



## ADDICTION/SUBSTANCE USE DISORDER SERVICES

**Local Alcoholics Anonymous/AI-Non—Finn House**  
600 N. Ridgely Street, Algona

**Prairie Ridge Integrated Behavioral Healthcare**  
515-295-5158, 117 E. Call Street, Algona Mon-Thurs, 8 a.m. to 5:30 p.m. Fri, 8 am to Noon After Hours Crisis Phone: 1-866-429-2391 (Mason City) Substance abuse **bilingual counselor: 641-752-5421** Mental health, gambling counseling and assessments. Adolescent services, medication management, Other locations: Mason City, Hampton, Forest City, Charles City, Marshalltown

**Courageous Life Counseling**  
515-341-5800, Joleen Frideres  
117 E. Call Street, Algona.  
Other locations: Emmetsburg, Clear Lake, Skype Counseling, therapy, addiction counseling

**MercyOne North Iowa Behavioral Services Center**  
641-428-7797, Monday – Friday, 8 a.m. to 4:30 p.m.  
1000 4th Street SW, Mason City  
Outpatient behavioral health and substance abuse therapy, ages 16 and older

**Community and Family Resources**  
515-576-7261; 211 Ave. M West, Fort Dodge STARS adolescent residential program, prevention and education services, detoxification, addiction and substance abuse treatment, mental health services Other locations: Ames, Boone, Webster City, Rockwell City, Clarion, Pocahontas, Humboldt

**Manning Regional HealthCare Center**  
712-655-2300, 1550 6th Street, Manning, IA 16-bed co-ed chemical dependency facility. Licensed for Adult Levels IV, III.7, III.5, III.3, II.1 and I, Juvenile Level I services. Detoxification, Residential Treatment, Outpatient Treatment, Consultation/Evaluation (OWI, DHS and School, Court Ordered Evaluations)

**Ames Counseling and Psychological Services**  
515-239-4410, 3600 West Lincoln Way, Suite 4; Ames Adult/youth individual, couple and family counseling, psychological evaluations of children and adults, addiction and recovery treatment

**5th Street Mental Health Professionals**  
515-232-2051, 600 5th Street, Suite 200; Ames Adult outpatient counseling, adult psychiatric services, substance abuse counseling

**Your Life Iowa**  
(855) 581-8111 or text (855) 895-8398

## PSYCHIATRY

**Peter Jorgenson, Mental Health Nurse Practitioner**  
**Kossuth Regional Health Center**  
515-295-7714, 1519 S. Phillips Street, Algona, IA 50511 Behavioral health and psychological services for ages 7 and up

**Senior Life Solutions at KRHC**  
515-295-4527, Michelle Gray, Program Director intensive outpatient group therapy for seniors 1519 S. Phillips Street, Algona

**Berryhill Center for Mental Health**  
515-955-7171 or 800-482-8305  
Locations: Fort Dodge, Humboldt and others

**Hancock County Memorial Hospital and Clinics**  
641-843-5050, 532 1st Street NW, Britt and 730 W. 3rd Street, Garner. Psychiatric medicine management, therapy for children, teens, adults, couples, substance use disorder treatment, in-school therapy.

**Mason City Clinic Department of Psychiatry**  
641-494-5200; 250 S. Crescent Drive, Mason City

**Spencer Psychiatric and Counseling Services**  
712-580-3882, 20 W 6th Street, Suite 306, Spencer

**5th Street Mental Health Professionals in Ames**  
515-232-2051, 600 5th Street, Suite 200; Ames

## PAIN CLINICS

**Mary Greely Pain Clinic**  
515-239-5080 or 888-646-2148  
1111 Duff Avenue, Ames

**Unity Point Pain Management Center**  
515-574-6450; 802 Kenyon Road, Fort Dodge

**Iowa Specialty Hospital Pain Management (Interventional)**  
515-532-9310; 1316 S. Main Street, Clarion  
Other locations: Fort Dodge, Belmond



The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Please note that this list of resources was compiled as a courtesy for those seeking outpatient behavioral services. Kossuth Regional Health Center does not perform background checks on the individuals or organizations listed, or guarantee the quality of care they provide. (Updated 1/24/25)

# MENTAL & BEHAVIORAL HEALTH AND COUNSELING SERVICES

## LOCAL (Algona/Kossuth)

### Kossuth Regional Health Center

515-295-7714, **Mia Hegarty-Roach, PhD. & Peter Jorgenson, PMHNP**  
1519 S. Phillips Street, Algona  
Behavioral health and psychological services for ages 7 and up

