

## Mental Health Providers

**Southern Iowa Mental Health Center**  
110 E Main St, Ottumwa  
(641) 682-8772

**River Hills**  
201 S Market St Ottumwa  
(641) 683-5773

**Optimae**  
226 W Main St #201,  
Ottumwa,  
(641) 684-6441

**Optimae**  
301 W Burlington Ave  
Fairfield  
641-472-5771

**Mid Iowa Family Therapy**  
105 S Vine St. Ottumwa  
641-683-5993

**Cross Roads Ottumwa/  
Pella-Crossroads of Pella**  
712 Union Street Suite 301  
641-628-1212

**SIEDA**  
226 W Main St, Ottumwa  
(641) 682-8741

**First Resources**  
102 N Hancock St Ottumwa  
(641) 683-1302

**Paula Gordy**  
415 N Haynes Ave # 2,  
Centerville, IA 52544  
(641) 856-2688  
(Ottumwa, Bloomfield)

## Medication Management

**Southern Iowa Mental Health Center**  
110 E Main St, Ottumwa  
(641) 682-8772

**River Hills**  
201 S Market St Ottumwa  
(641) 683-5773

## Behavioral Health Intervention Specialists

**Paula Gordy**  
415 N Haynes Ave # 2  
Centerville, IA 52544  
(641) 856-2688  
(Ottumwa, Bloomfield)

**First Resources**  
102 N Hancock St Ottumwa  
(641) 683-1302

**Mid Iowa Family Therapy**  
105 S. Vine Street  
Ottumwa, IA 52501  
641-683-5993

## Substance Abuse Treatment

**SIEDA**  
226 W Main St, Ottumwa  
(641) 682-8741

**First Resources**  
102 N Hancock St Ottumwa  
(641) 683-1302

**Hope House**  
Ashland Rd. Agency  
641-937-5056

## NA/AA Meetings

**Camel Club**  
410 W Keota St, Ottumwa  
(641) 682-9775

**Once Lost Now Found**  
733 Church St. Ottumwa  
(641) 682-8061

## Crisis

**Crisis Intervention Services**  
500 High Ave W  
Oskaloosa, IA 52577  
641-673-0336

**Southern Iowa Mental Health Center – Multiple counties**  
Mobile Crisis unit  
23 hour observation  
Crisis talk line  
Crisis Stabilization  
641-682-8772  
1527 Albia Rd Ottumwa

**Corinthians House**  
6971 Ashland Road Agency  
641-638-1731



# Community Resources

## Housing/Family Resources

**SIEDA Community Action**  
PO Box 658  
725 W. 2nd St  
Ottumwa, IA 52501  
641-682-8741  
<https://www.sieda.org/energy-assistance-liheap/>

**Department Human Services**  
Child care, Cash Assistance,  
Food assistance  
<https://dhs.iowa.gov/node/3250>  
120 E Main St  
Ottumwa, IA 52501  
641-682-8793

**HAWKI Insurance**  
<https://dhs.iowa.gov/hawki/how-to-apply>

## Home and Community Based Services

**Waiver Program**  
<https://dhs.iowa.gov/ime/members/medicaid-a-to-z/hcbs/waivers>

**Iowa Works Resources**  
(MH, SA, Family, Housing)  
<https://iowaworksott.wordpress.com/resource-guide/>

**Food Bank of Ottumwa**  
641-682-3403

**United Way of Wapello County**  
224 E. Second Street, Suite 1  
P.O. Box 1778  
Ottumwa, IA 52501  
<http://www.wapellocouw.org/funded-partners-fy19>

## Food Assistance

**Blessings Kitchen**  
228 East Main Street Ottumwa  
Sherry Locke  
641-777-7997

**Crisis Center**  
421 Church St, Ottumwa  
(641) 683-3122

## Financial Assistance

**SIEDA**  
226 W Main St, Ottumwa  
(641) 682-8741

**CPC (Mental Health and Disability assistance)**  
102 E Main St, Ottumwa  
(641) 683-4576

**General Relief**  
118 W 3 rd St. Ottumwa  
641-682-4563

## Child Assistance

**American Home Finding**  
217 E 5 th St. Ottumwa  
641-682-3449

**MEICHV (Child home visiting)**  
226 W Main Ottumwa  
641-682-8741

**ISU extension/NEST**  
214 E Main Ottumwa  
641-682-5491

**Child care referral**  
877-277-4396

**SIEDA (Parents as teachers/ Head Start)**  
226 W Main Ottumwa  
641-682-8741

**HAWKI insurance**  
800-257-8563

**Child Health Specialty Clinic**  
123 E 3 rd St. Ottumwa  
641-682-8145