HELP FOR PEOPLE IN CRISIS

You don't have to manage a crisis on your own. At Foundation 2, we provide trained, compassionate counselors to help you make it through the difficult time you're facing.

People reach out to the crisis center for a number of reasons, whether it's discussing thoughts of suicide, depression or anxiety, or finding help to mediate family conflicts. There is no "wrong" reason to call, and help is available 24 hours a day, 365 days a year.

If you're facing a crisis, connect with the Foundation 2 Crisis Center at (319) 362-2174 locally, or toll-free at 1 (800) 332-4224.

HOW CAN I HELP?

Volunteer needs are listed on our website at Foundation2.org.

If you wish to make a pledge, donations are accepted online. Visit our website for more information.

"The Crisis Center is a place where I feel understood and supported. The counselors on the Crisis Line have made a world of difference in my life."

- Crisis Line Client

Foundation 2

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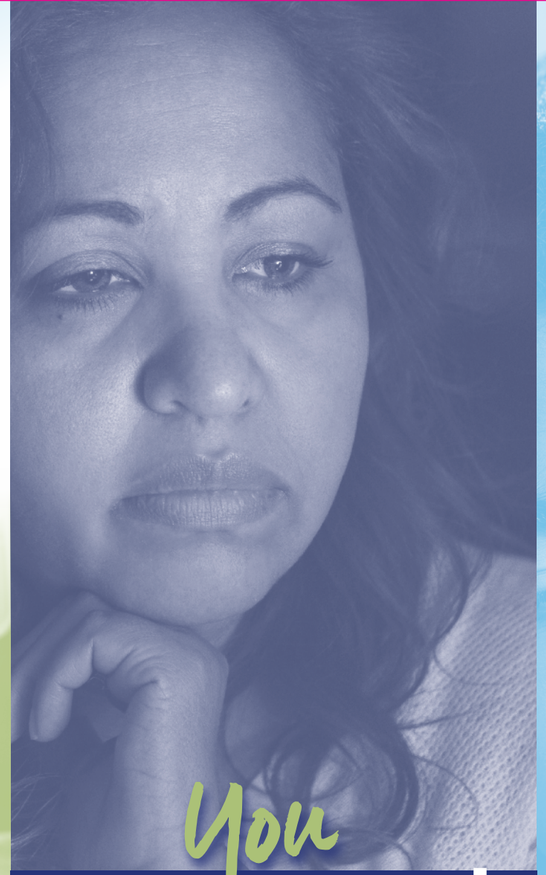
ADMINISTRATIVE OFFICE:
1714 Johnson Avenue N.W.
Cedar Rapids, IA 52405

www.foundation2.org



You are not alone.

Foundation 2

WHAT IS A CRISIS?

A crisis occurs when stress or pressure becomes too great to cope with alone. Sometimes it's triggered by a major loss like the death of a loved one, a divorce, or a serious illness. Other times it's a series of smaller problems that overwhelm you, or a negative feeling you can't shake.

"Crisis"

means something different to everyone, and it can affect families or individuals at any age, at any time.

ABOUT FOUNDATION 2

The mission of Foundation 2 is to be a trusted, compassionate resource for people in crisis offering counseling, safety and support during difficult times.

FOUNDATION 2 BELIEVES:

- People have the potential for positive change.
- People have a right to services to help them cope with crisis.
- The definition of crisis may vary with each individual.
- People of all ages, backgrounds, and orientations have the right to be treated with compassion, respect and dignity.
- People are entitled to a safe environment.
- Conflict is best resolved through peaceful, non-violent means.
- Services should be provided in the least restrictive environment that meets the need.
- Most suicides are preventable.
- Ultimate responsibility for decisions rests with each individual.

Learn more about us by visiting:
www.foundation2.org

Foundation 2

OTHER SERVICES FOR PEOPLE IN CRISIS:

24-Hour Crisis Line
(319) 362-2174

Crisis specialists are available 24 hours a day, every day of the year.

Mobile Crisis Outreach
(319) 247-0030

A team of trained counselors can travel to your home, work, school or any location within a 60-minute drive from our Crisis Center location.

Therapy Services
(319) 362-2174

Licensed professionals provide ongoing therapy with insurance or on a sliding fee scale.

Depression and Anxiety Support Group
(319) 362-2174

Ongoing support for adults learning to manage a depressive or anxiety disorder.

Suicide Survivors Group
(319) 362-2174

Support for adults who have lost a friend or relative to suicide.

Youth and Family Counseling Services
(319) 366-8797

Experienced staff offers counseling to youth and their families. Appointments can be scheduled within 24-48 hours. Sliding fee scale is available.

Youth Shelter
(319) 366-8797

Provides a brief, safe and structured stay in a nurturing environment for young people (ages 11-17) who are experiencing a personal or family crisis.

Independent Living Programs
(319) 368-3376

* *Note: Independent Living Services require referral by Department of Human Services or Juvenile Court Services.*

* *Iowa Aftercare Services Network* serves youth who have reached the maximum age to receive formal child welfare services.

* *Youth Transition Decision Making* prepares youth who will be aging out of DHS or JCS services to make plans for future life decisions.

* *Achieving Maximum Potential (AMP)* is an advocacy group for anyone who has been in an out of home placement, including those who have aged out of foster care (ages 13-18).

* *Accountability Program:* Services for youth with educational and community service components.