Cass County Urgent Need Community Resource Guide

October 2026

Compiled in partnership with Cass County ISU Extension

If possible emergency, call 9-1-1 and dispatch will determine whether you need emergency help

Not Sure Where to Start? Connect with a Local Resource Navigator!

Cass County has three key resource navigation partners who can help identify needs, explore available services, and connect individuals and families to appropriate support.

All three partners offer local office hours at:
Cass Health Department of Public Health | 1408 E. 10th St., Atlantic, IA 50022

Office hours vary by organization. See below for availability and contact information.

Iowa Primary Care Association (IPCA)
Helps individuals navigate healthcare, behavioral health, and community resources, connecting them with services and support based on their needs.
District 4 Phone: 515-505-8765
Atlantic Office Hours: Mondays and Tuesdays, 8:00 a.m.–4:30 p.m.

Thrive Iowa
Connects families with community resources and ongoing support to address immediate needs, overcome barriers, and build long-term stability.
Phone: 712-250-8266
Email: thrive@casshealth.org
Atlantic Office Hours: Monday–Friday, 8:00 a.m.–4:30 p.m.

Western Iowa Services Collaborative – Disability Access Point
Helps individuals with disabilities, their families, and caregivers navigate disability services, available supports, and community resources.
Phone: 712-328-5812
Atlantic Office Hours: 1st & 3rd Thursday of each month or by appointment.

Important Reminder: This guide is intended for community partners working directly with individuals and families, not as a handout for those seeking assistance. Rather than providing someone with a list of phone numbers to navigate on their own, use this guide to help identify the right resource, make a referral, and connect them with the support they need.

CRISIS

Cass County Sheriff
Address: 5 W. 7th St., Atlantic, IA 50022 | (712) 243-2206 | https://www.casscountyia.gov/county-departments/sheriffs-office/

Atlantic Police Department
Address: 23 E. 4th St., Atlantic, IA 50022
(712) 243-3512 | www.atlanticiowapd.org

Your Life Iowa
Free and confidential help for suicide prevention, problem gambling, and substance abuse issues. 24/7 Call: (855) 581-8111 TXT: (855) 895- 8398 | www.yourlifeiowa.org

988 Suicide & Crisis Helpline
Free and confidential support for people in distress. Call 24/7: 988 | www.988lifeline.org

Runaway Hotline
If you are thinking of running, if you have a friend who has run away, or if you are a runaway ready to go home.
24/7: Call or Text 1 (800) RUNAWAY | www.1800RUNAWAY.org

United Way 211
Information on resources from help paying bills to help finding food.
24/7: 211 | www.211.org

Family Crisis Centers
Advocacy and support for those injured or harmed by crime. 24/7: (800) 382-5603 | https://www.familycrisiscenters.org/

GENERAL ASSISTANCE

Cass County General Relief and Community Services
Provides assistance to residents of Cass County, including assistance for rent, utilities, and indigent burial, to name a few. Address: 5 W. 7th St., Atlantic, IA 50022 | (712) 243-4424
www.casscountyia.gov/county-departments/general-relief-office/

Atlantic Area Ministerial Association
A network of church ministers from local communities with access to resources to help those in need. | (712) 243-3156

Iowa Department of Human Services
Find food assistance, Medicaid, childcare assistance, and more. Address: 601 Walnut St., Atlantic, IA 50022 | (712) 243-4401 24/7: (800) 972-2017 | hhs.iowa.gov Apply for food, cash assistance, childcare assistance, and more (online only): https://hhs.iowa.gov/programs/apply-services

West Central Community Action
Assists with services including heat assistance, childcare referrals, WIC referrals, Head Start, toiletries pantry, clothing closet, & more. | Address: 304 Chestnut St., Atlantic, IA 50022 | (712) 243-5421 | www.westcentralca.org

Cass County ISU Extension
Unbiased research-based information for family, home, business, community, or farm. | Address: 805 W. 10th St., Atlantic, IA 50022 | (712) 243-1132 | www.extension.iastate.edu/cass

Southwest Iowa Mediation Services
Mediation is designed to quickly resolve conflict and develop mutually agreeable, creative solutions for the parties involved.
(712) 254-4611 | BY APPT ONLY
http://www.southwestiowamediationservices.com/index.cfm

ABUSE

General

Iowa HHS Child and Dependent Adult Abuse Hotline

Confidential reporting and assessment of suspected abuse against children and dependent adults in Iowa.
(800) 362-2178 | https://hhs.iowa.gov/contacts/child-or-dependent-adult-abuse-reporting

