

General Help Resources

Drake University Campus Security

Ross Hall, 1214 31st Street | 515-271-2222 |
Emergency: 911

Drake University Counseling Center

2970 University Avenue | 515-271-5100
(Located inside Broadlawns Community Clinic at Drake.)

Des Moines Police

- Emergency: 911
- Non-Emergency: 515-283-4811

Des Moines Resources

- Local support & resource helpline, 211
- [Unity Point - Behavioral & Mental Health](#)
- [Mercy Hospital - Behavioral Health Care](#)
- [Unity Point - Iowa Lutheran Hospital](#)

General Help Resources

The JED Foundation |
<https://jedfoundation.org/its-an-emergency-2/>

Drake University Student Health Center

2970 University Avenue | 515-271-5100
(Located inside Broadlawns Community Clinic at Drake.)

Help by Category

Anxiety

- [American Psychological Association](#)
- [Anxiety and Depression Association of America](#)
- [National Institute of Mental Health](#)

Depression

- [Anxiety & Depression Association of America](#)
- [American Psychological Association](#)
- [National Institute of Mental Health](#)

Eating Disorders

- [National Association of Anorexia Nervosa & Associated Disorders](#)
- [National Eating Disorders Association](#)

Interpersonal & Sexual Misconduct

- [Title IX](#), 515-271-4956
- [Drake University Violence Intervention Partner \(VIP\)](#), 515-512-2972 (call or text)
- [Polk County Crisis and Advocacy](#): 515-286-3600

Self-Injury

- [Mental Health America](#)
- [Self-injury Outreach & Support](#)

Substance Abuse

- [Alcoholics Anonymous](#)
- [Narcotics Anonymous](#)
- [National Institute on Drug Abuse](#)
- [Substance Abuse & Mental Health Services Administration](#)

Suicide

- 988 Suicide & Crisis Lifeline, Available 24/7 | Call or Text 988
- Crisis Observation Center, 515-282-5742

Confidential Resources

- [Counseling Center](#)
- Drake University Spiritual Counselor, 515-274-3133
- Crisis Observation Center, 515-282-5742
- Domestic Violence Services (CFI), 515-243-6147
- Iowa Sexual Abuse Hotline, 800-284-7821
- Iowa Domestic Violence Hotline, 800-770-1650