

**Mission:** To be a trusted, compassionate resource for people in crisis by offering counseling, safety, and support during difficult times.

Foundation 2 works to support people in a mental health crisis and to prevent and respond to suicide in communities across Iowa. Our core services include: crisis phone counseling, chat and text support, Mobile Crisis Outreach, family counseling, support groups, emergency shelter for youth, and independent living support. Many of our services fill a gap for those who can't get in for an appointment or need access to mental health supports outside of typical working hours.

*Iowa consistently ranks in the bottom 5 states across all mental health programs and services - nearly two-thirds of Iowans are disapproving of our current situation. Suicide is the 9<sup>th</sup> leading cause of death overall in Iowa.*

*Crisis services provide a vital lifeline for all Iowans.*

## Our Core Services

- **Crisis Phone Line** - provides trained, compassionate telephone counselors 24 hours a day, 365 days a year. Reach a crisis counselor by calling (319) 362-2174 in the Cedar Rapids area or 1-800-332-4224 anywhere else in Iowa.
- **Crisis Chat and Text** - online crisis support is available Monday-Friday, 9 AM to 3 PM by visiting [www.foundation2.org](http://www.foundation2.org) or by texting 800-332-4224.
- **Your Life Iowa** – a specific information and support line created by the Iowa Department of Public Health to support Iowans with substance abuse, problem gambling, and suicide ideation through phone, chat/text, and website support for all Iowans 24 hours a day, 7 days a week.
- **Mental Health and Disability Services Crisis Support** - Foundation 2 answers the Iowa Help Line for multiple MHDS regions across Iowa, Mobile Crisis Outreach Services are also provided in the East Central Region.
- **Mobile Crisis Outreach (MCO)** – providing immediate onsite and in-person crisis support and follow-up in the East Central Region since 2003.
- **Emergency Youth Shelter** – shelter, skill-building, counseling, and case management services are provided to kids between the ages of 11 and 17 who are court-ordered to the facility. Beds and services are also available for youth through law enforcement contact and youth who are runaway or homeless. Family counseling is also available through the Youth Shelter.
- **Independent Living Support**- provides supportive services for youth (ages 17-21) located in the Cedar Rapids area. Services include Iowa aftercare services, Achieving Maximum Potential (AMP), and Youth Transition Decision Making.

## Our Impact

- **31,019** crisis phone calls in fiscal year 2018 – an **18%** increase over the previous year.
- **6,996** contacts with those with thoughts of suicide or concerned about someone who was suicidal.
- **2,318** contacts through crisis chat and text in fiscal year 2018- a **173%** increase over the previous year.
- **1,943** MCO dispatches in 2018- a **60%** increase over the previous year.