

# WE CAN HELP YOU TACKLE ANYTHING.

That's why the Iowa Department of Public Health created the Your Life Iowa helpline, text line and website. So you can get help for alcohol, drugs, gambling, mental health, suicidal thoughts and more, from experts dedicated to the health of all Iowans.

Your Life Iowa is here to help you confidently self-assess your situation, get reliable information, find resources and treatment options, and chat live with caring individuals. And since we've partnered with health care professionals all across Iowa, it's easy to find help near you.

WE'RE YOUR EVERYDAY LIFE SUPPORT.

# HELP

is available 24/7.

## GET THE HELP YOU WANT.

Your Life Iowa's trained professionals are dedicated to the well-being of all Iowans - you and your loved ones included.

### CALL OR TEXT US ANYTIME OR CHAT WITH US LIVE ONLINE:

**CALL** 855.581.8111

**TEXT** 855.895.8398\*

**YourLifeIowa.org**

WE'RE HERE TO HELP. 24/7.



Your Life Iowa

\*Msg & data rates may apply.



Whatever problem you're facing,

# HELP

is available.



Your Life Iowa

**YourLifeIowa.org**

855.581.8111 **CALL**

855.895.8398\* **TEXT**

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# NO JUDGEMENT. JUST HELPING.

Your Life Iowa provides support for your life, no matter what you're facing.

## ALCOHOL AND DRUGS

If you or someone close to you has a problem with alcohol or drugs, it can be hard to know what to do. You might even feel helpless. That's why Your Life Iowa helps connect you to expertly trained health care professionals across our state. So you don't have to face a problem with alcohol or drugs alone.

## GAMBLING

Anyone can develop a gambling problem. Rich or poor. Young or old. Male or female. They can be of any race, religion and education level. But even though the lives of problem gamblers can vary, there's one thing that's the same: problem gambling can be assessed and treated. You can find treatment options and more with Your Life Iowa.

## MENTAL HEALTH

Mental health plays an important role in your overall well-being. Your Life Iowa is here when you or someone you know needs support. Our statewide crisis line provides confidential help to individuals of all ages including children, parents and adults.

## SUICIDAL THOUGHTS

When someone you know says he or she is thinking about suicide, taking action to get help is always the best choice. And Your Life Iowa can be the very help you want. We can connect you to professionals who are trained in suicide prevention – and are just a phone call away.

Chat with someone  
who will listen.

Get reliable information.

And find help near you at  
[YourLifeIowa.org](http://YourLifeIowa.org).

