KOSSUTH REGIONAL HEALTH CENTER
An Affiliate of MERCYONE

Behavioral Health
Outpatient Resource List

ADDICTION/SUBSTANCE USE DISORDER SERVICES

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

Prairie Ridge Integrated Behavioral Healthcare
641-387-4656, Michael J. Van Essen
mvanessen@prairieridge.net
117 E. Call Street, Algona, Mon-Thurs, 8 to 5:30/ 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, Lynne McKenna, 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

KRHC Pain Management (Jacob Miller, CRNA)
515-295-4465, 1515 S Phillips St. Algona, IA 50511

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

988 SUICIDE & CRISIS LIFELINE

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 Oct 2026)**

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
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 adoles-cents, 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 Joni Haugland, 515-395-5152
jhaugland@prairieridge.net, 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 ser-vices, medication management. Other locations: Mason City, Hampton, Forest City, Charles City (www.prairieridge.net)

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.

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 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

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 loca-tions: 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)
1920 Hwy 18 E. Algona, IA 50511
Child and adolescent therapy, anxiety, trauma, depression

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Behavioral Health Outpatient Resource List

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 Rap- ids, 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, cog- nitive 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 ser- vices, Psychiatric Medical Institute for Children.

211 Get Connected. Get Help.℠

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.

988 SUICIDE & CRISIS LIFELINE

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

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 Oct 2026)**