**Senior Life Solutions at KRHC**  
515-295-4527, Lynne McKenna  
1519 S. Phillips Street, Algona  
Program Director—intensive outpatient group therapy for seniors

**Behavioral Health**  
515-320-2684, **Mary Beth Hanson** 117 E. Call Street, Algona, Tues, Wed, Thurs: 9 am to 5 pm (By appointment only)  
Behavioral health, counseling for adolescents, adults and families

**General Relief, Kossuth County**  
515-295-9595, Courthouse Annex  
Dona Nielson  
Monday – Friday, 8 a.m. to 4 p.m.

**Care Connections of Northern Iowa**  
Provides a coordinated system of care for people with mental health conditions or intellectual disabilities in Kossuth, Clay, Osceola, Palo Alto, Winnebago and Worth counties.  
Sandy Pelzer, 712-264.3945 ext. 3  
Children service coordinator  
Anna Miller, adult service coordinator  
712.264.3945 ext. 1

**Courageous Life Counseling**  
515-341-5800, Joleen Frideres  
117 E. Call Street, Algona.  
Individual, couples and family therapy, addiction counseling. Other locations: Emmetsburg, Clear Lake.

**Catholic Charities**  
515-576-4156 (bilingual therapists available)  
1414 Central Ave, Fort Dodge Telehealth options available with licensed counselors for children and adults

**Prairie Ridge Integrated Behavioral Healthcare** 515.295.5158  
117 E. Call St. Algona  
Mon-Thurs, 8am- 5:30pm Fri, 8am –12pm  
After Hours Crisis Phone: 1-866-429-2391  
Substance abuse, mental health, gambling counseling and assessments. Adolescent services, medication management. Other locations: Mason City, Hampton, Forest City, Charles City ([www.prairieridge.net](http://www.prairieridge.net))

**Life Connections 515-320-4187**  
2022 Hwy 169 N, Algona  
[contactus@lifeconnections.org](mailto:contactus@lifeconnections.org)  
Behavioral Health Intervention: In-home skill building service for ages 4-18. (Outside funding available for individuals not on Medicaid). Therapy offered face to face, teletherapy and in-home therapy. Multiple locations.

**InCourage Counseling >>>>>>>>>>**

## REGIONAL RESOURCES

### MercyOne North Iowa Behavioral Services Center

641-428-7797, 1000 4th Street SW, Mason City, Monday – Friday, 8 a.m. to 4:30 p.m.  
Outpatient behavioral health and substance abuse therapy.

### Hancock County Memorial Hospital and Clinics

641-843-5050, 532 1st Street NW, Britt and 730 W. 3rd Street, Garner.  
Psychiatric medicine management, therapy for children, teens, adults, couples, substance use disorder and treatment, in-school therapy.

### Hope Haven

712-852-3103, Emmetsburg, Monday—Friday, 8 a.m. to 5 p.m. Pediatric and adult mental health assessments and outpatient therapy Other locations: Spencer, Sheldon, Rock Valley

### Humboldt County Memorial Hospital Mental Health Counseling/Therapy

(515) 332-7672 | Fax (515) 332-7572  
1000 15th Street North, Humboldt, IA 50548  
A wide range of mental health therapy and services (EDMR, CBT, Adolescent, Adult, Trauma-focused, substance abuse, mood disorders)

### Seasons Center for Behavioral Health

800-242-5101; 201 East 11th Street, Spencer, See Youth Services

### Berryhill Center for Mental Health

515-955-7171 or 800-482-8304; 720 Kenyon Road, Fort Dodge Behavioral health evaluation and treatment for children/adolescents, counseling and individual, couple, family and group therapy.

### Community and Family Resources

515-576-7261; 211 Ave. M West, Fort Dodge, See Addiction/Substance

### Lutheran Family Services

515-573-3138, 409 Kenyon Rd, Suite C, Fort Dodge  
Mental health counseling, marriage counseling

### Unity Point Everly Ball Mental Health

515-241-0982, Hours vary by location  
Mental health therapy, substance abuse treatment, couple and group counseling, psychiatric assessments, medication management. Locations: Ames, Des Moines, Boone, Indianola

### Turning Leaf Counseling

641-421-2089; 103 E State Street, Suite 301, Mason City. Monday, Therapy, behavioral health, substance use

### Ames Counseling and Psychological Services

515-239-4410, 3600 West Lincoln Way, Suite 4; Ames

### 5th Street Mental Health Professionals

515-232-2051, 600 5th Street, Suite 200; Ames  
Adult outpatient counseling, adult psychiatric services, substance abuse counseling

