

It's **all**
right

to be sad.

to be angry.

to feel depressed.

to be anxious.

to feel lonely.

(Copy for post): If you're struggling with your mental health, it's all right to get help. Start at YourLifelowa.org.

You **don't**
have to struggle
with your

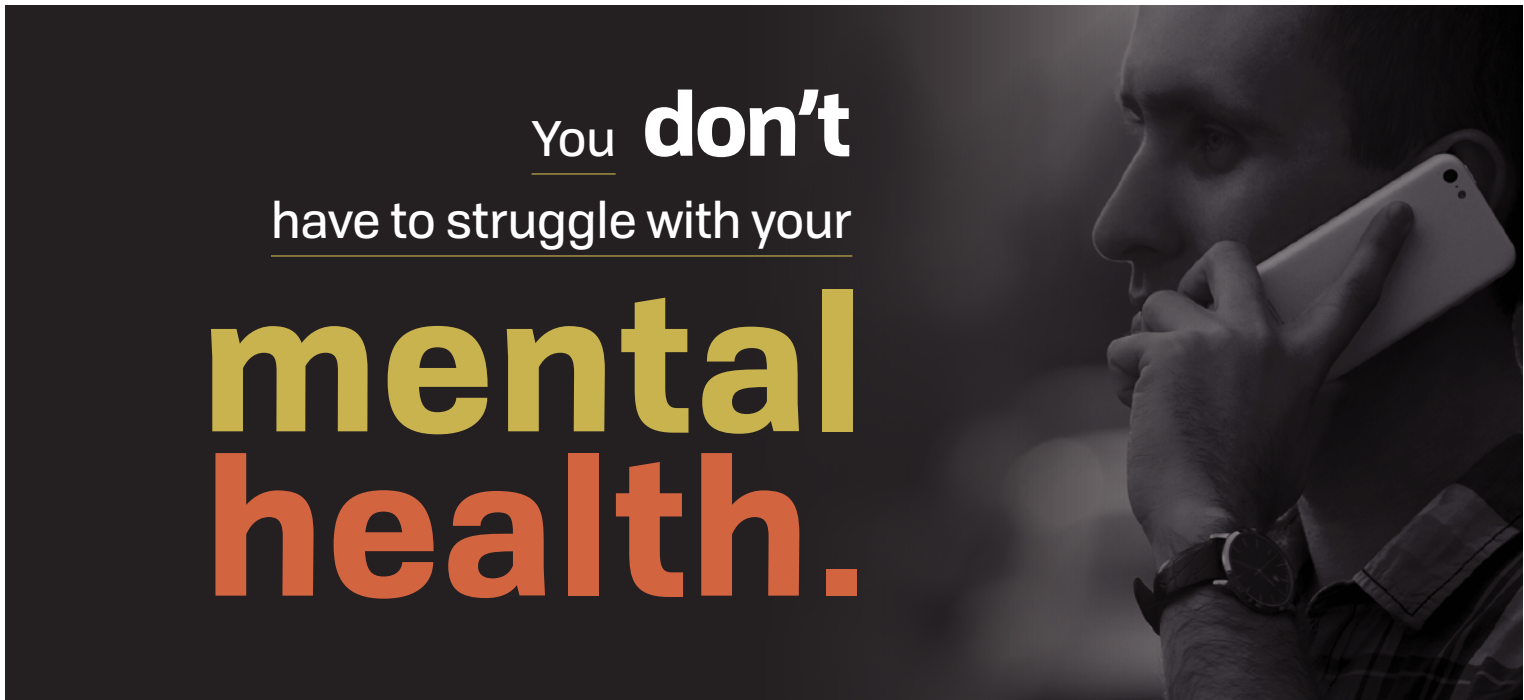
mental
health.

(Copy for post): Feeling anxious, sad or depressed? You're never alone with Your Life Iowa. Find help at YourLifelowa.org.

It's **all**
right

to get help for your
mental health.

(Copy for post): Don't struggle – get support. Find free, confidential help at YourLifelowa.org.



(Copy for post): Feeling anxious, sad or depressed? You're never alone with Your Life Iowa. Find help at YourLifeIowa.org.



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