



# Local Resources for Children with Mental Health Needs

**Finding Help:** Have you noticed a change in your child's mood or behavior? Has your child's behavior become too challenging to manage on your own? See the guide below for answers on where to get started.

## 1 Visit your Primary Care Physician

A good place to start in getting help is to make an appointment with your Primary Care Physician (PCP). Take your child to complete an annual physical each year to track any changes. If you have non-emergent concerns about your child's mental health, schedule an appointment to talk about it with their PCP. Your child's physician can start by ruling out any medical issues that could be causing concerns. If there are not any medical concerns, your PCP can talk with you about other options and next steps.

## 2 Establish care with a therapist or counselor

Therapists and counselors are another step to consider in addressing your child's mental health concerns. They are typically more accessible than psychiatrists and other specialists in scheduling new patient appointments. Therapists and counselors can help guide families through the mental health needs of children as well as offer a neutral place to share their feelings.

## 3 Explore medication options with a psychiatrist

Your PCP or therapist may recommend seeing a specialist for medication management. Finding new patient appointments with a child psychiatrist can be frustrating as they can be several months out for new appointments. Because of the difficulty getting these appointments, even if symptoms improve prior to the appointment, keep the appointment to assure access to care when needed. Once you complete the new patient appointment, follow-up appointments are much more available.

## 4 Integrated Health Home (IHH)

Families needing additional support to manage the needs of a child with a mental health diagnosis may benefit from the support of an IHH. This program provides a team approach to work with the family as a whole and offers multiple supports. Youth Emergency Shelter and Services offers support to Dallas county families for school aged youth and Community Support Advocates see youth 14 and up.



Youth Emergency Shelter and Services (YESS)  
(515) 557-2256



Community Support Advocates  
(515) 883-1776 ext. 252

## 5 Children with intellectual disabilities may have additional needs

The Iowa Family Support Network is staffed by individuals with knowledge of local programs and supports that may assist families with additional needs. Call 1-888-425-4371 to get connected. Ask Resources can also support families and connect to local resources.



Ask Resources  
(800) 450-8667



Iowa Family Support Network  
(888) 425-4371

## 6 Continued support

If you are still unsure how to get started you can reach out to a trained intake specialist for more direct support.



Heart of Iowa  
Community Services  
(515) 993-5869



Dallas County Public  
Health Navigators  
(515) 993-3750

### **If you aren't sure if your child needs to go to the hospital:**

Call their mental health provider (psychiatrist, psychologist, therapist or counselor) and follow the emergency instructions. If your child does not have a mental health provider; call their primary care doctor and ask to talk to a nurse or see if you can make a same day appointment.

Consider taking your child to the walk-in Behavioral Health Urgent Care Clinic.

#### **UnityPoint Clinic - Behavioral Health Urgent Care**

(515) 263-2632  
1250 East 9th Street  
Des Moines, IA 50316  
Monday - Thursday 9 am - 7 pm  
Friday 9 am - 5pm

#### **West Clinic - Primary Health Care**

(Sliding scale fee for uninsured)  
(515) 225-7201  
7555 Hickman Road  
Urbandale, IA 50325  
Monday - Friday 8:00am - 4:30pm

**Make sure someone is able to provide constant supervision and remove any items that could be dangerous such as pills, alcohol, weapons, or sharp objects.**

## **IF YOU BELIEVE YOUR CHILD MAY BE SUICIDAL:**

If your loved one is considering taking actions related to ending their own life, exhibiting behaviors or actions that could lead to self-harm, overdose, or a danger to themselves or others, this is considered an emergency. **Please dial 9-1-1.**

If you feel your child needs to go to the hospital to be evaluated; call 911 for an ambulance to transport to an emergency room with in-patient child psychiatry. Lutheran Hospital, Mercy One Downtown Hospital both have inpatient child psychiatry units. Coming in Summer 2021 Clive Behavioral Health will expand capacity to include an in-patient unit for children.

#### **Iowa Lutheran Hospital**

(515) 263-5322  
Emergency Room  
700 E. University Ave.  
Des Moines, IA 50316

#### **Mercy One Behavioral Health Center**

Help Center: (515) 271-6111  
Emergency Room  
1111 6th Avenue  
Des Moines, Iowa 50314

#### **Clive Behavioral Health**

1 (844) 680-0504  
Emergency Room  
1450 NW 114th Street  
Clive, Iowa 50325