



Foundation 2

CRISIS CENTER

24-Hour Telephone Counseling,
365 Days A Year

How we help

Sometimes it helps to talk through your problems with someone willing to listen. Experienced compassionate telephone counselors are available at all hours, every day of the year to support you in your time of crisis at **(319) 362-2174**. Pick up the phone and reach out today - we're here to listen.

CONTACT A CRISIS COUNSELOR

Call **(319) 362-2174** locally, or toll-free at **1 (800) 332-4224**. Online chat is available through our website at **www.foundation2crisischat.org**.

WHAT CAN I EXPECT WHEN CALLING THE CRISIS CENTER?

Calls to the Crisis Center are confidential. We know that reaching out isn't always easy — it's OK to feel nervous or even uncomfortable at first.

Our counselors answer each call with an open mind, and with respect to you and your situation. We're here to listen, give you information, and explore safe options to help you in your time of crisis.

We give you control of the conversation, but we understand that sometimes it's hard to put your feelings into words. If you're unsure how to start the conversation, we can begin by asking you a few questions about your situation. If you don't know what to say, that's OK. There is no cost for calling.

Common Reasons for Calls Include:

- Suicide
- Grief/Loss
- Family conflicts
- Relationship strain
- Concern about another person
- Depression and anxiety

The Foundation 2 Crisis Center is certified by the American Association of Suicidology.



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1540 2nd Ave SE
Cedar Rapids, IA 52403



www.foundation2.org