

Mississippi Bend AEA:

<https://iowaaeamentalhealth.org/>

If you or someone you know is experiencing a crisis, support and assistance is available through [Your Life Iowa](#) by [Live Chat](#), by calling (855) 581-8111, or by texting (855) 895-8398.

If you or someone you know is thinking about suicide, call the [National Suicide Prevention Lifeline](#) at 800-273-TALK (800-273-8255). It's always open, and you can speak to a trained counselor.

If someone is threatening to harm themselves, don't leave them alone. Call 911 or, if you can do it safely, take them to the nearest emergency room. Try to keep the person calm, and get help from others.

<https://988lifeline.org/>

<https://iowaaeamentalhealth.org/suicide/>

Suicide Prevention Resource Center

<https://www.sprc.org/>

Local Resources:

The Robert Young Center:

Affiliated with UnityPoint Health–Trinity Muscatine, the Robert Young Center provides a full range of behavioral health services for adults and children.

<https://www.unitypoint.org/quadcities/robert-young-center-home.aspx>

For an appointment, call (309) 779-3000

Family Empowerment-Children and Family Therapy:

Dedicated to providing children and families with remedial services and therapy, Family Empowerment has offices located in the lower level at MCSA.

Family Empowerment aims to empower families to social, emotional, and psychological well-being through positive skill development and behavior management.

For an appointment, call 563-579-7790

Thrive Therapy:

563-316-2343 (Muscatine)

Liberty Counseling:

563-554-9140 (Muscatine)

Life Connections:

563-213-5082 (Muscatine)

Hillcrest Family Services (medication management and therapy):

319-527-4455 (Wapello)

Pearl City Psychiatry (medication management):

563-278-2796 (Muscatine)

Calamity Rose Ranch (medication management and therapy):

563-261-4434 (Muscatine)