

CICS Region Announces Enhanced Methods to Connect with Counselors

Need emotional support? CICS Offers New Ways to Connect with Us

The Central Iowa Community Services mental health region understands that speaking on the phone does not meet the needs of everyone experiencing crisis. To better meet our residents' needs, we have expanded our array of crisis response services for those facing immediate crisis. These services are available at no cost to residents in our region.

- *Online chat counseling*- This online emotional support connects a person in crisis with a trained and compassionate crisis counselor. Visit www.Foundation2CrisisChat.org 9 AM- 3 PM Monday through Friday to connect with a counselor through our website.
- *Text support*-You are now able to use your phone to text us. Foundation 2 Crisis Text is available by texting to **800-332-4224** and following the prompts. Text is currently available Monday-Friday, 9 AM to 3 PM, with plans to eventually expand the hours we are able to respond to your text.

In addition to these services, our crisis line continues to be available to those in crisis 24 hours a day, 7 days a week. You can connect with a crisis counselor by calling **1-844-258-8858**

CICS Region partners with Foundation 2, an organization out of Cedar Rapids, Iowa who is certified by the American Association of Suicidology and has been providing crisis services for over 45 years. Jody Eaton, CICS CEO, explains, "We launched the Central Iowa Crisis Line in November, 2015 for the purpose of reaching individuals when they need it most. The additional options will better meet the needs of our residents."

Who should use Foundation 2 Crisis Chat or Text? Anyone who is depressed or going through a hard time, including people who are thinking about suicide. Any life issues may be discussed on the Chat or Text program. Chat and Text specialists are here to listen and support those in crisis through whatever difficult times they may be facing.

Emily Blomme, Foundation 2's Executive Director, stated, "Foundation 2 is excited to partner with the CICS region to offer these new methods of support to those experiencing crisis in the community. Not everyone is comfortable talking on the phone during a crisis. This new technology provides us with a new method to reach those who are hurting. Foundation 2 cares about our clients and is dedicated to offering services that can best meet their needs in a variety of ways. "

Foundation 2 is a not-for-profit human service agency that offers crisis counseling and supportive services to people of all ages. The agency provides comprehensive services which include a state-wide crisis hotline, online chat and text, mobile crisis outreach, support groups, a youth shelter, counseling and therapy services, a food pantry and independent living support for young adults.

To learn more about Foundation 2 services, please visit our website at www.foundation2.org

To learn more about CICS, please visit our website at www.cicsmhds.org

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