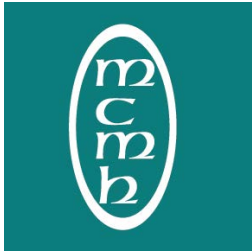


Montgomery County

Community Resource Guide



Winter 2025 | Compiled in partnership with Live Well Montgomery County and Montgomery County Memorial Hospital

In case of medical emergency please dial 9-1-1

Montgomery County Memorial Hospital

Phone: (712) 623-7000
Address: 2301 Eastern Ave, Red Oak, IA 51566
Website: www.mcmh.org

Montgomery County Public Health

Phone: (712) 623-4893 or 1 (877) 254-6104
Email: publichealth@montgomerycountiia.gov
Address: 1109 Highland Ave, Red Oak, IA 51566

Department of Health & Human Services

Phone: (515) 281-7689
Website: <https://hhs.iowa.gov>

MCMH CLINIC INFORMATION

Our clinics are here to help you!
For information please call:

- Internal Medicine* (712) 623-7280
- Family Medicine* (712) 623-7250
- Malvern Medical Clinic* (712) 624-6010
- Villisca Medical Clinic* (712) 826-4422
- Specialty Outpatient Clinic (712) 623-7270
- Surgical Services (712) 826-7240
- Women's Health Services (712) 623-7000
- *Virtual Clinic Visits Available Call Clinic Directly

CRISIS

Montgomery County Sheriff
Phone: (712) 623-5107
Email: sheriff@montgomerycountiia.gov
Address: 106 W Coolbaugh Street, Red Oak, IA 51566

Red Oak Police Department
Phone: (712) 623-6500

Your Life Iowa
24/7 Confidential help for suicide prevention, problem gambling, and substance abuse issues (drugs and alcohol).
Phone: (855) 581-8111

Suicide Helpline
Provides 24/7, free and confidential support for people in distress, prevention and crisis resources, and best practices for professionals.
Phone: (800) 273-8255
Website: www.suicidepreventionlifeline.org

Runaway Hotline
If you are thinking of running from home, if you have a friend who has run away, or if you are a runaway ready to go home.
Phone: 1 (800) RUNAWAY or text 66008 Website: www.1800RUNAWAY.org

Iowa Red Cross
Provides disaster relief and helps people with immediate needs during disasters.
Phone: (515) 243-7681

211
Information on resources and services ranging from help paying bills to finding food.
Phone: 211
Website: www.211.org

Harbor Point
Crisis Stabilization Residential Services
Phone: (712) 850-1389

Hope 4 Iowa Crisis Call Line
Phone: (844) 673-4469

GENERAL ASSISTANCE

Montgomery County General Assistance:
Emergency rent and utility assistance, emergency food assistance, burial assistance for indigent clients, SIRHA applications and Rent Reimbursement Claims.
Phone: (712) 623-3848
Website: <https://montgomerycountiia.gov/general-assistance/>
Address: 1109 Highland Ave, Red Oak, IA 51566

West Central Community Action – Montgomery County Outreach Center

Assists low-income families with services including WIC, heat assistance, childcare referral, and more.

Phone: (712) 623-2339
Address: 1201 Highland Ave, Red Oak, IA 51566

Montgomery County ISU Extension

Provides unbiased research-based information for family, home business, community or farm.

Phone: (712) 623-2592
Address: 1901 Broadway St, Red Oak IA 51566

Website:
<https://www.extension.iastate.edu/montgomery/>

Iowa Department of Human Services

24/7 Report child/dependent adult abuse; find food assistance, Medicaid, childcare assistance, and more.

Phone: 1 (800) 972-2017
Website: www.dhs.iowa.gov
Apply for food, cash assistance, childcare assistance, and more (online only):
<https://dhs.iowa.gov/how-to-apply>

Montgomery County Department of Human Services

Phone: (712) 623-4838
Address: 1109 Highland Ave, Ste A, Red Oak, IA 51566

FOOD RESOURCES:

Food Pantries:

Bi-Monthly Mobile Food Pantry MCMH:

Phone: (712) 623-6725
No registration required. Pick up at the ROCSD football field parking lot. Line up starts at 2pm and distribution is at 3:30pm. Last Thursday of the month.

