

Grinnell's "Essentials" Quick-List!

(Updated March 20, 2025)

Quick Update: see **Dental** section to find dental clinics that currently accept Medicaid!

HOTLINES

Suicide & Crisis Line 24/7 - 988 - includes behavioral/mental healthcare.

Translation services: yes!

Emergency Shelter Services Central Iowa Shelter & Services (CISS) 24/7/365

(515) 284-5719 "opt 1"

Serving persons age 18 and older who are experiencing homelessness, for up to 90 days.
150 emergency shelter beds available, case-manager-supported, check-in 6:30AM - 6PM daily.

Translation services: no!

Your Life Iowa - Central Iowa Community Services (CICS) - 24/7 - 1-(855) 581-8111

Help during a mental health crisis. Mobile crises outreach available.

Translation services: yes!

Iowa WARM Line – 24/7 - non-crisis - 1-(844) -775-9276

Mental health & substance abuse listening line - can provide referrals and/or transfer to crisis line for critical services. *Translation services: yes!*

BEHAVIORAL / MENTAL HEALTH

Mobile Crisis - (855) 581- 8111- 24/7 - provides in-person counselor support regarding mental health needs including crisis and suicide. **AVAILABLE STATEWIDE**

Grinnell Police Dept. - non-crisis - (641) 236-2670 "Opt 2"

1020 Spring St. Grinnell – 7:30A – 4:30P M-F *Serving the area of Grinnell.*

"Ask for Faith, Mental Health Liaison!" Local behavioral & mental health services.

Translation services: yes!

Children & Families of Iowa (CFI) (See also in General Assistance category.)

1- (515) 697-7900 8A-5P M-Th, 8A-4P Fri.

For mental/behavioral health & substance abuse issues.

Translation services: Spanish – yes! / Scheduled service in other languages: yes!

Capstone Behavioral Healthcare/Community Mental Health Center (non-crisis)

Grinnell & Newton ONLY - Offers mental health & substance abuse services.

Newton: 1-(641) 792-4012 “Opt 1” - 8A-5P M-TH, 7A-3P Fri.

Grinnell: (641) 528-6065 - 8A-5P M-Th, closed on Fridays.

AFTER HOURS: contact *Your Life Iowa:* 1- (855) 581-8111

Central Iowa Community Services (CICS) - (641) 236-9199

8A-4:30P M-F - Provides screening, coordination and referral services focused on brain health, mental health, and developmental disabilities. *Scheduled translation services: yes!*

Connections (Station Club House) (See also in FOOD Category) - (641) 236-5325

729 Pearl St. Grinnell 9A-3P M-F – drop-in center to support behavioral health needs.

Includes **FREE** meals & more! **Must be 18+ and have a mental health diagnosis.**

DENTAL

Note: FREE Medicaid transportation to your dental appointment *anywhere in Iowa:*

ACCESS2CARE: 1-(844)- 521-9948 or 1-(844) 544-1389, 7A - 7P M-F

Driving yourself or someone driving you to your appointment? Contact your health plan for a mileage reimbursement form! *Translation services: yes!*

Dental Offices Currently Accepting Medicaid

Ankeny Dental Clinic - 1- (515) 513-1127 - 8A - 5P M-F - Serving ALL IA locations - call to schedule - dental emergencies - call at 8am to schedule.

NOTE: NOT A WALK-IN CLINIC.

Main Street Dental Clinic - Marshalltown - 1- (641) 753-7000 - 7A - 5P M-TH

Serving ALL IA locations - call to schedule - **(NEW patients booked 5 months out)**

Dental emergencies - (established patients ONLY) - call at 8am to schedule.

NOTE: NOT A WALK-IN CLINIC.

PHC (Primary Health Care) Ames - 1- (515) 232-0628 - 8A - 5P M-F

Serving ALL IA locations - call to schedule - **(adults 19+ booked 3 months out).**

Dental emergencies - children AND adults - call at 8am to schedule.

NOTE: NOT A WALK-IN CLINIC.

PHC Engebretsen - 1-(515) 248-1470 - 8A - 4:30P M-F

Serving *ALL IA* locations - call to schedule - **(NEW patients 9 yr & under ONLY)**

Dental emergencies - children AND adults - call at 8am to schedule.

NOTE: NOT A WALK-IN CLINIC.

PHC University - 1-(515) 248-1888 - 8A - 5P M-F

Serving *ALL IA* locations - call to schedule - **(NEW patients booked the first week of every month)** - dental emergencies - children AND adults - call at 8am to schedule.

NOTE: NOT A WALK-IN CLINIC.

PHC Marshalltown - 1- (641) 753-4021 8A - 5P M-F - serving *ALL IA* locations - call to

schedule - **(Medicaid: Children ONLY.)** - dental emergencies - children AND adults - call at 8am to schedule. **NOTE: NOT A WALK-IN CLINIC.**

University of Iowa College of Dentistry (Iowa City) 1-(319) 335-7499 8A- 5P M-F -

Serving *ALL* locations - call for directions & to schedule new patient screenings and appointments. 14 clinics covering *multiple* dentistry needs!

