

Mental-Health Crisis?

Help is available 24-7



(Johnson County)

Crisis Phone | Chat | Text
1-855-325-4296

Mobile Crisis Outreach
1-855-800-1239



(Linn County)

Crisis Line & Mobile Crisis Outreach
1-800-332-4224



(Iowa)

Your Life Iowa
Text: (855) 895-8398
Call: (855) 581-8111
Live chat:
<https://yourlifeiowa.org/>

Spotlight on Mental Health

(April, 2022)

Did You Know ?

NAMI offers FREE self-help, education and support groups for those living with a mental illness as well as their families.

“ I realized that I'm not alone and I have found a supportive community. ”

“ I no longer feel full of shame and guilt because of the stigma. ”

“ I learned how to communicate better about what's going on with me. ”



All of the NAMI programs and support groups listed below are free. For more details regarding these opportunities, please visit the websites for NAMI Johnson County <https://namijc.org> or NAMI Linn County <https://namilinncounty.org>.

For those living with a mental illness:

- **NAMI Peer-to-Peer:** 8-week class led by trained peers
- **NAMI Connection Support Group:** Weekly support group for adults living with mental illness

For families and friends:

- **NAMI Family-to-Family:** 8-week class for family members—experience a sense of belonging and improve coping skills
- **NAMI Family Support Group:** Weekly support group designed for adults with loved ones living with mental health conditions. The support group is confidential and individuals can share their concerns and gain support from others about dealing with issues surrounding their loved one.