

**When  
you don't  
know  
where  
to turn,  
turn to us.**



IOWA  
DEPARTMENT  
OF PUBLIC  
HEALTH


[YourLifeIowa.org](https://YourLifeIowa.org)

6/2020

A photograph of two young men in a library, laughing and looking at something off-camera. The man in the foreground is wearing a grey hoodie with a 'LEADERSHIP' logo and a brown cap. The background is filled with bookshelves. The image has a warm, orange-toned overlay.

**College is  
exciting.**

**But it can also  
be stressful.**



You've been looking forward to your college years for, well, years. After all, this is your chance to explore who you're meant to be, meet new people and have the time of your life. But with this newfound freedom also comes new challenges and opportunities.

If you find yourself using alcohol, drugs or gambling to escape or cope, or are having mental health concerns or suicidal thoughts during this chapter of your life, Your Life Iowa is here for you. We offer free, 24/7 confidential support, no matter what you may be facing.

**We walk beside you so  
you're never alone.**

 **CALL:**

**(855) 581-8111**

 **TEXT:**

**(855) 895-8398**

 **CHAT:**

**[YourLifeIowa.org](https://YourLifeIowa.org)**





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## **ALCOHOL DOESN'T HAVE TO CONTROL YOUR LIFE.**

Although alcohol and college may seem to go hand in hand, too much alcohol is not normal or healthy. Too much drinking can lead to long-term health concerns and tragedies like injury, assault, arrest or even death.

If you or a friend have experienced memory loss or injury while drinking or have continued drinking despite knowing you'll need to drive, it is probably time to get some help.

You can call, text or chat online with Your Life Iowa. Anytime.

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## **HERE WHEN YOU NEED HELP FOR DRUG USE.**

When you're in college, it's natural to want to try new things. During this time, you might find yourself in a situation where that "new thing" is a drug. However, drug use can lead to serious health consequences and hurt your ability to accomplish things you want, like a career, hobbies and more. Depending on the person and the drug, any amount can cause the development of a substance use disorder.

Your use of drugs is likely a problem if you have experienced memory loss, black outs or injuries while using. While those severe possible side effects, early warning signs can include impacts on school work or friendships/relationships. Physical warning signs can begin from the first use and may include headaches, stomach aches or even withdrawal (shakiness, tremors or feeling sick when not using).

Drug use is a problem best tackled together. We're ready to talk when you are.

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## **YOUR FUTURE IS BRIGHT. DON'T GAMBLE IT AWAY.**

Balancing studies and having fun is one of the challenges while at college. Social gatherings often mix the use of alcohol and drugs with gambling online or at a local casino, placing bets on college sports or playing poker with new acquaintances. For many college students, these gambling activities can be a fun form of entertainment. But for some, their gambling can go from fun to out of control quickly, leading to stress, unmanageable debt and falling grades.

Warning signs of a problem include being secretive or lying about how much you gamble, constantly thinking about gambling, feeling restless or irritable when not gambling or relying on others for money when you've lost too much. It's never too late to get help. Just like it's never too late to contact Your Life Iowa — because we're always here for you.

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## **MAKE YOUR MENTAL HEALTH A PRIORITY.**

With college comes all sorts of new experiences. Course loads to get used to. Friends to meet and make. Social expectations you feel you have to live up to. It's no wonder you're exhausted or overwhelmed at times.

However, maybe you've noticed that you or a friend are experiencing periods of sadness or high and low moods. Or withdrawing from social activities. Or having a dramatic change in sleeping or eating habits. All of this could signal a real concern.

Just like your physical health, it's important to take care of your mental health, too. Your Life Iowa has resources and tips that can help you do just that.