Boys and Girls Town Hotline

Helping children, families, and communities suffering from abuse, addiction, abandonment, or violence. 24/7: (800) 448-3000 TXT: Voice to 20121 | www.boystown.org/hotline

Domestic Violence/ Sexual Assault/ Trafficking

Cass Health Emergency Department

A Sexual Assault Nurse Examiner (SANE) is available 24/7 to treat and support survivors of sexual assault.
Address: 1501 E. 10th St., Atlantic, IA 50022 | (712) 243-3250

Catholic Charities Domestic Violence & Sexual Assault Program

24/7 crisis line, shelter, legal and housing advocacy, crisis support, and free groups and classes for survivors of domestic violence, sexual assault, and human trafficking. | 24/7: (888) 612-0266 | Groups/Classes: (712) 328-0266 | www.CatholicCharitiesDM.org

Family Crisis Support Network

Advocacy & Support for survivors of domestic violence (no emergency intervention).
Mailing address: PO Box 11 Atlantic, IA 5002 | (712) 243-6615

Iowa Victims Service Call Center

24/7 Domestic violence, sexual violence, human trafficking. (800) 770-1650 or text IOWAHELP to 20121 | www.survivorshelpline.org

National Human Trafficking Hotline

If you or someone you know is a victim, call now to access support and services to get help and stay safe.
(888) 373-7888 or text 233733 | www.humantraffickinghotline.org

Project Harmony

Provides advocacy, forensic interviews, medical care, mental health services, and family support for children affected by abuse, neglect, or trauma. | Report Child Abuse: (800) 362-2178 | Contact: (402) 595-1326

CHILDCARE, FAMILY SUPPORT, AND MORE

Child Care Resource & Referral Agency (CCR&R)

Resource for any parent looking for childcare. Parent Service Line: (855) 244-5301 | https://iowaccrr.org

Child and Family Resource Network of Southwest Iowa

Virtual Parent Cafes and Parenting Classes. Free parenting support and resources. Call or Text (712) 355-2615 |www.childandfamilyresourcenetwork.org

LC Clinic

Free pregnancy tests, STI testing, parenting education, and resources. | 507 Chestnut St., Atlantic | Mon. 10 a.m.–1 p.m., Wed. 11 a.m.–5 p.m. | (712) 254-9086 | 24/7 Text: KNOW to (515) 523-5669 | www.iowalcclinic.org

Lutheran Services in Iowa

Respite and programming for children and adults with waivers; refugee and immigrant services; foster care and adoption. | (515) 271-7411 | www.lsiowa.org

FINANCIAL/LEGAL/EMPLOYMENT

Cass County Attorney

Address: 5 W. 7th St., Atlantic, IA 50022 | (712) 243-4504 |https://www.casscountyia.gov/county-departments/county-attorneys-office/

Iowa Concern Hotline

Free, confidential financial, stress, and crisis assistance. 24/7: (800) 447-1985| www.extension.iastate.edu/iowaconcern

Iowa Legal Aid

Legal assistance for low-income individuals. | Under 60 years (800) 532-1503 | Over 60 years 1-800-992-8161 | www.iowalegalaid.org

Iowa Workforce Development

To file for unemployment and find employment services. (866) 239-0843 | www.iowaworkforcedevelopment.gov

Iowa Vocational Rehabilitation Services

Employment and support services for Iowans with limitations.
Address: 1005 E 7th St., Suite 201, Atlantic IA 50022 | (712) 243-5346 | workforce.iowa.gov/vr

FOOD

Food Pantries

Anita Food Pantry

Address: 208 Chestnut St, Anita, IA 50020
Hours: 1st & 3rd Saturday, 8:00 - 10:00am | (712) 250-0410

Atlantic Food Pantry

Address: 704 W. 7th St., Atlantic, IA 50022 (Enter via 6th to Palm) | Hours: Thursdays, 11:30 AM - 1:15 PM (or until food sacks are distributed) | (712) 243-5019 (9-11 AM Mon, Thurs)

Cumberland Care & Share

Address: 317 Monroe St, Cumberland, IA 50843 Hours: 1st & 3rd Wednesday, 4:30pm- 5:30pm | (712) 779-0057

The Lord's Cupboard

Address: 100 Cass St., Griswold, IA 51535 Hours: 2nd and 4th Tuesday, 11:00am - 2:00pm | (712) 778-4178

The Gathering Cass County, Inc.

