



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 lined paper and a large orange bracket on the right side. The text written on the notepad is repeated multiple times in a cursive script.

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