Christ's Cupboard

Food, clothing and home goods.
Phone: (712) 623-2195
Address: 206 East Coolbaugh, Red Oak IA 51566
Hours: Wed 1:30-5pm

Elliott Food Pantry

Address: 305 1st Street Elliot, IA 51532
Email: elliottfoodpantry@gmail.com
Hours: 1st & 3rd Thursday 5-7:30pm

West Central Community Action

Pantry phone: (712) 623-2339
Address: 1201 Highland Ave, Red Oak, IA 51566
Hours: Mon & Thurs 9am-12pm & 1pm-3pm
By appointment only.

Mamrelund Lutheran Church (for residents of Stanton)

Phone: (712) 370-3727
Address: 410 Eastern Ave, Stanton, IA 51573
Hours: By appointment only.
Delivery options available.

Evangelical Covenant Church Pantry

Phone: (712) 829-2543 or (712) 592-3488
Address: 308 Eastern Ave, Stanton, IA 51573
Hours: Give Rev. Matt King a call to coordinate pick up.

Villisca Community Food Pantry (for residents of Villisca)

Phone: (712) 826-3372
Address: 203 S 3rd Ave., Villisca, IA 50864
Hours: Wed 11:30am-1pm, Thurs 4-5:30pm, or call for appointment.

Life 5b - Emerson

Phone: (712) 789-9417
(402) 619-8109
Email: Life5b712@gmail.com

For information on FREE & REDUCED SCHOOL LUNCH or the weekend backpack food program contact your local district:

Red Oak Community School District

Address: 604 S. Broadway, Red Oak IA 51566
Phone: (712) 623-6600
Website: www.redoakschooldistrict.com

Stanton Community Schools

Address: 605 Elliott St. Stanton, IA 51573
Phone: (712) 829-2162 or (712) 829-2171
Website: www.stantonschools.com

Southwest Valley School District (Villisca Location Information)

Address: Southwest Valley Middle School, 406 E 3rd Street, Villisca, IA 50864
Phone: (712) 826-2552
Email: lunch@southwestvalley.org
Website: www.southwestvalley.org

Food Delivery Services

MCMH Mobile Meals

Meals delivered M, T, W, Th, F within Red Oak city limits. \$5.25 per meal (lunch and dinner options)
Phone: (712) 623-7183
Address: 2301 Eastern Ave, Red Oak, IA 51566

Villisca Meals on Wheels – Good Samaritan Society

Delivery of lunch inside Villisca city limits
M, T, W, Th, F
Phone: (712) 826-9592
Address: 202 Central Ave, Villisca, IA 50864

Hy-Vee, Red Oak: (712) 623-4992

ABUSE

GENERAL

IOWA DHS Child and Dependent Adult Abuse Hotline

Confidential reporting and assessment of suspected abuse against children and dependent adults in Iowa
Phone: (800) 362-2178 or text VOICE to 20121
Website: www.dhs.iowa.gov/report-abuse-and-fraud

Boys and Girls Town Hotline

Helping children, family and communities suffering from abuse, addiction, abandonment or violence.
Phone: (800) 448-3000
Website: www.boystown.org/hotline

DOMESTIC VIOLENCE / SEXUAL ASSAULT / TRAFFICKING

Catholic Charities Phoenix House

Domestic violence/sexual assault 24/7 help, shelter.
Phone: (712) 328-0266 or 1 (888) 612-0266

Iowa Victims Service Call Center

24/7 Domestic violence, sexual violence, human trafficking.
Phone: 1(800)770-1650 or text IOWAHELP to 20121
Website: www.survivorshelpline.org

National Human Trafficking Hotline

If you or someone you know is a victim, call now to access support and services to get help and stay safe.
Phone: 1(888) 373-7888 or text 233733
Website: www.humantraffickinghotline.org

SUBSTANCE ABUSE

Zion Recovery Services

24/7 Substance abuse intervention and recovery services.
Phone: (712) 623-4801
Location: 403 E Coolbaugh, Red Oak, IA 51566
Website: www.zionrecovery.org

Alcoholics Anonymous

Meetings are available by Zoom during COVID-19.
24/7 crisis line: (402) 556-1880
Website: www.omahaaa.org/
Area Meetings: www.aa-swiowa.org

