

# JUST ONE

## MENTAL HEALTH RESOURCES



### **Decorah Area Schools Guidance Counselors**

Pat Trewin (HS), Brigit Storhoff (HS),  
Lee Stock (MS)

### **Community Action**

305 Montgomery St, Decorah, IA  
[www.nystromcounseling.com](http://www.nystromcounseling.com)  
(844) 374-8893

### **Helping Services for Youth and Families**

805 E Main St, Decorah, IA  
<https://www.helpingservices.org/>  
(563) 387-1720

### **NEI Behavioral Health**

905 Montgomery St., Decorah, IA  
<https://neibh.org/>  
(563) 5382-3649

### **Regional Health Services Behavior Health**

402 2nd Ave. SE Cresco, IA 52136  
<https://rhshc.com/services/behavioral-health/>  
563-547-6343

### **Grief Support and Education in Howard and Winneshiek Counties**

402 2nd Ave. SE Cresco, IA 52136  
[rhshc.com/hcch](http://rhshc.com/hcch)  
563-547-2022

### **Winn Med Behavioral Health**

901 Montgomery St. Decorah, IA  
<https://winmed.org/service/behavioral-health>  
563-382-2911

### **Mobile Mama**

PO Box 213 Cresco, IA 52136  
[www.mobilemama.org](http://www.mobilemama.org)  
563-203-8015  
UnityPoint Health Black Hawk-  
Grundy Mental Health Center

### **UnityPoint Health Black Hawk- Grundy Mental Health Center**

3251 W. 9th Street  
Waterloo, IA 50702  
<https://www.unitypoint.org/waterloo/black-hawk-grundy-mental-health-center.aspx>  
(319) 234-2893

### **Emplify by Gundersen Behavioral Health**

Lucas Building  
321 East 12th Street  
Des Moines, IA 50319  
<https://hhs.iowa.gov/health-prevention/behavioral-health>  
(608) 775-2287

### **Center Associates**

1309 S. Broadway  
Toledo, IA 52342  
<http://www.centerassoc.com/>  
(641) 484-5234

### **Pathways**

3362 University Avenue  
Waterloo, IA 50701  
<https://www.pathwaysb.org/>  
(319) 235-6571

### **Prairie Ridge**

320 N. Eisenhower  
Mason City, IA 50402  
<https://prairieridge.net/>  
(641) 424-2391

## IOWA-BASED NATIONAL ORGS

### **American Foundation of Suicide Prevention (AFSP) Iowa**

[www.afsp.org](http://www.afsp.org)

### **National Association on Mental Illness (NAMI) of NE IA**

PO Box 214  
Decorah, IA  
<https://www.namineiowa.org>  
563-293-6264

## MN-BASED RESOURCES

### **Southeast MN Crisis Line**

1-844-CRISIS2 (274-7472)

### **Olmstead County Crisis Response Team**

1-844-CRISIS2 (274-7472)

### **Southeast Regional Crisis Center**

2121 Campus Drive SE  
Rochester, MN 55904  
SERCC Direct Line: 507-322-3019  
Community Crisis Line: 1-844-274-7472  
National Crisis Line: 9-8-8  
National Text Line: Text HOME to 741741

**988** SUICIDE & CRISIS  
LIFELINE