Free community meals every other Monday, 5–7 p.m., at 1607 Hazel St., Atlantic. Dine-in, carry-out, and delivery available. Community fridge/freezer food pantry at 322 Walnut St., Atlantic, open Mondays on opposite meal weeks, 9 a.m.–noon.
(712) 249-7709 | thegatheringcass2025@gmail.com | www.thegatheringcass.com

Cass County Emergency Food Response

If you are experiencing a food emergency outside of regular pantry hours and listed pantry locations are closed, help is available. Please call (712) 243-2204 for after hours assistance ONLY. During regular pantry hours, contact the pantry locations listed above.

Supplemental Nutrition Assistance Program (SNAP)
Also known as "food stamps" or EBT, SNAP provides financial nutrition benefits to low-income households based on income. (855) 944-3663 | https://hhsservices.iowa.gov/apspssp/ssp.portal

Double Up Food Bucks
Provides free fruits and vegetables when purchasing produce with SNAP/EBT. Participating Cass County locations include Atlantic Fareway and Produce in the Park Farmers Market. | https://www.iowahealthieststate.com/doubleup

Women, Infants, & Children (WIC)
An income-based supplemental nutrition program for babies, children under the age of 5, pregnant women, breastfeeding women.| (712) 355-3645| //Pottia.gov/wic_en

Farmers Market Nutrition Program (FMNP)
The Farmers Market Nutrition Program (FMNP) provides produce checks for WIC participants and low-income adults age 60+. Checks are valid June 1–October 31. | Seniors: (800) 432-9209 | WIC: (712) 355-3645 | https://iowaagriculture.gov/senior-wic-fmnp

Meals for Children
School districts offer free/reduced meals to students who qualify. Weekend food or "Backpacks" may be available for those in need.

Atlantic School District
For all questions, including Backpacks and summer meals (pre-K-12): Central Office: (712) 243-4252 | Food Service: (712) 243-5369

CAM School District
Foods Director: Tami Williamson (712) 746-7060 or twilliamson@cam.k12.ia.us Backpack program (Grades Pre-K through 6th, 7th-12th by exception): Ellie Stirek (712) 746-7060 (Option 3) or estirek@cam.k12.ia.us

Griswold School District
Free/reduced meals & other food assistance: (712) 778-2152

Meals on Wheels
$3.50 Meals delivered Mon. – Fri. within Atlantic city limits. (712) 250-0036

HEALTH

Cass Health - Comprehensive healthcare services including acute care, obstetrics, skilled nursing, specialty services, and immunizations.

- *Primary Care for routine and acute healthcare needs that are not emergencies.*
- *Rapid Care for minor injuries and illnesses when a primary care provider isn't available soon enough. All patients are seen on a first-come first-served basis without appointments.*
- **Emergency** - For needs including abdominal pain, asthma attack (first or severe), broken bones, severe burns or electric shock, coughing or vomiting blood, difficulty breathing, heart attack, fever in infants under 3 months, poison ingestion, shock, trauma, serious head injury, stroke, uncontrollable bleeding or amputation.
- **Call 911 if someone has the signs of a heart attack or stroke:**

Emergency/ Atlantic location: 1501 E. 10th St., Atlantic, IA 50022
Additional primary care locations in Anita, Griswold, and Massena. (712) 243-3250 | www.casshealth.org

Cass County Public Health
Health information and free programs, including breast and cervical cancer screenings, car seat installation, and fall prevention programs for older adults. Address: 1408 East 10th St., Atlantic, IA 50022 | (712) 243-7546 | www.casshealth.org/PublicHealth/

Nishna Valley YMCA
Variety of health programs, classes, and services to impact overall well-being. Address: 1100 Maple St, Atlantic, IA 50022 | (712) 243-73934 | https://nishnavalleyymca.com/

Atlantic Lions Club
Funding for eyeglasses and hearing aids for individuals with a financial need. Application required. Contact Greg Schuler, 712-249-0519, for information. Application forms may be obtained from Deb Schuler at Smith Land Service, 10 West 6th Street in Atlantic.