### Plains Area Mental Health Center

712-250-6658; 3746 450th Avenue, Emmetsburg  
Counseling, psychology, crisis home, substance use services. Other locations: Le Mars, Orange City, Cherokee, Ida Grove, Storm Lake, Carroll, Denison, Lake City, Sac City, Spirit Lake

### Anastasi Counseling Services

641-423-4180; 1520 6th Street SW, Mason City  
Mental health therapy for adults, children, adolescents, substance use

### Michelle Hankins ,Licensed Mental Health Counselor (LMHC)

### InCourage Counseling

515-395-1005 | Ashley Courtney, LMFT ([acourtney@incouragecounseling.com](mailto:acourtney@incouragecounseling.com))  
1920 Hwy 18 E. Algona, IA 50511  
Child and adolescent therapy, anxiety, trauma, depression



## YOUTH SERVICES

### Kossuth Regional Health Center

515-295-7714 | 1519 S. Phillips Street, Algona  
Mia Hegarty, PhD. & Peter Jorgenson, PMHNP Behavioral health and psychological services for ages 7 and up

### Behavioral Health, Mary Beth Hanson

515-295-4315, 117 E. Call Street, Algona  
Behavioral health, counseling for adolescents, adults and families

### MercyOne North Iowa Behavioral Services Center

641-428-7797, 1000 4th Street SW, Mason City, Monday – Friday, 8 a.m. to 4:30 p.m. Outpatient behavioral health and substance abuse therapy. Dr. Jill Burkley, Dr. Natalie Hillman Alsop, PhD

### Hope Haven- Emmetsburg

712-852-3103, Monday—Friday, 8 a.m. to 5 p.m. Pediatric and adult mental health assessments and outpatient therapy, recovery mentors Other locations: Spencer, Sheldon, Rock Valley

### Humboldt County Memorial Hospital Mental Health Counseling/Therapy

(515) 332-7672 | Fax (515) 332-7572 1000 15th Street North, Humboldt, IA 50548 A wide range of mental health therapy and services (EDMR, CBT, Adolescent, Adult, Trauma-focused, substance abuse, mood disorders)

### Seasons Center for Behavioral Health

800-242-5101; 201 East 11th Street, Spencer 24-hour crisis line: 844-345-4569 Adult outpatient counseling and psychiatric services, youth outpatient counseling, therapy and evaluations, adolescent substance use treatment, Camp Autumn for youth offering therapy, skill development Other locations: Emmetsburg, Spirit Lake, Carroll, Sioux Center, Sioux City, Sibley, Sheldon, Rock Rapids, Sutherland, Storm Lake

### Child Health Specialty Clinics

641-424-0030; 687 S. Taft Ave, Suite 1, Mason City Monday – Thursday from 8 a.m. to 4:30 p.m. Serves children with developmental or behavioral disorders, chronic and complex health conditions Other locations: Fort Dodge, Spencer, see website for additional locations

### Ames Counseling and Psychological Services

515-239-4410, 3600 West Lincoln Way, Suite 4; Ames Adult/youth individual, couple and family counseling, psychological evaluations of children and adults, addiction and recovery treatment

### Centers for Disability and Development

855-543-2884; 100 Hawkins Drive, Iowa City Psychology, Developmental Behavioral Pediatrics. ADHD, Autism, behavior disorders, cerebral palsy, cognitive disorders, communication disorders, Down Syndrome, Fragile X, spina bifida

### Clive Behavioral Health

844-680-0504; 1450 NW 114th Street, Clive Inpatient and outpatient services for programs are available for children and adolescents who suffer from behavioral health disorders or co-occurring disorders.

## YOUTH/RESIDENTIAL SERVICES

### Francis Lauer Youth Shelter Services

641-423-7362  
50 North Eisenhower Avenue; Mason City Mental health counseling and assessments, psychiatric services, behavioral health intervention services, emergency shelter, crisis stabilization, adolescent residential addiction treatment, day treatment for youth ages 12 to 18, school-based services, Iowa Aftercare, Rapid Re- housing. Other locations: Webster City, Ames, Boone, Nevada, Des Moines, Marshalltown

### Four Oaks

Several locations across Iowa, including: Mason City East Campus: 641-423-3222; 980 South Iowa Avenue and Mason City West Campus: 641-423-3222; 80 North Eisenhower Avenue, Mason City Behavioral health services, foster and adoptive services, Psychiatric Medical Institute for Children.



211 is a free, comprehensive information and referral system linking Iowa residents to health and human service programs, community services, disaster services and governmental programs. 211 is a one-stop source of information for people looking for services.



The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Find community resources with the [MercyOne Community Resource Directory](#)



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