236-2611](#)
8A - 3:30P M-Th - Housing assistance for qualifying low-income, elderly & families.
Translation services: no!

TRANSPORTATION

- **ACCESS to CARE (Medicaid Rides) 1-(844)- 521-9948** – 7A – 7P daily - non-emergent health & dental transport service & possible mileage reimbursement covered by Medicaid! *Translation services: yes!*
- **People Rides (641) 752-6202, 1-888-616-4298** - low-cost transportation with disability access - 7:30-4:30 M-F - On Medicaid? Call ACCESS to CARE (see above).
Translation services: no!



Updated Sept. 19, 2024
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