Dental Health
I-Smile Dental Initiative
Connect pregnant women and children with a dentist, and insurance, and find ways to help pay for a dental visit.
Liz Addison, Coordinator (712) 256-9566| laddison@firefly.kids

Medicaid Dental Providers – Firefly
Firefly assists pregnant individuals and families with finding dental providers who accept Medicaid. For a list of Medicaid dental providers, visit https://canva.link/medicaiddentalprovider. For the most up-to-date information on providers accepting Medicaid and new patients, please call Firefly directly. | (712) 256-9566

Sexual Health
Pottawattamie County Public Health – Family Planning
Offering family planning, pregnancy services, STI testing and treatment, and preconception health | (712) 242-1155

Family Planning Council of Iowa
Reproductive healthcare and family planning services, including services for low-income individuals.|(515) 288-9028 | www.fpcouncil.org

Nebraska AIDS Project (NAP)
Free, confidential HIV, Hepatitis C, and syphilis testing. Free sexual health products.| (Call or text): (402) 552-9260 | www.nap.org

BEHAVIORAL HEALTH

Iowa Primary Care
The Iowa Primary Care Association connects individuals experiencing mental health challenges with local resources, services, and support |(515) 244-9610| https://www.iowapca.org/

Heartland Family Services
Programs and resources to strengthen individuals, families, and communities through advocacy, education, counseling, and support services. 402-552-7400 | https://www.heartlandfamilyservice.org

- Iowa 24hr Crisis Line| (712) 325-5657
- Crisis Stabilization Residential Service for Adults: Voluntary service provided in short-term residential settings to de-escalate and stabilize a mental health crisis.

Cass Health
Therapy services available in person or via telehealth. Medicare and Medicaid accepted. Address: 1501 E 10th St., Atlantic IA 50022 | 712-243-7481 | https://www.casshealth.org/

ZION Integrated Behavioral Health Services
Substance abuse/ mental health therapy, crisis, and prevention services. Fees for services based on family size, and residence. Medicare, Medicaid accepted. | Address: 2307 S. Olive St, Atlantic, IA 50022| (712) 243-5091 | www.zioniowa.org

Bloom Behavioral Health
Individual therapy services for adults and children aged 12+. Services available in person or via telehealth. Medicare and Medicaid accepted. Address: 319 Chestnut Street, Atlantic IA 50022 | (712) 304-8603 | www.bloombehavioralhealth.net

The Holistic Center L.L.C./Clark Therapeutic LLC
Therapy services for adults, families, marriage, etc.
Address: 514 Chestnut St., Atlantic, IA 50022 | (712)249-2904 | https://theholisticcenterllc.com/

Full Circle Therapy
Therapy services for children, adults, couples, and families. Medicare and Medicaid accepted. Address: 808 East 7th St., Atlantic, IA 50022 | (712) 352-0917 | www.fullcircletherapyiowa.com

NAMI Southwest Iowa
Free in-person and virtual support groups, education, and advocacy for families and individuals living with mental illness. |712-542-7904 |text:62640 | www.namisouthwestiowa.org

Nishna Valley Mental Health
Nishna Valley Mental Health provides individuals experiencing mental health challenges with access to counseling, support, and community-based mental health services | (712) 249-7054 | www.nvmhtherapy.com

Therapy Place, Inc.
Psychotherapy, psychiatric services. Medicare, Medicaid accepted. | Address: 101 E. 22nd St. Atlantic, IA | (712) 254-9018 |support-staff@therapyplaceinc.com |www.therapyplaceinc.com

Family Connections, Inc.
Therapy services for children, adults, couples, and families. All insurances accepted. Multiple locations available.
(712) 256-4420 | www.familyconnectionsiowa.com

Disability Services

Disability Rights Iowa
Equips Iowans with disabilities with knowledge, advocacy, representation, and assistance. Services are free to adults and children. (515) 278-2502 | https://disabilityrightsiowa.org/

Western Iowa Services Collaborative - Disability Access Point
To make a referral, call 712-328-5812
Our website: https://pottia.gov/DAPwest

HOUSING

MICAH House
Emergency help and support services for families and individuals experiencing the crisis of homelessness. Located in Council Bluffs (712) 323-4416 | www.themicahhouse.org/

Iowa Mortgage Help Hotline
Statewide referral hotline, foreclosure intervention, negotiation/mediation services with loan servicers/lenders. | Text 319-234-6695 | (877) 622-4866 | www.iowamortgagehelp.com

SIRHA - Southern Iowa Regional Housing Authority
Rent assistance or subsidies for qualifying low-income individuals.
(641) 782-8585 | www.sirha-ia.org

State of IA Dept. of Health & Human Services Rent Reimbursement
Rent reimbursement for people who live in Iowa, have an income of less than $26,895, pay rent at an Iowa property that pays property tax, and are either aged 65 or older OR aged 18-64 and disabled.
(515) 420-6077 | https://hhs.iowa.gov/programs/programs-and-services/rent-reimbursement