Narcotics Anonymous

Meetings every Monday at 6pm; everyone welcome.
Location: Presbyterian Church, Villisca IA
Address: 109 S. 3rd Ave, Villisca, IA 50864
Phone: (712) 826-3372
Area Meetings: www.swina.org

QuitLine Iowa

A free program that provides helpful tools, information and support throughout your quit tobacco/nicotine process.
Phone: 1 (800) QUIT-NOW (784-8669)
Website: <https://quitlineiowa.org/>

AGING

Connections Area Agency on Aging

Serves aging Iowans and those 18 and older with disabilities and caregivers through information, assistance, services coordination and resources for independence.
Phone: 1 (800) 432-9209
Address: 231 S. Main, Council Bluffs, IA 51503

Red Oak Senior Center

Phone: (712) 623-3497

Life Long Links

Iowa's aging and disability resource center.
Website: <https://iowa.myresourcedirectory.com/>

CHILDCARE, RESPITE & OTHER FAMILY SUPPORT

Child Care Resource & Referral Agency (CCR&R)

Resource for any parent looking for childcare.
Phone/email: (855) 244-5301
Email: childcare@caeiowa.org

Website: <https://iowaccrr.org/>
Provider search:
<http://ccmis.dhs.state.ia.us/ClientPortal/ProviderSearch.aspx>

Nishna Productions Inc.

Local Non-profit organization that provides supported community living, adult day services, and employment opportunities for adults with disabilities and mental illness.
Phone: (712) 623-4362
Website: www.nishna.org

Lutheran Services of Iowa

Respite and other programming for children and adults with waivers; Refugee and Immigrant services; and more.
Phone: (712) 323-1558
Website: <https://lsiowa.org/>

Iowa FOCUS

Provides supported community and home-based living that helps with daily living needs for individuals with disabilities, chronic mental illness or brain injury.
Phone: (712) 323-4024
Website: www.iowafocus.com

Transitional Services of Iowa

Offer behavioral health services for ages 3-18, therapy for all ages and domestic violence avoidance classes for adults. Medicare and Medicaid accepted.
Phone: (712) 249-2904
Website: www.transitionalservicesofiowa.org

FINANCIAL/LEGAL/EMPLOYMENT/HOUSING

Montgomery County Attorney

Phone: (712) 623-3011
Address: 209 E. Coolbaugh St, Red Oak, IA 51566
Website: <https://montgomerycountyia.gov/attorneys-office/>

Iowa Concern Hotline

24/7 free, confidential resource to lowans who need financial, legal, stress or crisis assistance.
Phone: (800) 447-1985
Website: www.extension.iastate.edu/iowaconcern

Iowa Legal Aid

Legal Aid: (800) 432-9229
60+ Elder Law (800) 992-8161
Website: <https://www.iowalegalaid.org/>

Iowa Workforce Development

To file for unemployment and find employment services.
Phone: (866) 239-0843
Website: www.iowaworkforcedevelopment.gov

Iowa Vocational Rehabilitation Services

Employment and support services for lowans with limitations.
Phone: (712) 542-5414
Address: 219 N. 16th St, Clarinda, IA 51632
Website: <https://ivrs.iowa.gov/>

SIRHA (Southern Iowa Regional Housing Authority)

Provides rent assistance or rent subsidy to low income individuals, families, elderly or disabled who meet qualifying program guidelines.
Phone: (641) 782-8585
Address: 219 N. Pine Street, Creston, IA 50801
Website: <http://www.sirha-ia.org/>

Iowa Balance of State continuum of Care

Services for people experiencing homelessness or at risk of experiencing homelessness.
Phone: (833) 739-0065
Website: <https://iaboscoc.org/balance-of-counties>

Iowa Mortgage Help Hotline

Statewide referral hotline, foreclosure intervention, negotiation/mediation services with loan servicers/lenders.
Phone: (877) 622-4866
Website: www.iowamortgagehelp.com

Social Security Administration Office

Address: 906 E Taylor Street, Creston, IA 50801
Phone: (866) 613-2827
Website: www.ssa.gov

HEALTH

GENERAL

Montgomery County Memorial Hospital

Provides complete, comprehensive and compassionate local healthcare for all in need.

