

**SAVE A
LIFE.**

**Just by
asking a
question.**

"Are you thinking about suicide?"

With this single question, you can let someone you care about know you're there for them. No matter what. When you need help talking to a loved one about suicide, contact Your Life Iowa right away.

WE CAN HELP YOU HELP YOUR LOVED ONES.

CALL 855.581.8111

CHAT YourLifeIowa.org



IOWA
DEPARTMENT
OF PUBLIC
HEALTH