

# Cedar County Resource Guide

## Schools:

Bennett Community School District, 563-890-2228-Located in the city of Bennett, Ia  
<https://www.bennett.k12.ia.us/>

Durant Community School District, 563-785-4432-Located in the city of Durant, Ia  
<https://www.durant.k12.ia.us/>

Tipton Community School District, 563-886-6121-Located in the city of Tipton, Ia  
<https://www.tipton.k12.ia.us/>

West Branch Community School District, 319-643-7213-Located in the city of West Branch, Ia  
<https://www.west-branch.k12.ia.us/>

## Smart phone app's:

211 App for your phone-Resources at your fingertips

<https://www.211iowa.org/211app/>

From any phone, dial 211 or download the “**211 Iowa**” app (Google Play or Apple Store) for instant connection with local resources. You can also **text your zip code to 898211** to chat live with a 211 Operator 24-hours a day, seven days a week.

Smart911 App for your phone-Emergency Services

<https://www.smart911.com/>

## Information Numbers

<b><u>Emergency Housing</u></b>	<b><u>Phone Number</u></b>
Waypoint Shelter Service Line	319-366-7999 or 24/7 call center 833-739-0065
Housing services hotline	319-233-3094
<b><u>Domestic Violence Shelter</u></b>	<b><u>Phone Number</u></b>
Domestic Violence Intervention Program	800-373-1043
Waypoint	319-363-2093
<b><u>Domestic Abuse/Sexual Assault/ Human Trafficking Advocacy</u></b>	<b><u>Phone Number</u></b>
Domestic Violence Intervention Program	800-373-1043
Friends of the Family (Victim services hotline)	319-352-0037
Domestic Violence Hotline (Waypoint)	800-208-0388
National Domestic Violence Hotline	800-799-7233
Iowa Domestic Violence Hotline	800-770-1650 or text IOWAHELP to 20121
National Human Trafficking Hotline	888-373-7888 or Text 233733
Amani (culturally specific)	1-888-983-2533
<b><u>Community Action / Outreach/Rent &amp;Utility Assistance</u></b>	<b><u>Phone Number</u></b>
Iowa Community Action Association	563-324-3236
Cedar County -General Assistance	563-866-1726
Department of Human Services	515-573-1649
Iowa Concern	800-447-1985
Iowa State Extension and Outreach	563-866-6157
<b><u>Clothing</u></b>	<b><u>Phone Number</u></b>
Carroll Assistance Center	563-374-1520-Wheatland
Salvation Army Family Store	319-339-4984- Iowa City
<b><u>Food Pantries</u></b>	<b><u>Phone Number</u></b>
Carroll Assistance Center	563-374-1520-Wheatland
Calvary Foursquare Church	563-886-6418
Durant/Wilton Food Pantry	563-785-4551
West Branch Food Pantry	319-359-7834/319-643-2010
Southeast Linn Community Center	319-455-2844
Solon Community Food Pantry (Open Mondays 2-6 pm)	319-624-6710/319-430-5655
<b><u>Housing/Transitional Housing/Housing Assistance</u></b>	<b><u>Phone Number</u></b>
House of Hope	319-232-3823
Friends of the Family	319-233-3094
EIRHA/ECIA County Housing	563-556-4166 or 800-942-4648
<b><u>Mental Health Services</u></b>	<b><u>Phone Number</u></b>
Lutheran Services	563-886-6773
Cedar County Community Services	563-866-1726
Eastern Iowa Counseling	319-440-1108-Solon

Four Oaks Family & Children Services	844-364-0259 ext. 6.-Iowa City
Family Inc	319-643-2532-West Branch
Unity Point Health-Abbe Health Services-Community Mental Health	319-338-7884 – Iowa City
Iowa Warm Line (5-10pm)	844-775-9276
National Alliance on Mental Illness-non crisis resource and referrals	800-950-6264 or text NAMI to 741741
Iowa Compass-resource and referrals for those with disabilities/complex needs	800-773-2001 or text Compass to 85511
Your Life Iowa-24/7 crisis support in Iowa	855-581-8111 or text 855-895-8398
National Suicide Prevention Lifeline	800-273-8255/888-628-9454-En Espanol
Crisis Text Line for crisis help	Text 741741 or text/call 988
The Trevor Project (LGBTQ Crisis and Suicide Hotline in Iowa)	866-488-7386
Veterans Crisis Line in Iowa	800-273-8255
ISU Extension Iowa Concern-Support regarding legal, financial, stress, and crisis related questions	800-447-1985
<b><u>Health Care</u></b>	<b><u>Phone Number</u></b>
Cedar County Case Management	563-886-1726 or email: <a href="mailto:arandall@cedarcounty.iowa.gov">arandall@cedarcounty.iowa.gov</a>
Unity Point Health Family Medical Clinic	563-866-2182
Mercy Family Medicine	563-886-2195
University of Iowa Hospitals	800-777-8442
<b><u>Substance Abuse Services</u></b>	<b><u>Phone Number</u></b>
Area Substance Abuse Council	319-462-4327-Anamosa, 319-447-1921-Cedar Rapids
Resolutions Substance Services	319-351-9760-Iowa City
Substance Abuse & Mental Health Services National Helpline	800-662-4357 (English and Spanish)
Iowa Quitline (Tobacco Cessation)	800-784-8669
<b><u>Legal Services</u></b>	<b><u>Phone Number</u></b>
Iowa Legal Aid	800-532-1275
ISU Extension Iowa Concern-Support regarding legal, financial, stress, and crisis related questions	800-447-1985
<b><u>Abuse or Neglect</u></b>	<b><u>Phone Number</u></b>
Department of Human Services	515-573-1649
<b><u>Parenting Services</u></b>	<b><u>Phone Number</u></b>
Iowa State Extension	563-886-6157
Parent Helpline	855-427-2736
<b><u>Elderly/Disabled Services</u></b>	<b><u>Phone Number</u></b>
Iowa Compass-resource and referrals for those with disabilities/complex needs	800-773-2001 or text Compass to 85511
Cedar County Case Management	563-886-1726 or email: <a href="mailto:arandall@cedarcounty.iowa.gov">arandall@cedarcounty.iowa.gov</a>
Cedar County Community Services	563-866-1726

Heritage Agency on Aging	319-398-5559/800-332-5934-Cedar Rapids
<b><u>Transportation</u></b>	<b><u>Phone Number</u></b>
River Bend Transit	800-292-8959 or 563-386-1350
<b><u>Employment Office/Financial Assistance</u></b>	<b><u>Phone Number</u></b>
Iowa Works	319-351-1035
Iowa State Extension Office	563-886-6157
Iowa Vocational Rehabilitation	319-354-4766