Phone: (712) 623-7000

Address: 2301 Eastern Ave, Red Oak IA 51566

Website: www.mcmh.org

Montgomery County Public Health

Phone: (712) 623-4893 or (877) 254-6104

Email: publichealth@montgomerycountyia.gov

Address: 1109 Highland Ave, Red Oak, IA 51566

Iowa Department of Public Health

24/7 hotline for COVID-19 questions

Phone: 211

Website: <https://coronavirus.iowa.gov/>

PHYSICAL HEALTH

Montgomery County YMCA

The YMCA works collaboratively with community partners to improve the lives of children, adults, families, and the entire community.

Phone: (712) 623-2161

Address: 101 E Cherry Street, Red Oak, IA 51566

Website: www.mcyymca.com

SEXUAL HEALTH

Montgomery County Public Health

Education on sexual health and protection available. Free and Confidential testing, treatment, or referral is available for HIV and common sexually transmitted infections.

Phone: (712) 623-4893 or (877) 254-6104

Email: publichealth@montgomerycountyia.gov

Address: 1109 Highland Ave, Red Oak, IA 51566

Family Planning Council of Iowa

Reproductive healthcare and family planning services, including services for low-income families.

Phone: (515) 288-9028

Website: www.fpcouncil.org

Family Planning Program

Helps low-income Iowans with cost of family planning services.

Website: <https://dhs.iowa.gov/ime/members/medicaid-a-to-z/FPP>

HIV/STD Testing

Free, confidential HIV/STD testing.

Phone (call or text): (712) 545-0107

Website: www.nap.org

THERAPY AND MENTAL HEALTH

AJ Counseling Services

Mental Health Services *Accepting New Clients *Accepts Major Insurance Including Medicaid*Appointments Via-Telehealth*

Phone: (712) 520-0237 or (402) 670-0717

Website: <https://ajcounseling.com/>

Healthy Homes Family Services

Mental Health Services *Accepts Major Insurance Including Medicare and Medicaid*Appointments Via-Telehealth*

Phone: (712) 357-1182

Website: www.healthyhomesfs.com

Waubonsie Mental Health Center

Mental Health Services *Accepting New Clients *Accepts Major Insurance Including Medicare and Medicaid*Appointments Via Telehealth*

Phone: (712) 581-7900

Location: 1000 N Broadway St, Suite A East
Red Oak, IA 51566

Website: www.waubonsiemhc.com

TEENS/YOUNG PEOPLE

Teen Line Iowa

24/7 Confidential counseling and support for teens about their health, relationships, body and sexuality.

Phone: (800) 443-8336

Website: www.extension.iastate.edu/teenline

The Trevor Project

24/7 Crisis intervention and suicide prevention services for LGBTQ+ young people under 25.

Phone: (866) 488-7386 or text START to 678-678

Website: <https://www.thetrevorproject.org/>

My Life, My Quit

Confidential resource on vaping nicotine and other tobacco products for teens.

Phone or Text: (855) 891-9989

TRANSPORTATION

Southwest Iowa Transit Agency

Safe, affordable, reliable transportation for transit needs.

Phone: 1 (800) 842-8065 or (712)243-2518

Website: <https://www.swipco.org/transit-swita/>

Non-Emergency Medical Transportation

Amerigroup (844) 544-1389

Iowa Total Care (833) 404-1061

Iowa Medicaid (866) 572-7662

VETERANS

Montgomery County Veterans Affairs

Phone: (712) 623-3180

Email: va@montgomerycountyia.gov

Address: 105 E. Coolbaugh St, Red Oak, IA 51566

Call Center for homeless Veterans: (877) 424-3838

Women Veterans Call Center: (855) 829-6636

Veterans' Healthcare: (877) 222-8387

Veterans' Crisis Line: (800) 273-8255

Press 1

Readjustment Counseling: (877) 927-8387

Omaha VA Medical Center: (402) 346-8800

POISON, FOOD, & HOME SAFETY

Food Poisoning Reports

Investigations into causes and sources of foodborne illness.

Phone: (844) 469-2742

Poison Control Center

Guidance for poison questions and emergencies

Phone: (800) 222-1222

ISU Extension and Outreach AnswerLine

Information and resources for consumers with home and family questions such as food safety, preparation, cleaning and more.

Phone: (800) 262-3804