

Click on the social determinants of health need below for services within Kossuth County. Up-to-date information on support services and essential programs available across the state.

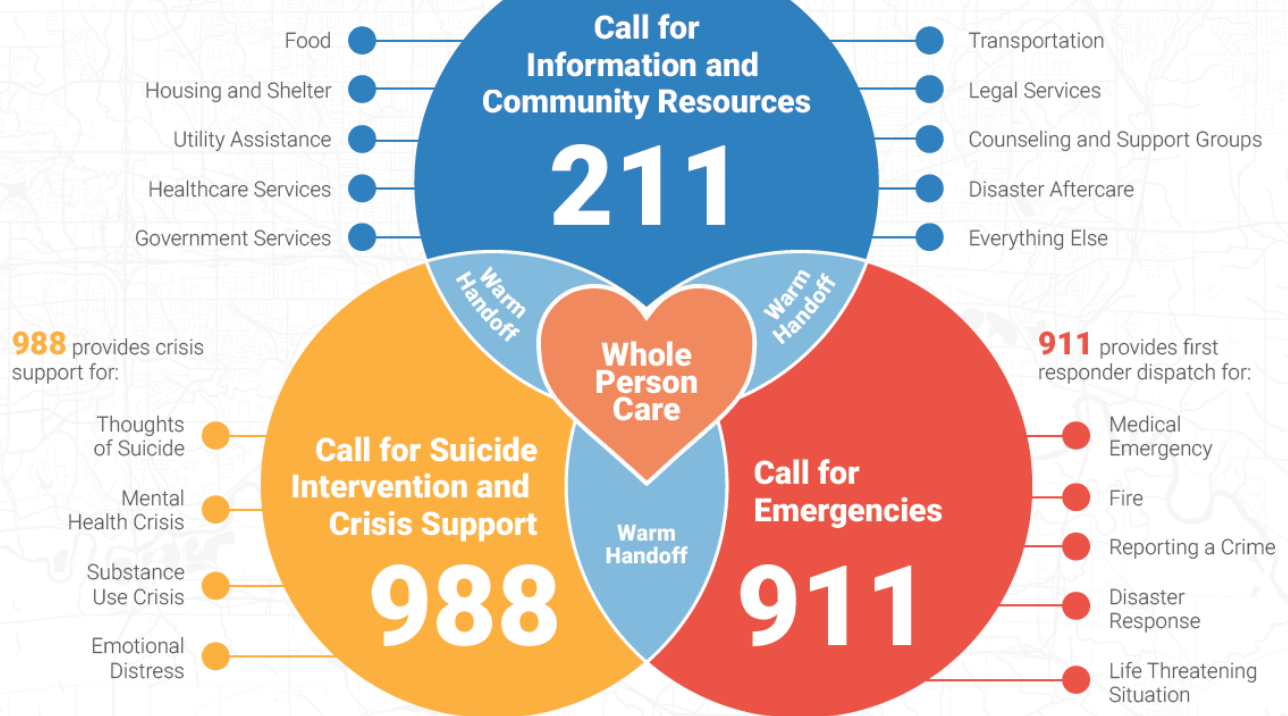
- [Hotlines](#)
 - [Your Life Iowa](#)

In the State of Iowa, Help is 3 Numbers Away



211 maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

211 also can connect people with information and referrals for:



- Crisis Intervention Services:
 - Domestic Abuse Helpline 641-424-9133 or toll free 1-855-424-9133
 - Sexual Assault Helpline 641-424-9071 or toll free 1-800-479-9071
 - Violent Crime Helpline 641-424-9133 or toll free 1-855-424-9133

- [Housing Assistance](#)
 - [North Iowa Regional Housing Authority](#)
 - [Iowa Legal Aid](#)
 - [NIACOG Housing Trust Fund](#); home repairs, accessible accommodations; generalized to individuals 62 or older, disabled or a veteran but possible other cohorts of patients.
 - [Summit House Retirement Community](#). 600 1st Street NW Britt, IA 641-843-3333 or www.summithousebritt.com
- General Assistance
 - [KRHC Community Health](#)
 - [Kossuth County General Assistance](#) or call 515-295-9595; provides emergency payment vouchers to needy and poor people in need of immediate assistance or to people who cannot obtain assistance from any other source. This program is designed to provide short-term emergency type assistance to persons lacking the resources to meet their basic needs. This program is not intended to provide ongoing, long-term aid to any individuals and/ or family. Persons seeking assistance must complete an application and must meet eligibility requirements as outlined in Kossuth County Relief Guidelines No. VII-II Title: A Guideline. Persons seeking emergency medical care must notify the office the next working day in order for notice to be considered timely. For more information or to apply for services please contact our office at 109 West State Street Algona, Iowa.
 - [Iowa Health & Human Services](#)
 - [Iowa Legal Aid](#):
 - [Migrant workers & Farmworkers](#)
 - [Income Tax Assistance Program](#). Kossuth County Extension Office provides a VITA (Volunteer Income Tax Assistance) program- free and accurate income tax assistance to qualifying individuals & families. *The request form can be completed in Spanish by selecting "Spanish" from the drop-down menu in the upper right corner of the form.*
 - [Amercian Medical ID](#). Medical ID bracelets. 1-800-363-5985 or www.americanmedical-id.com
- Medication Assistance programs:
 - [Lilly Cares Patient Assistance Program](#)
 - [GoodRX](#)
 - [Novo Nordisk Patient Assistance Program Application](#)