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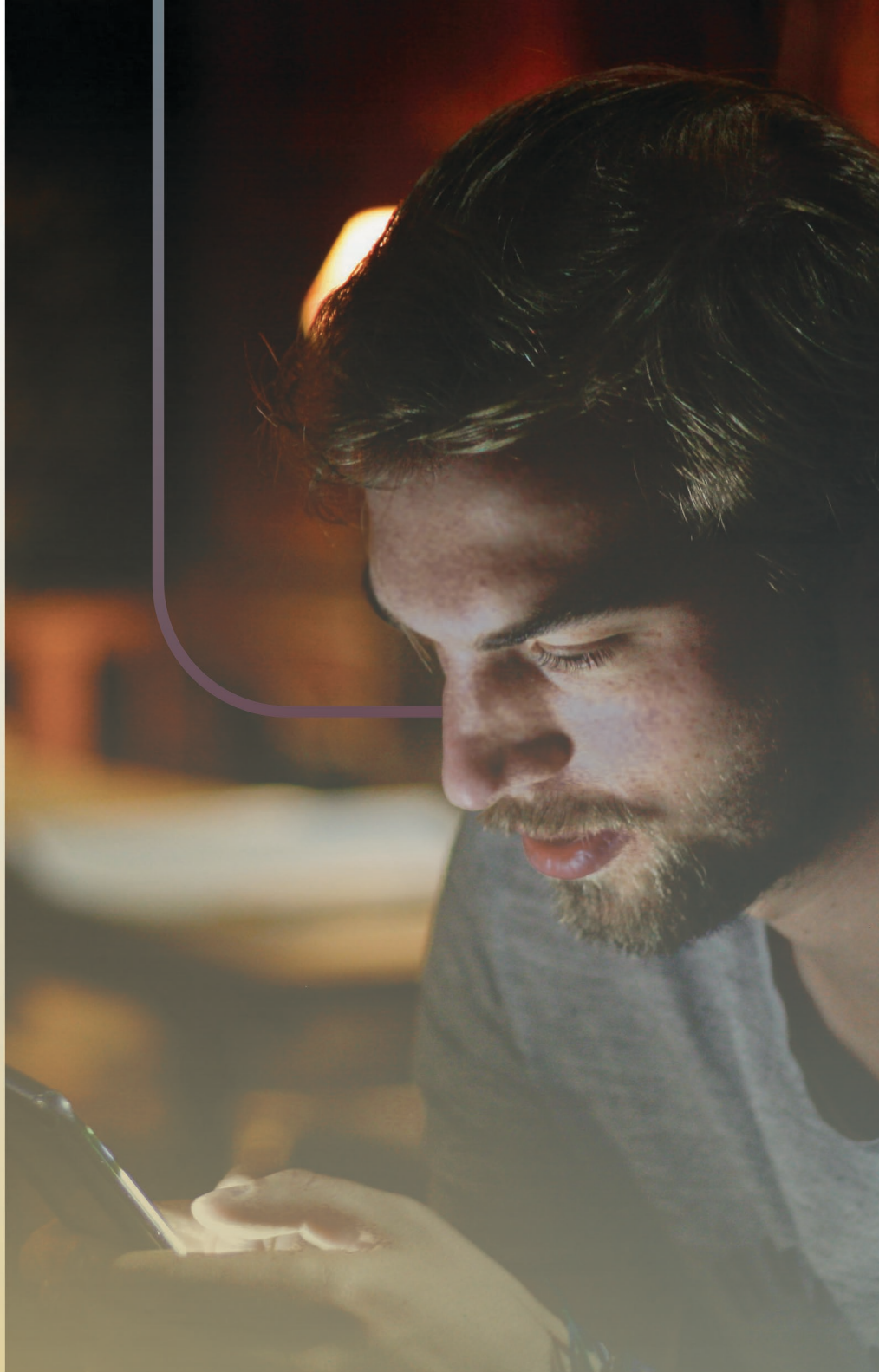
## **GET HELP FOR SUICIDAL THOUGHTS.**

College life presents new challenges and opportunities for students, which may sometimes lead to feeling hopeless or trapped. Looking for ways to hurt yourself. Being withdrawn or isolated. Increasing the use of alcohol or drugs. Sleeping too much or too little. All of these are warning signs that you or someone you care about may need support.

It's estimated that more than half of college students have experienced suicidal thoughts at some time. But it's important to remember that while suicidal thoughts can be scary, reaching out and getting help works.

You're never alone with  
Your Life Iowa.





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## **ALWAYS HERE. ALWAYS READY TO TALK.**

By now, we hope you know you can always reach out to Your Life Iowa for free and confidential help – no matter if you're facing a challenge or find yourself worrying about a friend. Our compassionate professionals can provide information and resources, and connect you to help that's near you.

With support from Your Life Iowa, your college years can be your best years yet.



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