

Feeling overwhelmed right now is normal.

Free help is available to you or someone you care about.

CALL 211

Connect to essential local health and human services, 24 hours a day, for free

Child Care Resource & Referral (CCR&R)

Parent Referral Number to locate child care **855-244-5301**

Local assistance to start up a child care **563-557-1628**

Dubuque Food Pantry | **563-583-4440**

1598 Jackson St., Dubuque, IA 51002

Your Life Iowa | **Call 855-581-8111 or text 855-895-8398**

Up-to-date COVID-19 information, mental health information and resources

Iowa Child Abuse Hotline | **800-362-2178**

Warm Line | **844-775-9276**

Nonjudgemental peer support by phone

ISU Extension Iowa Concern | **800-447-1985**

Support regarding legal, financial, stress, and crisis related questions

National Alliance on Mental Illness

Call 800-950-6264 or text NAMI to 741741

Here to answer questions, offer support and provide practical next steps

Parent Helpline | **855-427-2736**

Emotional support from trained advocates to empower parents & caregivers

Substance Abuse & Mental Health Services Administration | **800-662-4357**

24-hour free and confidential information in English and Spanish

Iowa Domestic Violence Hotline | **800-770-1650 or text IOWAHELP to 20121**

Suicide Prevention Lifeline | **800-273-8255**