Crisis Intervention & Advocacy Center (CIAC)
Housing advocacy, support, and financial assistance for survivors fleeing violence and/or individuals and families experiencing homelessness or at-risk of homelessness.
24-Hr Crisis Line: 1-800-400-4884 | Office Line: 515-993-7480

OLDER ADULTS

Alzheimer's Association
Support and information on decision-making and crisis assistance for people living with dementia, caregivers, families, and the public.
24/7: (800) 272-3900 | https://www.alz.org/help-support/resources/helpline

LifeLong Links
Iowa's aging and disability resource center. | (866) 468-7887
https://lifelonglinks.org/

Connections Area Agency on Aging
Assistance, service coordination, and resources for independence for aging Iowans, those 18+ with disabilities, and caregivers.
Address: 231 S Main, Council Bluffs, IA 51503| (800) 432-9209
www.connectionsaaa.org

Senior Life Solutions
Cass Health's intensive outpatient group counseling program for adults age 65+ struggling with depression and anxiety.
Address: 1500 E. 10th St., Atlantic, IA 50022 | (712) 250-8100
www.casshealth.org/patients/our-services/senior-life-solutions/

POISON, FOOD, & HOME SAFETY

Poison Control Center
Guidance for poison questions and emergencies. 24/7: (800) 222-1222 | www.poison.org

Food Poisoning Reports
Investigations into causes and sources of foodborne illness.
(844) 469-2742

ISU Extension and Outreach AnswerLine
Information on home and family questions such as food safety, preparation, preservation, household cleaning, and more.
(800) 262-3804 (M- F, 9 a.m. - noon and 1 - 4 p.m.)
https://www.extension.iastate.edu/humansciences/answerline

SUBSTANCE MISUSE

Alcoholics Anonymous
A fellowship of individuals who share experience and hope to help others recover from alcoholism. Visit the website for meeting information. | 24/7 crisis line: (800) 273-8255 |
Local: www.aa-iowa.org | Regional: www.omahaaa.org/

Tobacco/Nicotine Support Services
Quitline- FREE program to start your QUIT journey. | Adults – "QUIT-NOW" (800.784.8669) www.quitlineiowa.org | Youth - 12-18yrs.) MyLifeMyQuit, Text "START MY QUIT" TO 36072

ZION Integrated Behavioral Health Services
Substance abuse/ mental health therapy, crisis, and prevention services. | Address: 2307 S. Olive St, Atlantic, IA 50022 |
(712) 243-5091 |www.zioniowa.org

TEENS/ YOUNG PEOPLE

Teen Line
Confidential counseling and support for teens about their health, relationships, body, and sexuality. | 8pm-midnight (800) 852-8336 or text TEEN to 839863 8pm-11pm https://www.teenline.org/

The Trevor Project
Crisis intervention and suicide prevention for lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) people under age 25. |
24/7: (866) 488-7386; text START to 678-678 |
www.thetrevorproject.org

TRANSPORTATION

Southwest Iowa Transit Agency
Safe, affordable, reliable transportation for transit needs. In Atlantic (800) 842- 8065; (712) 243-2518 www.swita.com

Medicaid Transportation Services (MCO)
Eligible Iowa Medicaid members can receive free transportation to covered medical appointments, including dental visits. Contact MTM Health to schedule a ride through your Medicaid plan.
Iowa Total Care: (877) 271-4819
Molina Healthcare: (866) 849-2062
Wellpoint: (844) 544-1389
Medicaid Fee-for-Service: (866) 572-7662
Schedule rides at least 2 business days in advance when possible.

VETERANS, SERVICEMEN/WOMEN

Cass County Veterans Affairs (712) 243-6662 | Address: Cass County Courthouse, 5 W. 7th St., Atlantic, IA 50022

Veterans' Crisis Line: 988 Press 1 |Text:838255 veteranscrisisline.net

Call Center for Homeless Veterans: (877) 424-3838 |
https://www.va.gov/homeless/nationalcallcenter.asp

Women Veterans Call Center: (855) 829-6636 |
https://www.womenshealth.va.gov/wvcc.asp

Veterans' Healthcare: (877) 222-8387

Peer support for combat veterans and families: (877) 927-8387

Nebraska/Western Iowa VA Medical Center: (402) 346-8800 | www.va.gov