



Support for you and your teen.

More for the whole family, all at no added cost.

Programs



Be Well. Eat Well.

Get fresh produce, cook with kid-friendly recipes, locate community resources and more.



Start Smart for Your Baby®

Get customized support when you need it. Our program was created to support you from pregnancy to delivery, and after your baby is born.



Caregiving Collaborations

Have access to online tools and talk with our care team through this program for extra support while you support others.

Resources



Teen Tips Newsletter

Our Teen Tips Newsletter provides resources and literacy to teens in Iowa.



Foster Care Resources and Liaison

Our Foster Care team can provide tools, resources, and support to ensure each child gets the care they need.

Services



Language Services

Connect with interpreters over the phone or face-to-face. You can also have materials translated to your language of choice for you or your child.



Care Coordination Services

Get support for children diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), Psychosis and Schizophrenia.



Mental Health Support at School

Our partnerships with programs, such as Hazel Health, allow for school-based mental health services in school districts across Iowa.



Suicide Prevention Program

If you have a teen in crisis, let us help. Our staff can connect you to the tools you need to feel better.



[iowatotalcare.findhelp.com](https://www.iowatotalcare.com/findhelp)

Search for places by ZIP code that can help with food, housing, transportation, jobs, and more!



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Language assistance services, auxiliary aids and services, larger font, oral translation, and other alternative formats are available to you at no cost. To obtain this, please call 1-833-404-1061 (TTY: 711). | Usted tiene a su disposición, sin costo alguno, servicios de asistencia de idiomas, ayudas y servicios auxiliares, material impreso en letra más grande, traducción oral y otros formatos alternativos. Para obtener esto, llame al 1-833-404-1061 (TTY: 711). | 我们免费为您提供语言协助服务、辅助设施和服务、更大字体、口头翻译和其他替代格式。如需获得此服务，请致电 1-833-404-1061 (TTY: 711)。