



THINK YOU HAVE NO ONE TO TURN TO?



IOWA
DEPARTMENT
OF PUBLIC
HEALTH

You can always turn to us when you're facing a problem with big issues like alcohol and drugs, problem gambling, suicidal thoughts and more. Our compassionate counselors are here to listen, get you help and be a shoulder to lean on. 24/7.

WE'RE YOUR EVERYDAY LIFE SUPPORT.

YourLifeIowa.org **855.581.8111** **CALL** **855.895.8398** **TEXT**



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A photograph of a person from behind, wearing a blue and green plaid shirt and a brown beanie, hugging a brown and white speckled dog. They are standing on a grassy hill with a blurred background of trees and a warm sunset glow.

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