

## PROFESSIONAL RESOURCE DIRECTORY

### PERSONALIZED COUNSELING FOR MENTAL WELLNESS



OUR MAIN FOCUS IS PROVIDING QUALITY CARE AND ASSISTANCE TO INDIVIDUALS WHO EXPERIENCE ECONOMIC, SOCIAL, EMOTIONAL, AND PSYCHOLOGICAL PROBLEMS TO ACHIEVE THEIR HIGHEST LEVEL OF FUNCTIONING AND QUALITY OF LIFE.



[WEBSITE](#)



(319) 250-1267

### WOMEN'S WELLNESS AND COUNSELING SERVICE



THE UNIVERSITY OF IOWA HOSPITAL & CLINICS WOMEN'S WELLNESS AND COUNSELING SERVICE PROVIDES COMPREHENSIVE CARE FOR WOMEN WHO ARE EXPERIENCING MENTAL HEALTH CONCERNS RELATED TO PREGNANCY, CHILDBIRTH, OR REPRODUCTIVE HEALTH.



[WEBSITE](#)



(319) 384-5499

### YOU ARE INTENTIONALLY DESIGNED AND WONDERFULLY MADE.



DR. HANNAH ANDERSON SPECIALIZES IN WOMEN'S HEALTH AND PEDIATRICS. SHE HAS EXTENSIVE TRAINING TO CARE FOR WOMEN GOING THROUGH PUBERTY, TRYING TO CONCEIVE, PREGNANCY, AND POSTPARTUM.



[WEBSITE](#)



(319) 550-6210

### DR. MARY HAGERTY PT, DPT



PELVIC HEALTH PHYSICAL THERAPIST COMMITTED TO HELPING WOMEN FEEL STRONG, CAPABLE AND CONFIDENT FOR ALL OF LIFE'S ADVENTURES, WITHOUT UNCOMFORTABLE PELVIC SYMPTOMS OR PAIN GETTING IN THE WAY.



[WEBSITE](#)



[MARYHAGERTYDPT@GMAIL.COM](mailto:MARYHAGERTYDPT@GMAIL.COM)

## PROFESSIONAL RESOURCE DIRECTORY

### FOUNDATION 2 CRISIS SERVICES



WE OFFER 24/7/365 MENTAL HEALTH SUPPORT. WHEN YOU NEED SOMEONE TO TALK TO, OUR TRAINED COUNSELORS CAN PROVIDE A COMPASSIONATE LISTENING EAR, HELP YOU NAVIGATE YOUR SITUATION, AND CONNECT YOU WITH ON-GOING CARE.



[WEBSITE](#)



[\(319\) 362-2174](tel:(319)362-2174)

### CELEBRATE. UNITE. BUILD.



THROUGH ANNUAL EVENTS AND SUPPORT GROUPS, NFTS CELEBRATES ANGELS, UNITES FAMILIES OF LOSS, AND RAISES FUNDS TO BUILD LABOR AND DELIVERY SUITES DESIGNED SPECIFICALLY FOR FAMILIES WHO WILL NOT BE TAKING THEIR BABIES HOME.



[WEBSITE](#)



[\(612\) 735-8757](tel:(612)735-8757)

### TAILOR-MADE EMOTIONAL SUPPORT



NCIRCLE FERTILITY IS A BUILT-IN SUPPORT SYSTEM TO LEAN-ON, AND A RESOURCE TO HELP YOU NAVIGATE THIS DIFFICULT AND COMPLEX PROCESS. WHETHER YOU NEED HELP FINDING THE RIGHT DOCTOR OR YOU NEED A SHOULDER TO CRY ON.



[WEBSITE](#)



[HELLO@INCIRCLEFERTILITY.COM](mailto:HELLO@INCIRCLEFERTILITY.COM)

### YOUR FERTILITY COACH. HEALTHIER. HAPPIER. IVF.



MINDFUL IVF LEVERAGES THE SCIENCE OF MEDITATION TO IMPROVE YOUR FERTILITY MENTAL FITNESS, BRINGING YOUR MIND AND BODY INTO BALANCE AND HELPS YOU TO ACHIEVE A HEALTHY HAPPY IVF. IT BASICALLY MAKES YOU FEEL GOOD.



