



showing up for you...
so you can show
up for them →




"For me, depression is not sadness. It's not having a bad day and needing a hug. It gave me a complete and utter sense of isolation and loneliness. It's debilitation was all-consuming, and it shut down my mental circuit board. I felt worthless, like I had nothing to offer, like I was a failure. Now, after seeking help, I can see that those thoughts, of course, couldn't have been more wrong... There's nothing weak about struggling with mental illness."
Kristen Bell, Actress

NW Iowa Office Locations



Questions?

 1-800-242-5101

 seasonscenter.org

24/7 Crisis & Talk Line
1-844-345-4569



***do it for all of you.
reach out.***



showing up here

"I remember sitting in my room for four or five days not wanting to be alive, not talking to anybody. That was a struggle for me ... I reached that point where I finally realized I couldn't do it alone."

Michael Phelps, Olympic Athlete

it's ok to not be ok

"I found that with depression, one of the most important things you could realize is that you're not alone. You're not the first to go through it; you're not going to be the last to go through it."

The Rock, Actor

seasons  services

- Advocacy
- Care Coordination
- Community Based Services
- Counseling & Therapy Services
- Emergency & Crisis Services
- Formal Evaluations & Diagnosis
- Health & Wellness Coaching
- Intensive Psychiatric Rehabilitation
- Mental Health Screenings
- Nursing Support
- Peer Support
- Psychiatric Services & Medication Management

- Foster/Adoptive/Kinship Support
- Respite Care
- School-Based Services
- Skill Building Services
- Substance Use Disorder Services
- Trauma Therapy Services
- Veterans Services

Service availability varies by client, county of residence, diagnosis, and need.



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