



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 lined notepad. The notepad is tilted and has a large orange bracket on the right side. The text on the notepad is written in cursive and repeats the phrases 'I don't like to act this way.' and 'I just need help.' in two columns.

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