

General Help Resources

Drake University Campus Security

1227 25th Street | 515-271-2222
Emergency: 8-1-1

Drake University Counseling Center

3116 Carpenter Ave. | 515-271-3864

Des Moines Police

Emergency: 9-1-1, 515-283-4864
Non-emergency: 515-283-4811

Des Moines Resources

Local support and resource helpline, 2-1-1,

www.unitedwaydm.org/2-1-1

Iowa Health,

<http://www.iowahealth.org/behavioral-and-mental-health.aspx>

Mercy Hospital,

www.mercydesmoines.org/behavioralhealth/index.cfm

Unity Point,

www.unitypoint.org/desmoines/services-behavioral-and-mental-health.aspx

General Help Resource

Ulifeline, 1-800-273-8255, text START to 741-741, www.ulifeline.org/get_help_now

Drake University Health Center

3116 Carpenter Ave. | 515-271-3731

Help by Category

Anxiety

American Psychological Association

<http://www.apa.org/topics/anxiety/index.aspx>

Anxiety and Depression

Association of America, adaa.org

National Institute of Mental Health, www.nimh.nih.gov

Depression

Anxiety and Depression

Association of America, adaa.org

American Psychological Association

www.apa.org/topics/depress/index.aspx

National Institute of Mental Health, www.nimh.nih.gov

Eating Disorders

Mirror-Mirror Eating Disorder

Help, www.mirror-mirror.org/eatdis.html

National Association of Anorexia

Nervosa and Associated Disorders, www.anad.org

National Eating Disorders Association,

www.nationaleatingdisorders.org/

Interpersonal and Sexual Misconduct

Title IX Coordinator: Katie Overberg

515-271-2982,

kathryn.overberg@drake.edu or

titleix@drake.edu,

www.drake.edu/titleix

Confidential Resources

Drake University Counseling Center, 3116 Carpenter Ave., 515-271-3864

Drake University Violence Intervention Partner (VIP), 515-512-2972 (call or text)

Crisis Observation Center, 515-282-5742

Drake University Spiritual Counselor, 515-274-3133

Polk County Crisis and Advocacy, 515-286-3600

Domestic Violence Services (CFI), 515-243-6147

Iowa Sexual Abuse Hotline 800-284-7821

Iowa Domestic Violence Hotline 800-770-1650

Self Injury

Mental Health America,

www.mentalhealthamerica.net/self-injury

Self-injury Outreach & Support, sioutreach.org

Substance Abuse

Alcoholics Anonymous,

www.aa.org

Narcotics Anonymous,

www.na.org

National Institute on Drug Abuse,

www.drugabuse.gov

Substance Abuse and Mental Health Services Administration,

www.samhsa.gov

Suicide

National Suicide Prevention Lifeline,

www.suicidepreventionlifeline.org

Crisis Observation Center, 515-282-5742
