

- ▶ CLINIC DATES EVERY OTHER SATURDAY
- ▶ APPOINTMENTS AT 9 AND 10AM

507 E. College Street | Iowa City, IA 52240  
freementalhealthclinic@gmail.com

# Free Mental Health Clinic

ADDRESSING THE PSYCHIATRIC NEEDS OF THE COMMUNITY

*A student-run partnership between the University of Iowa Roy J. and Lucille A. Carver College of Medicine, the Community Mental Health Center for Mid-Eastern Iowa, and the Department of Psychiatry at the University of Iowa Hospitals and Clinics.*

## who we are and what we do

The Free Mental Health Clinic is a student-run organization that helps bridge the gaps in existing mental health care. We aim to provide earlier and easier access to care to prevent the escalation of treatable symptoms into emergent problems.

We focus on:

- ▶ local individuals with mental health needs and limited resources who otherwise may wait months for existing services.
- ▶ individuals with identified mental health needs who have moved to the local community too recently to be effectively worked into existing services.

Our clinic is held every other Saturday in the downtown Community Mental Health Center in Iowa City. Volunteer students are actively involved in patient care, and the clinic is overseen by a volunteer staff psychiatrist from the University.

We provide diagnostic and follow-up care for our patients, which includes medication management for common psychiatric disorders, referral assistance for long-term mental health care, and other necessary related services.

## what our patients are saying

- ▶ Thank you so much for your time. The staff at the clinic was very friendly and helpful.
- ▶ I'm very thankful for the clinic getting me the help I needed over the last year!
- ▶ It felt good to talk about some of my past experiences and how I've come to find myself in this situation. Thank you for listening to me!

## contact us



- ▶ Please note that the **Free Mental Health Clinic (FMHC)** is a separate entity from the **Community Mental Health Center (CMHC)**

### To schedule an appointment:

- ▶ Email the clinic at [freementalhealthclinic@gmail.com](mailto:freementalhealthclinic@gmail.com).
- ▶ The clinic coordinator will confirm the appointment date via return email.

### If you do not have email access:

- ▶ Please visit the Community Mental Health Clinic (507 E. College Street in Iowa City) to register yourself for CMHC services. They will contact us to reserve an appointment for you.

### To contact the clinic regarding medication issues:

- ▶ Email the clinic at [freementalhealthclinic@gmail.com](mailto:freementalhealthclinic@gmail.com). Please provide your contact information. We will have the prescribing physician contact you promptly.
- ▶ If you do not have email access, call 1-319-338-7884 or 1-800-697-3165 and leave a message with CMHC, specifying that you are a patient of the **Free Mental Health Clinic**. We will be contacted and will address your concern promptly.

### If you have an emergency:

- ▶ Call 911 or go to your nearest hospital.