[WEBSITE](#)



[\(319\) 250-1267](tel:(319)250-1267)

## PROFESSIONAL RESOURCE DIRECTORY

### FINDING UNIQUENESS, AMPLIFYING VALUE, PLANTING ROOTS

**pregnantish**

PREGNANTISH IS DEDICATED TO HELPING PEOPLE DEALING WITH INFERTILITY AND FERTILITY TREATMENTS NAVIGATE THE EMOTIONAL, PERSONAL, AND PRACTICAL REALITIES OF AN OFTEN OVERWHELMING PROCESS.



### REAL TALK. REAL FRIENDS. REAL HEALING.



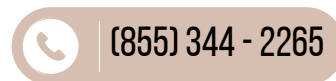
THIS IS NOT YOUR AVERAGE SUPPORT GROUP. WE'RE DITCHING THE FOLDING CHAIRS, CRAPPY COFFEE AND NAME TAGS. WE SIP WINE, WE JOURNAL, WE MEDITATE. WE SHARE STORIES AND WE LEARN. THIS IS INFERTILITY UNFILTERED.



### LOVE MAKES A FAMILY



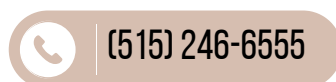
DONOR EGG BANK USA STRIVES TO BE A BEACON OF HOPE FOR ANYONE WHO HAS EXPERIENCED HEART BREAK IN THE FAMILY BUILDING PROCESS. THANKFULLY, WITH THE ADVANCEMENTS IN ASSISTED REPRODUCTIVE TECHNOLOGIES, THERE ARE NOW MORE OPTIONS AVAILABLE TO HELP MEN AND WOMEN BUILD THEIR FAMILY.



### 211 WHEN YOU DON'T KNOW WHERE TO TURN FOR HELP



NEED HELP, BUT DON'T KNOW EXACTLY WHAT KIND OF ASSISTANCE IS AVAILABLE? 211 CAN ASSIST BY HELPING CLARIFY YOUR PERSONAL SITUATION AND THEN UTILIZE AN EXTENSIVE UP-TO-DATE DATABASE TO DETERMINE THE BEST RESOURCE(S) FOR YOU.





## EMERGENCY AND SELF-CARE RESOURCES

MENTAL HEALTH OR MEDICAL EMERGENCY: IF, AT ANY TIME, GROUP PARTICIPANTS FEEL AS IF THEY MAY HARM THEMSELVES OR OTHERS, THEY UNDERSTAND THE NEED TO CONTACT THEIR THERAPIST OR PSYCHIATRIST, CALL 911, OR GO TO THE NEAREST HOSPITAL EMERGENCY ROOM.



## YOUR LIFE IOWA

WHEN YOU DON'T KNOW WHO TO TURN TO ABOUT A PROBLEM WITH ALCOHOL, DRUGS, GAMBLING, SUICIDAL THOUGHTS OR MENTAL HEALTH, YOUR LIFE IOWA IS HERE FOR YOU 24/7. WE PROVIDE FREE, CONFIDENTIAL SUPPORT AND CONNECT YOU TO RESOURCES MEANT TO HELP YOU GET YOUR LIFE BACK ON TRACK.

CALL 855-581-8111 OR TEXT 855-895-8398

LIVE CHAT - [HTTPS://YOURLIFEIOWA.ORG](https://yourelifeiowa.org)



## NATIONAL SUICIDE PREVENTION LIFELINE

THE LIFELINE PROVIDES 24/7, FREE AND CONFIDENTIAL SUPPORT FOR PEOPLE IN DISTRESS, PREVENTION AND CRISIS RESOURCES FOR YOU OR YOUR LOVED ONES, AND BEST PRACTICES FOR PROFESSIONALS.

VISIT [HTTPS://SUICIDEPREVENTIONLIFELINE.ORG](https://suicidepreventionlifeline.org) OR CALL 1-800-273-TALK (1-800-273-8255)

## GENERAL CRISIS TEXT LINE

TEXT "SUPPORT" TO 741-741 (24/7, FREE)

CRISIS TEXT LINE PROVIDES FREE, 24/7 SUPPORT VIA TEXT MESSAGE. WE SPEND OUR DAYS (AND NIGHTS!) HELPING TEXTERS AND HOW WE CAN REACH PEOPLE IN THEIR MOMENTS OF CRISIS

HOW DOES IT WORK? WHEN SOMEONE IS IN CRISIS, THEY CAN TEXT HOME TO 741741 TO CONNECT WITH A CRISIS COUNSELOR WHO WILL HELP THEM MOVE FROM A HOT MOMENT TO COOL AND CALM.