NOTE: NOT WALK-IN CLINICS.

FOOD

Grinnell United Methodist Church - 916 5th Ave Grinnell

FREE Community Meal every Thurs. 5:30-6P - **WALK-INS WELCOME!**

Iowa Cafe Local Diner Meals - NE Iowa Area Agency on Aging (60+) - 1- (800) 779-8707 to apply or leave message. 8A-4:30P M-F - **must register!** *Scheduled translation services: yes!*

Iowa Kitchen - (641) 236-3657 - 834 Park St Grinnell

Reserve a **FREE** prepared meal to pick up on Saturdays between noon and 12:30P!

NOTE: Must reserve by noon on Fri. *Translation services: no!*

Malcolm Food Pantry - (Dawn) (641) 990-4300 - 405 Montezuma St., Hwy 63, Malcolm

Thurs. 5P - 6:45P Walk-ins welcome! "Providing people with food, personal hygiene items, hugs and shoulders to cry on if needed".

MICA (FOOD) - 1- (641) 752-7162 for hours & locations.

For **WIC** days at **MICA**, use **"opt 3 - opt 2 - opt 1"** *Translation services: yes!*

SNAP Hotline - 1- (855) 944-3663 - 8A-5P M-F Call **with questions**, or to apply **OVER THE PHONE**, or apply **ONLINE** through HHS Services Portal at hhs.services.iowa.gov .

Translation services: yes!

WIC (MICA) - 1- (641) 752-7162 “opt 3 – opt 2 – opt 1” to sign up and/or schedule an appointment. See *Quick-Glance* calendar for Grinnell’s WIC services days!

Translation services: yes!

Food Cupboard – 930 Park St Grinnell - 8A-7P M-F, 9A-5P Sat, 1P-5P Sun.

FREE simple staples inside the west entrance of Drake Community Library.

Connections (Station Club House) (See also in Behavioral / Mental Health category.)

(641) 236-5325 729 Pearl St Grinnell - 9A-3P M-F - **FREE meal daily** - **Must be 18+ and have a mental health diagnosis.** *Translation services: no!*

GENERAL ASSISTANCE

Campbell Fund (641) 236-2600 – City Hall - 520 4th Ave Grinnell - 7:30A-4:30P M-F

Apply **on-site** for medical, utility, transport. & more! *Translation services: no!*

(Note: must live in Grinnell city limits to be eligible.)

Children and Families of Iowa (CFI) (See also in Behavioral / Mental Health category.)

1- (515) 697-7900 8A-5P M-Th, 8A-4P Fri. - Childcare, Jumpstart, tutoring, juvenile justice, & more! *Translation services: Spanish – yes! Schedule other languages – yes!*

Poweshiek County General Assistance – Kristin @ 1-(641) 623-0044 8A-4P M-F

Utilizes *Poverty Income Guidelines* to provide medical, dental, utility assistance & more!

Translation services: no! (Must live within Poweshiek County to be eligible.)

Healthcare

Note: Free Clinics of Iowa: offers healthcare coverage for the under-insured; footcare clinics, immunizations, & MORE. See QR Code for (32) FREE Clinics State-wide:



Free Clinic of Iowa - Grinnell Regional Community Care Clinic (Light Center)

(641) 236-2385 “opt 2” - 8:30A-4P M-F Serving ALL IA locations - call to schedule -

*Translation services: yes! NOTE: **NOT A WALK-IN CLINIC.***

Primary Health Care (PHC) - 1- (641) 753-4021 Serving All IA locations - call to schedule
Provides medical, dental, & pharmacy services regardless of insurance, immigration status, or
ability to pay. **Dental Medicaid recipients: Children ONLY.**

On Medicaid & need a ride? Call Access2Care - 1- (844) 544-1389 7A-9P M-F to schedule.

Translation services: yes!

HOUSING

Grinnell / Poweshiek Housing Authority - (641) 236-2611

520 4th Ave Grinnell - 8A - 3:30P M-Th - Housing assistance for qualifying low-income, elderly
& families. *Translation services: no!*

TRANSPORTATION

ACCESS2CARE (Medicaid Rides) 1-(844)- 521-9948 or 1-(844) 544-1389

7A – 7P M-F - Non-emergent health & dental transport service covered by Medicaid, to

ANYWHERE IN IOWA - NOTE: driving yourself or is someone driving you to your appointment?

Contact your health plan for a mileage reimbursement form! *Translation services: yes!*

People Rides 1-(641) 752-6202, 1-(888)-616-4298 7:30A-4:30P M-F

4-county low-cost transportation with disability access. *Translation services: yes!*

On Medicaid & need a ride? Call Access2Care 1-(844) 544-1389

Susan Rivera

Volunteer Resource Navigator

Drake Community Library

930 Park Street, Grinnell Iowa

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