



IOWA
DEPARTMENT
OF PUBLIC
HEALTH

YourLifeIowa.org

855.581.8111 CALL

855.895.8398 TEXT

Let's put children's mental health first.

Acting out and having trouble handling emotions can be a normal part of childhood. It may also be a sign they could use mental health support. That's where Your Life Iowa can help. We're here to help you identify if it's just a phase or something else, and connect your family with support. That way they can live the life they deserve.

A hand holding a black pencil is shown writing on a notepad. The notepad has two columns of text. The left column contains the phrase 'I don't like to act this way.' repeated 15 times. The right column contains the phrase 'I just need help.' repeated 15 times. A large orange bracket is drawn on the right side of the notepad, encompassing the right column of text.

I don't like to act this way. I just need help.
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