



IOWA
DEPARTMENT
OF PUBLIC
HEALTH

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.

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

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