

## Emergency Numbers (24 Hours Assistance, for an emergency call 911)

|  |                |   |
|--|----------------|---|
| <p><b><i>In an emergency, call 911</i></b><br/> <b><i>If in imminent danger call 911</i></b></p>   |                |   |
| <p>2-1-1<br/>         United Way of Central Iowa 2-1-1<br/>         Call 211, or visit 211Iowa.org, or text your zip code to 898211</p>  |                |   |
| <p>24/7 Housing Interpretation Hotline</p> <ol style="list-style-type: none"> <li>5. Call 515-282-8269</li> <li>6. Dial Extension 5</li> <li>7. Say your language</li> <li>8. Say the company code "7092"</li> </ol> |                |   |
| Broadlawns Crisis Team   | 515-282-5752   | <a href="https://www.broadlawns.org/clinics-and-services/mental-health/crisis-services">https://www.broadlawns.org/clinics-and-services/mental-health/crisis-services</a>     |
| Child and Adult Abuse Hotline  | 1-800-362-2178 | <a href="https://hhs.iowa.gov/contacts/child-or-dependent-adult-abuse-reporting">https://hhs.iowa.gov/contacts/child-or-dependent-adult-abuse-reporting</a>                   |
| Children and Families of Iowa Domestic Violence Services   | 1-800-942-0333 | <a href="https://cfiowa.org/programs/domestic-violence/">https://cfiowa.org/programs/domestic-violence/</a>   |
| Crime Victim Compensation  | 515-281-5044   | <a href="https://www.iowaattorneygeneral.gov/for-crime-victims/crime-victim-compensation">https://www.iowaattorneygeneral.gov/for-crime-victims/crime-victim-compensation</a> |
| Iowa Poison Control Center   | 1-800-222-1222 | <a href="https://www.iowapoisson.org/">https://www.iowapoisson.org/</a>   |

|   |  |   |
|---|--|---|
| Iowa Sexual Abuse Line  | 1-800-284-7821                                     |   |
| Iowa Teen Line  | 1-800-443-8336                                     |   |
| Iowa Victim Call Center   | 1-800-770-1650, or text "iowahelp" to 20121        | <a href="https://survivorshelpline.org/">https://survivorshelpline.org/</a>   |
| L.U.N.A (For Latinx/Spanish-speaking individuals who need assistance from abuse)                            | 1-866-256-7668                                     |   |
| Monsoon United Asian Women of Iowa (For Asian/Pacific Islanders individuals who need assistance from abuse) | 1-866-881-4641                                     | <a href="https://monsooniowa.org/">https://monsooniowa.org/</a>   |
| National Human Trafficking Hotline  | 1-888-373-7888, or text "INFO" or "HELP" to 233733 | <a href="https://humantraffickinghotline.org/en">https://humantraffickinghotline.org/en</a>   |
| NISAA African Family Services (for African immigrant or refugee individuals who need assistance from abuse) | 1-866-881-4641                                     | <a href="https://nisaa-afs.org/">https://nisaa-afs.org/</a>   |
| Polk County Crisis and Advocacy Services  | 515-286-3535                                       | <a href="https://www.polkcountyiowa.gov/community-family-youth-services/community-and-family/crisis-advocacy-services/">https://www.polkcountyiowa.gov/community-family-youth-services/community-and-family/crisis-advocacy-services/</a> |