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RESOURCES

- **Grinnell College**

- **SHIC:** shic@grinnell.edu
- **SHAW:** (641)-269-3230 or shaw@grinnell.edu
 - Director of Health Services Kasey Herbers: herberska@grinnell.edu
- **Title XI:** (641)-269-4999 or titleix@grinnell.edu
 - Title XI Coordinator Bailey Asberry: thompsob@grinnell.edu
- **Grinnell Advocates:** On-call, 24 hours (641)-260-1615 (call/text/online chat)

- **Planned Parenthood**

- Iowa City IA
- Des Moines IA
- Ames IA
- Cedar Rapids IA
- Minneapolis MN
- Omaha NE

- **Telehealth Counseling**

- **Foundational and Relational Wellness:** (319)-596-5910 or cfrwiowa@gmail.com
- **Ellie Mental Health (IA):** (515)-393-6702 or [request form here](#)
- (contact me for my experience with both of these orgs!)

Please reach out to me if you have any questions about the information above, or if I can help in another way.