

Find LGBTQ hotlines and community support in Iowa

For urgent issues, LGBTQ support staff are available to talk via phone to provide guidance and help at one of the hotlines listed below. You can also find local and national LGBTQ support groups to provide comfort and community.

One Iowa proudly provides a list of resources for LGBTQ Iowans and allies. Inclusion on our website does not warrant or imply any endorsement, recommendation, or outcome. You must fully vet each resource.

Know of a resource we should list? Email info@oneiowa.org to submit it for consideration.

Hotlines

Trans Lifeline

877-565-8860

Iowa Victim Service Call Center

The Iowa Victim Service Call Center is a resource to victims and survivors of crime in Iowa. With staff available 24 hours a day and 365 days a year, callers are given the full attention they deserve. They work with the Iowa Coalition Against Domestic Violence and the Iowa Coalition Against Sexual Assault to train our staff. Advocates are also instructed by many of the culturally-specific groups and are aware of the unique challenges and barriers to services that people in LGBTQ community may face.

1-800-770-1650 or text 'iowahelp' to 20121

LGBT National Youth Talkline

800-246-7743

M-F, 3:00 pm – 11:00 pm

Sat., 11:00 pm – 4:00 pm

LGBT National Talkline

888-843-4564

M-F, 3:00 pm – 11:00 pm

Sat., 11:00 pm – 4:00 pm

The Trevor Project

Anti-bullying Hotline

866-488-7386

24/7

Iowa Coalition Against Sexual Assault

Iowa Sexual Abuse Hotline at 1-800-284-7821, 24/7

Support groups

UCS Transgender Support Group

Open to all transgender, queer, non-binary, gender non-confirming individuals. Whether you're just beginning your journey or somewhere beyond, join us! Allies in direct support of transgender members are welcome.

Meetings held weekly at UCS Healthcare are available in a hybrid format – both in person and on Zoom – for people who reside in Iowa. Guest speakers/special topics once per month. For questions and accommodations, email support@ucsdsm.org or call 515-280-3860.

Ames Pride

Creating community for LGBTQIA+ people through collaboration, advocacy, and programming.

hello@amespride.org

[Join Ames Pride](#)

[Facebook](#) | [Instagram](#) | [Twitter](#)

First Friday Breakfast Club

Iowa breakfast club for gay, bisexual and transgender men. Meets the first Friday of each month at 7:00 a.m. and also monthly meetings at Hoyt Sherman Place.

1501 Woodland Ave, Des Moines, IA 50314

Jonathan Wilson, FFBC President

515-288-2500 info@ffbcIowa.org

Prime Timers Central Iowa

A social membership club offering older gay, bisexual and transgender men friendship, activities, support and personal growth.

Steven Therrien

PrimeTimersIowa@gmail.com

515-422-7870

Pride Sports League of Central Iowa

Des Moines Pride Center

Supports and celebrates gender and sexual minorities as well as allies.

Address: 1620 Pleasant St, Suite 244

515-608-8856

Des Moines Gay Men's Chorus

Through great music, welcoming concerts and outreach the DMGMC brings amazing musicianship to central Iowa. Audition for the group or show support and see a show!

Contact via the website or by mail:

P O Box 12269

Des Moines, IA 50312

Women's Cultural Collective (WCC)

WCC is an Iowa women's organization founded over 40 years ago which seeks to promote community building and to provide a safe and inclusive atmosphere for lesbians. We invite all women to attend our activities and events.

The Quire of Eastern Iowa

The Quire is a not-for-profit chorus for gay, lesbian, bisexual and transgender persons promoting a positive image of these communities through excellence in choral music.

Capitol City Pride

Best known for the annual Pride Fest weekend celebration, Capital City Pride has expanded its programs and events throughout the year to embrace every aspect of the LGBTQ community.

PO Box 73

Des Moines, IA 50301

marketing@capitolcitypride.org

Iowa City Pride

Coordinates an annual Pride festival and related events throughout the year.

PO Box 2910

Iowa City, IA 52244

info@iowacitypride.org

OC Pride

An Orange City-based advocacy organization for the LGBTQ community.

Siouxland Pride Alliance

Connects and protects LGBTQ people in Siouxland. Hosts a weekly support group and monthly potluck. Provides a free lending library, resource referral and educational opportunities for the larger community.

c/o First Unitarian Church

2508 Jackson Street

Sioux City, IA 51104

712-223-0931

contact@siouxlandpridealliance.org

Sioux City Pride

An affiliate of Siouxland Pride Alliance that hosts June Pride celebrations.

712-223-0931

Transcend North Iowa

Dedicated to supporting transgender, non-binary, and all gender-nonconforming individuals.

1948 Gil Ave

Charles City, IA 50616

Open 24 hours

319-359-7774

Queer Your Faith, Iowa

Unitarian Universalist (UU) congregations across Iowa provide LGBTQA services on the second Sunday of every month. The service is streamed live on their [Facebook page](#).

Clock Inc – Quad Cities

Clock, Inc's purpose is to provide a non-judgmental, safe, and reliable community center for LGBT+ individuals to reduce any feelings of discrimination or isolation.

LGBTQIA+ Support Group

SS Therapy and Consulting, Ltd

Every Thursday at 1 pm

4725 Merle Hay Rd, Ste 205

Des Moines, IA 50322

515-528-8135

meaney@sstherapyandconsulting.com

PFLAG

PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies.

