



**KOSSUTH  
REGIONAL  
HEALTH CENTER**

An Affiliate of **MERCYONE**

# Behavioral Health Outpatient Resource List

## 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, mental health, gambling counseling  
and assessments. Adolescent services, medication  
management,  
Other locations: Mason City, Hampton, Forest City,  
Charles City

**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**  
641-482-7797, Monday – Friday, 8 a.m. to 4:30 p.m.  
1000 4<sup>th</sup> 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 sub-  
stance abuse treatment, mental health services  
Other locations: Ames, Boone, Webster City, Rockwell  
City, Clarion, Pocahontas, Humboldt

**Manning Regional HealthCare Center**  
712-655-2300, 1550 6<sup>th</sup> 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, addic-  
tion and recovery treatment

**5<sup>th</sup> Street Mental Health Professionals**  
515-232-2051, 600 5<sup>th</sup> 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

**5<sup>th</sup> Street Mental Health Professionals in Ames**  
515-232-2051, 600 5<sup>th</sup> 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.

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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  
Program Director—intensive outpatient group therapy for seniors  
1519 S. Phillips Street, Algona

**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  
Donna 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  
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 (Mason City)  
Substance abuse, mental health, gambling counseling and assessments. Adolescent services, medication management,  
Other locations: Mason City, Hampton, Forest City, Charles City

**Life Connections** 515-320-4187  
2022 Hwy 169 N, Algona  
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: **Visit [life-connections.org](http://life-connections.org)**

## REGIONAL RESOURCES

**MercyOne North Iowa Behavioral Services Center**  
641-482-7797, 1000 4<sup>th</sup> 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 11<sup>th</sup> 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 Eyerly 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

**5<sup>th</sup> Street Mental Health Professionals**  
515-232-2051, 600 5<sup>th</sup> 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 6<sup>th</sup> Street SW, Mason City  
Mental health therapy for adults, children, adolescents, substance use

**InCourage Counseling**  
515-395-1005 | Ashley Courtney, LMFT  
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

641-482-7797, 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, sub-  
stance 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 Be-  
havioral health services, foster and adoptive ser- vices,  
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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