

# COUNSELING REFERRALS:

**Iowa Crisis Line:** Your life Iowa 855-581-8111 (*mobile response team*) or text 855-895-8398

**Iowa Crisis Chat:** [www.lowacrisischat.org](http://www.lowacrisischat.org) or 1-855-325-4296

The below list consists of a few providers we are aware of to address any emotional issues you may have. *Please note that Greater Regional Health has no association with these providers, nor do we specifically recommend one of these providers over another.* Insurance may pay for these services. It may be helpful to contact your insurance to see if your plan covers their services or ask if they have a list of specific providers that are covered. It may also be helpful to ask your doctor for a recommendation if you are still unsure.

## Southwest Iowa Resources

**Aspire Behavioral Health:** Kyle Dasher (Corning) 641-322-5424

**Perspective Counseling:** (Creston) 641-782-6832

**AJ Counseling:** (Corning) 712-520-0237

**New Beginnings:** Jill Jackson (Creston) 641-278-1095

**Peter Brantner LLC:** LMHC (Lenox) 563-666-6875

**Crystal Sharpe Counseling:** (Red Oak) 402-396-7409.

Crystal is a trained EMDR therapist and specializes in trauma. She sees patients ages 6+.

## Central Iowa Resources

**UnityPoint Counseling and Psychiatry Services:** Donna @Lakeview OBGYN - T/Th at OB visit  
515-241-2300 | Lakeview: 6000 University Ave, Suite 200, West Des Moines, Iowa 50266  
<https://www.unitypoint.org/desmoines/services-iowa-health-counseling-psychiatry-clinic.aspx>  
EMDR Therapy, Sex abuse, PTSD, all therapy specialties

**Unity Point Health:** Jill Nessel PA-C; Post-Partum Depression, 515-241-0982 Ames

**Eyerly Ball Community Mental Health Services:** Phone: 515-243-5181; Fax: 515-243-2760  
1301 Center Street, Des Moines, Iowa 50309

Services Offered: Outpatient Therapy, Psychiatric Services, Medication Assistance, Senior Outreach Counseling, and Integrated Health Home

**St. Dymphna Center for Counseling and Family Therapy PLLC:** Dr. Kevin Allemagne  
515-446-9765 | Email: [drallemagne@tds.net](mailto:drallemagne@tds.net) | 6165 NW 86<sup>th</sup> Street, Johnston, Iowa 50131  
Specializes in trauma, EMDR, marriage and family

**Cora Schuhmacher PsyD:** 515-777-3388; 1045 76<sup>th</sup> Street Suite 3030, West Des Moines, Iowa  
[www.doccora.com](http://www.doccora.com)

**Central Iowa Psych Services:** WDM/Ankeny/Ames; 515-348-8257

**Compass Clinical Associates:** Francis Gorde MS, LMHC – Marital issues, Depression  
515-412-5112; 2500 82nd Pl. Urbandale, Iowa 50322  
Marriage, PTSD, (has TMS)

**Sampson Family Therapy Services, LLC:** "Gabby" 515-901-2974  
309 Court Avenue Suite 241 – 5th Floor Des Moines, Iowa 50309

**Family Legacy Counseling:** Michelle Coon, Jenise Rychnovsky - Marriage Counseling  
515-727-1338; 5415 NW 88th Street #100 Johnston, Iowa 50131

**Innervisions Healthcare:** (Christian Counseling) Call 515-440-2273, Text 515-783-1286  
1355 50th Street Suite 400, West Des Moines, Iowa 50266; Email a nurse RNStaff@ivhcare.org  
<http://innervisionshealthcare.org/confidential-counseling/>

**Des Moines Pastoral Counseling Center:** 24 providers--Kathe Irvine, LMSW, Susan Arland, M.A.,  
LMHC (EMDR), Julie McClatchey, M.S.W.  
All ages: Marital, PTSD, trauma/sex - (variable insurances and no insurance)  
515-274-4006 | Email: [info@dmpcc.org](mailto:info@dmpcc.org) | [www.dmpcc.org](http://www.dmpcc.org)  
8553 Urbandale Avenue, Urbandale, Iowa 50322  
(COOL=children overcoming obstacles of life)

**515 Therapy & Consulting:** 515- 401-1010; Marriage and Family Counseling  
6600 Westown Pkwy # 240, West Des Moines, Iowa 50266  
<http://www.wdmtherapyandconsulting.com/> see website several providers locations and specialties

**MM Therapy Services:** Mollie C Mertens; 515-298-5595; Wellmark only?  
2327 70<sup>th</sup> Street, Urbandale, Iowa 50322  
Specializes in grief after miscarriage, infertility and PPD (now called perinatal mood disorder)

**Foss Therapy Services:** Kelcee Foss, LMHC; 515-517-2135  
2327 70<sup>th</sup> Street, Urbandale, Iowa 50322

**Jeffrey Kramer, LMHC:** 515-689-3071  
Specializes in Borderline personality DO and High-risk patients

**Healing ARTS Mental Health:** 515-216-4425  
8435 University Blvd Suite 8, Clive, Iowa 50325  
Molly Kinser Douglas, Art Therapist, MA, ATR, LMHC, NCC

**Lifeworks Counseling:** 515-255-8399  
Marriage counseling & PPD Postpartum depression, EMDR and PTSD, Not sexual abuse  
600 42<sup>nd</sup> Street, Des Moines 50312 or 1609 N Ankeny Blvd Ste 210

**Shelley Clymer, PhD LMFT:** 515-401-1101 (Sex Therapist: Couple and family therapy)  
6600 Westown Parkway Suite 240, West Des Moines, Iowa 50266  
[www.drshelleyclymer.com](http://www.drshelleyclymer.com)

**Integrative Psychology:** 515-421-8250; Kevin Kilcawley, PsyD, Licensed Psychologist  
(addictions, trauma related disorders, and mood disorders)  
13375 University Ave Ste 200A, Clive, Iowa 50325  
[kilcawley@integrativepsychologyservices.com](mailto:kilcawley@integrativepsychologyservices.com)

**Team Restoration Ministries:** 515-238-9010; various churches all over - see website  
Michele Johnson, MA, CADM Mental Health Counselor: [mjohnson@team-restoration.org](mailto:mjohnson@team-restoration.org)