[PFLAG Cedar Rapids](#)

[PFLAG Des Moines](#)

Siouxland Pride Alliance

(712) 223-0931

Transformations Iowa

Transformations Iowa is a transgender support group that meets weekly every Wednesday at 7:00 pm and every second Saturday of the month at 1:00 pm. Wednesdays: Community Room of the Mickle Center, 1620 Pleasant St, Des Moines, IA. Saturdays: Urbandale United Church of Christ, 3530 70th St, Urbandale, IA

For more information, please contact [Sophia Stone](#) or call 515-745-6766

Your Life Iowa

The Iowa Department of Public Health has created YourLifelowa.org so you can get help for alcohol, drug and gambling problems, suicidal thoughts, and more from experts dedicated to the health of Iowans
855-581-8111

Des Moines Non-Binary Support Group

Iowa Queer Communities of Color Coalition

The Iowa Queer Communities of Color's mission is to use an intersectional lens to address the inequity of services, lack of support and space, socioeconomic disparities, and institutional racism experienced by our communities through education, advocacy, intentional inclusivity and organizing.

Trans and Non-Binary Ames

For anyone who identifies under the trans* umbrella, Transgender, Non-binary, questioning, or anything other than cisgender in the Ames area.

TransVerse

TransVerse is a support group for trans people and their allies. We work to extend feelings of isolation and confusion to the connections that can grow through the community.

Iowa City Transgender Support Services

ICTSS is a peer-run not-for-profit program that is focused on providing the Iowa City transgender community with social support, access to resources, and education to individuals.

Financial Empowerment Center

Financial Empowerment Center (FEC) clients receive no-cost one-on-one professional counseling assistance with money management. Our professionally trained counselors support our clients in navigating complex financial challenges and choices, helping them identify and meet present challenges and future ambitions. If you, or someone you care about, is trying to work out of financial troubles or has specific dreams such as homeownership; and would benefit from our no-cost services, don't hesitate to contact 515-697-7700, or visit www.empowermoney.org.

PRISM Tabletop Club

The Slow Down Coffee Co.
3613 6th Avenue, Des Moines, IA 50313

Prism Tabletop Club is a monthly LGBTQIA+ board gaming meetup group celebrating the diversity of the gaming community.

The goal of Prism is to create a safe and welcoming space for LGBTQIA-identifying individuals of all ages in order to build a lasting, supportive community connecting over a shared love of games on a regular, monthly basis. We encourage you to gather, play games, slay dragons, piece together puzzles, hang out and meet new friends! Get in touch at info@therookroom.com or visit www.therookroom.com/events.

BIPOC RESOURCES

The Supply Hive https://www.thesupplyhivedsm.org/about_us

Monsoon <https://monsooniowa.org/>

Al Exito <https://www.alexitoiowa.org/about>

Genesis Youth
Foundation <https://www.genesisyouthfoundation.org/about>

Oakridge Community <https://oakridgeneighborhood.org/>

Des Moines Mutual
Aid: <https://www.facebook.com/DesMoinesMutualAid/>

Good Vibes Movement: <http://goodvibesyoga.com/>

Corinthian Baptist Church: <https://www.corinthianbc.org/>

Des Moines Black Lives Matter
Movement: <https://www.facebook.com/desmoinesblm/>

Back 2 School Iowa: <https://www.facebook.com/Back2schooliowa/>

Community Alternatives to Cops and 911

Mental Health Crisis:

UnityPoint Mobile Crisis Response Team

(sends mental health counselors rather than police if there is no imminent threat): 844-258-8858

*Note that this service can only be dispatched by phone in Franklin, Hamilton, Hardin, Boone, Story, Marshall, Jasper, Poweshiek, Warren, Madison, or Greene counties. If you live in Des Moines or elsewhere in Polk County, Mobile Crisis Response Teams can only be dispatched by police officers. If you can, get anyone suffering a serious mental health crisis to Broadlawns Hospital at 1801 Hickman Ave. or Lutheran Hospital at 700 E University Ave

Suicide Support

IMAlive

(suicide instant message chatline that will NOT call the police): <https://www.imalive.org/>

Trans Support Lifeline

FOR TRANS PERSONS ONLY:

(suicide help hotline for and by TRANS PEOPLE ONLY that will NOT call the police): 877-565-8860

Safe Injection/Overdose Prevention

Iowa Harm Reduction Coalition

(Naxalone, Clean Needles and Injection Supplies, general inquiries about drug harm reduction): 515-957-1252 or 515-207-5202

and <https://www.iowaharmreductioncoalition.org/>

Dealing with Police and ICE

Iowa ICE Activity Hotline

(report Immigration and Customs Enforcement activity to this hotline and get connected to local resources for dealing with ICE): 515-996-0003

Iowa CCI's Communities of Color Project (project of a local activist nonprofit org which collects stories of police misconduct): 515-255-0800

Domestic Violence Hotlines

Children and Families of Iowa

Domestic Violence Crisis Intervention Services (will only call police if caller asks them to) Crisis Line: 515-243-6147

Iowa Victim Resource Call Center

24 hour hotline (will only call police if caller asks them to): 1-800-770-1650

LUNA abuse and crisis intervention services Hotline: 866-256-7668

Prison and Family Support

Iowa CURE

(support for those the incarcerated and their loved ones on the outside):

Carla at 641-301-1329

Trinity Las Americas Prison Van Ministry:

Provides free van rides to visit loved ones in Anamosa, Mt. Pleasant, and Fort Madison Iowa prisons once a month: Lindsey Mabe, Prison Van Ministry Coordinator, 515- 288-4056

Central IA DSA Prison Abolition Working Group

(education, support and organizing with the incarcerated and their loved ones on the outside): 515-421-8060 or prisonabolitiondsm@gmail.com