

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, drug and gambling problems, 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, ANYTIME YOU WANT IT.

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*

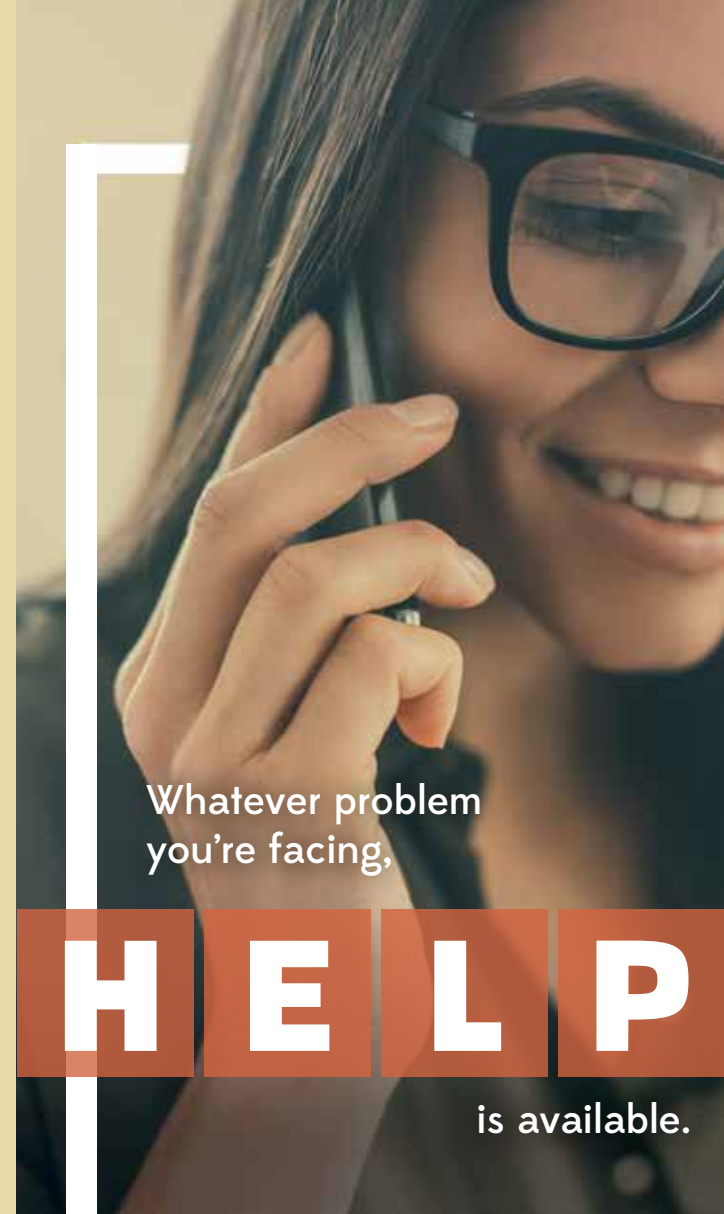
YourLifeIowa.org

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

NO PROBLEM IS TOO BIG.

Your Life Iowa provides support for your life, anytime you want it. No matter what you're facing.

ALCOHOL AND DRUG PROBLEMS

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 PROBLEMS

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.

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.

