

It's **all** **right**

to feel sad.

to be angry.

to feel depressed.

to be anxious.

to feel lonely.

to get help for your mental health.



IOWA
DEPARTMENT
OF PUBLIC
HEALTH

YourLifeIowa.org 855.581.8111 **CALL** 855.895.8398 **TEXT**

When you're ready to get help, Your Life Iowa is here for you, 24/7. Together, we can make everything **all right.**