

Founded in 1977 by Dr. Stanley Reiss as a billable mental health service, forty-three years later, Heartland Counseling Services has transformed into one of the most comprehensive, non-profit behavioral health services in the Siouxland area. “We want to end the stigma of mental health”, said Jennifer eart, Development Director of Heartland Counseling. Providing services from mental health diagnosis and substance abuse intervention to therapy, family support, in-school children’s counseling, daily life assistance, and permeant housing placement, Heartland staff walk beside their clients every step of the way.

Among the extensive menu of services that Heartland offers are outpatient mental health counseling, intensive substance abuse therapy, school based therapy, recovery support, Life Center day rehab, permanent supportive housing, and community support. Heartland serves the community in all three Siouxland states and does not turn anyone away, regardless of their ability to pay, “Just as substance use and abuse does not discriminate, neither do we”, said Hart.

In addition to the services mentioned, Heartland also provides adoption counseling, DUI/MIP classes, tele-psychiatry, telehealth (especially now with Covid-19), urine analysis, crisis and community support flex funds, a crisis food pantry and are a host site for Siouxland Blessing Bags, providing toiletry items for any individuals in need (visit Blessing Bags on Facebook for more information).

Heartland not only provides counseling to all Siouxland students as needed, but also have full time counselors staffed in the South Sioux City and O’Neill, and Wakefield, Nebraska school systems. They also work with Boys & Girls Club as well as Girl’s, Inc. thanks to a grant from Women United of United Way of Siouxland.

Attached is more information on Heartland Counseling Services and all the tremendous work they do in the Siouxland Community. “Just like we keep our physical health in check, we need to do the same with our mental health”, says Hart. Heartland Counseling Services definitely live up to their motto: “Changing lives. Healing hearts. One day at a time!”

WAYS YOU CAN HELP

Click on the Pella/Building Hope grant post on our home page and vote for Heartland to receive a \$50,000.00 grant to help support their work in Siouxland. Vote daily through August 24th from every device to help bring this grant money to the Siouxland Community.

Donate any of the items listed on our website’s agency page.

Donate items needed to Siouxland Blessing Bags

Be looking for opportunities to help Heartland provide Thanksgiving meals and Christmas presents and programming for its at-risk and challenged clientele.