- [Boehringer Ingelheim Patient Assistance Program \(ex. Jardiance\)](#)
- [Lantus \(long acting insulin\)](#)
- [Cancer Care](#)
- [HealthWell Foundation](#)
- [Leukemia and Lymphoma Society](#)
- [National Organization for Rare Disorders \(NORD\)](#)
- [Needy Meds](#)
- [Patient Access Network](#)
- [Patient Advocate Foundation](#)
- [Patient Services, Inc.](#)
- **Dental Care**
 - [Dental Care Program in Iowa](#)
- **Food**
 - [Food Lending Boxes](#); installed around Algona at local businesses and churches, and the items and supplies inside the boxes are available for families in need to take at their convenience, 24 hours a day, seven days a week. The hospital's box has been installed on the south side of the clinic.
 - SNAP (Supplemental Nutrition Assistance Program). Call 1-855-944-FOOD (3663), email SNAPOutreachhotline@iowaFBA.org or apply online at DHSServices.iowa.gov. Handouts in KRHC Community Health
 - [WIC](#) is a supplemental nutrition program for babies, children under the age of 5, pregnant women, breastfeeding women, and women who have had a baby in the last 6 months. WIC helps families by providing healthy foods, nutrition education, and referrals to other health care. WIC is available in all counties in Iowa. Eligibility is up to 185% of the Federal Poverty Level. link to WIC [pre-screening tool](#). More info can be obtained from website or calling 1-800-657-5856.
 - [Food Banks of Iowa](#). Click link or handouts in KRHC Community Health
 - [Food Pantry, Community Kitchens, meal services and more throughout North Iowa](#). handouts in Community Health
 - [Iowa Legal Aid](#)
 - [Food Assistance & Immigrants](#)
 - SENIORS:

- Meals on Wheels, Congregate Meals & Food Boxes. Algona Senior Center 515-295-7956 or visit their website <https://www.activeseniorsofalgona.com/services-2/>
 - Elderbridge Senior Farmers Market Nutrition Program; receive vouchers to use at participating farmers markets. 1-800-243-0678 or <https://elderbridge.org>
 - VETERANS: Kossuth County Veterans Center Food Pantry 109 S. Lantry Street- Algona; by appt. only; call John 712-269-9700 or Kendall 515-361-1551
- [Transportation](#)
- [Clothing & Household](#)
 - [Exceptional Opportunities](#)
 - [Kossuth County C.A.R.E. team](#). 109 N Lantry Algona. 515-395-2273
- [Utilities](#)
 - [Iowa Legal Aid](#)
- [Senior Citizen Services](#)
 - [Active Seniors of Algona](#)
 - [Senior Life Solutions, KRHC](#)
 - [Elderbridge Agency on Aging](#)
 - [GrandPad](#)-- stay connected to loved ones
 - Iowa Legal Aid-[60+ Elder Law](#)
 - [RSVP/AmeriCorps Seniors](#)
 - [Money Smart for Older Adults](#)
- [Mental Health](#)
 - [KRHC](#) behavioral health referral guide
 - [Northwest Iowa Care Connections](#) through website or contact their office at 712-264-3945
 - [Season's Center](#); outpatient & crisis stabilization centers. 1-844-345-4569 or click link to website
- [Addiction services](#)
 - Alcoholics Anonymous (Al-Anon), throughout the week, multiple locations:
 - Algona- 515-295-2325; location: Finn House 600 N Ridgley

- Armstrong- 712-209-7085; location: Senior Citizen Center Main Street
- Arnold's Park- 712-336-0657; location: Arnolds Park City Hall 1107 S. Hwy 71
- Emmetsburg- 712-260-6901; location: Iowa Trust Bank 2101 10th Street
- Estherville- 712-320-4051; location Estherville Lutheran Church 208 North 8th Street
- Milford- 712-336-0657; location(s): Harbor of Joy 1204 L Avenue or 1301 Okoboji Avenue
- Ruthven- 712-260-6901; location: Zion Lutheran Church 1901 Rolling Street
- Spencer- 712-262-3654; location: Alano Club 511 Southmoor Drive
- Spirit Lake- 712-336-0657; location(s): Senior Center 2100 Zenith Ave; Discovery House 1400 Hill Ave; First Presbyterian Church 3501 Hill Ave; St. Alban's Church 2011 23rd Street; Spirit Lake Public Library 702 16th Street; Lakes Regional Hospital 2301 US-71
- Iowa Substance Abuse Information Center; 866-242-4111
- Face It Together-Drug Free (FIT) 515-242-6391;<http://www.drugfreeiowa.org>
- National Institute on Drug Abuse (NIDA); www.nida.nih.gov
- Gambling/Sports Betting. 1-800-BETS OFF, text 855-895-8398 or visit website; [Your Life Iowa](#)
- Tobacco
 - [Community & Family Resources](#)
- [Veteran- Military Services](#)
 - [Moving Veterans Forward](#)
 - [Iowa Legal Aid](#)
 - VFW Loan Closet; Russ Bode 515-341-5157

Resources specific to Sexual & Domestic Assault/Violent Crimes

Crisis Intervention; 641-423-0490; serves victims of domestic abuse and sexual assault in multiple counties throughout the state of Iowa; promoting a society free of violence and oppression through social change, effective community partnerships and awareness.

Sexual Assault Crisis Line: 800-479-9071

Domestic Abuse Crisis Line: 855-424-9133

Domestic/Sexual Assault Outreach Center; locations Fort Dodge & Waterloo 515-955-2273

crisis based shelter that offers crisis intervention, safety planning, case management, counseling, advocacy, transportation, and more.

Homicide & Other Violent Crimes Program

- Crisis Line: 888-356-2006
- Fort Dodge location: 515-955-5677
- Waterloo location: 319-232-6522

Culturally Specific; serving our State of Iowa

African American; services offered- prevention, education, advocacy, support and support groups, community outreach, childrens programs, referrals, training and workshops

Amani Community Services; 24 hour after care line: 888-983-2533

- Waterloo; 319-232-5660
- West Des Moines; 515-991-4589
- Cedar Rapids; 319-621-9142
- Davenport; 563-564-5392

Asian & Pacific Islander; serves victims/survivors of domestic violence, sexual assault and human trafficking with mobile multilingual advocates, relief, referrals, individual counseling and group activities

MONSOON; helpline 866-881-4641

- Des Moines; 515-288-0881
- Iowa City; 319-466-9000
- Dubuque; 563-556-1677

Latina; serves Latina victims of domestic violence and sexual assault with one on one educational counseling, court/legal/personal advocacy, support groups and community referrals

LUNA; 24 hour helpline 1-866-256-7668

- Des Moines; 515-271-5060
- Marshalltown; 319-242-7536

Meskwaki; serves as a temporary emergency shelter, assistance with community and government resources, hygiene items, advocacy with law enforcement, court accompaniment via telephone, safety planning, and transportation as a result of domestic violence and/or sexual assault

RISE; 641-481-0334 located in Tama, Iowa

Resources specific to Speech-Language

Iowa aphasia groups. Contact: Laura Schmitt; laura-schmitt@uiowa.edu

- Available via zoom, led by graduate student clinicians and supervised by the SLP clinical professor
- ARC- Aphasia Reading Club- all levels of reading ability welcome
- MAGIC- aphasia communication club, all levels welcome

Speak Out! Groups. Contact: Louise Pinkerton; louise-pinkerton@uiowa.edu

- Needed to assist with maintenance following Speak Out! Program
- Available via zoom
- Led by graduate student clinicians and supervised by SLP clinical professor

Rescue Voice <https://rescuevoice.uiowa.edu/>. Bridge the gap between first responders and nonspeaking individuals with this app.

Dr. Becca Walker- chiropractic/ neuro care. Location: Algona <https://wcwellness.com/>

- Does neurological work in addition to chiropractic care

Laurie Hammer, FNTP, NNTS (nutritional therapy). Location: Algona <https://www.lauriehammer.com/>

Nolan Vitzthum- Licensed Independent Social Worker/ Registered Play Therapist Location: Humboldt <https://www.theheartofplayllc.com/team>

Marissa Larson- Stable Heart Equine Assisted Psychotherapy Location: Lu Verne <https://stablehearttherapy.com/#about-us>

Ampcare- available in Humboldt <https://swallowtherapy.com/>