

# YOUR EVERYDAY LIFE SUPPORT

Iowa Department of Public Health/Your Life Iowa

## TV

(Expires 5/23)  
:30

For traditional and digital use



(Expires 4/23)  
:30

For digital use only



## BUS

23 1/4 x 10 1/2 & 19 x 10 1/2



**Now more than ever, turn to Your Life Iowa.**

Get help for a problem with alcohol, drugs, gambling, mental health or suicidal thoughts.

**YOUR LIFE IOWA**  
IOWA DEPARTMENT OF PUBLIC HEALTH

[YourLIFEIowa.org](http://YourLIFEIowa.org)

### HOW TO GET FILES

The easiest way to access these materials is to visit [yourlifeiowa.org/prevention/media-center](http://yourlifeiowa.org/prevention/media-center)



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## BUSINESS CARD

3.5x2"

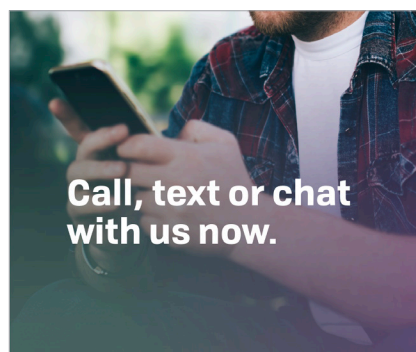
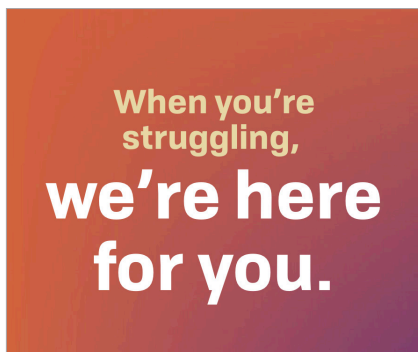
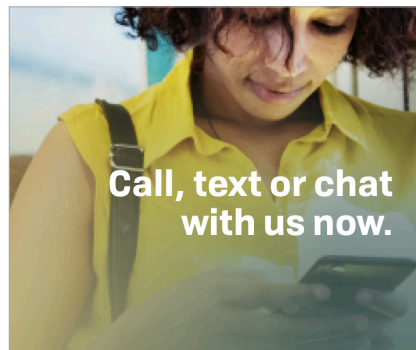


## BANNER ADS

(Animated & Static)

Standard: 300x250px / 300x600px / 160x600px / 728x90px

Mobile: 300x50px / 300x250px / 320x50px / 320x100px



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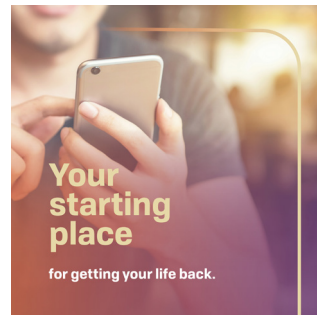
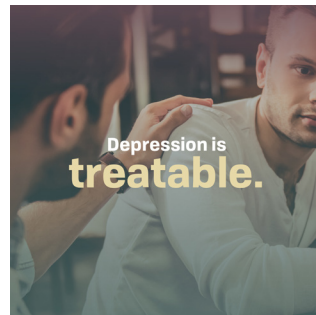
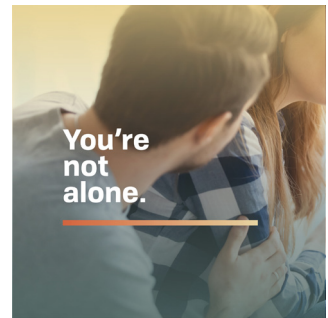
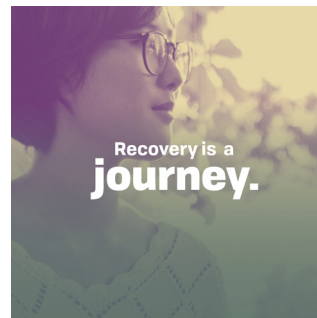
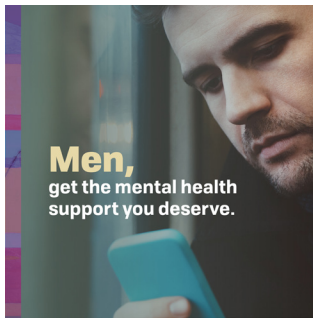
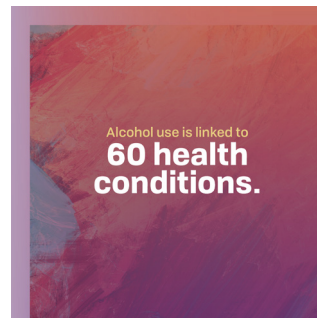
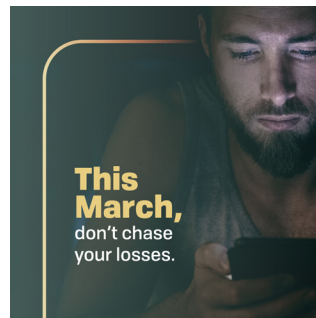
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## SOCIAL

(Static)

Facebook/Instagram 1:1



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## OUTDOOR

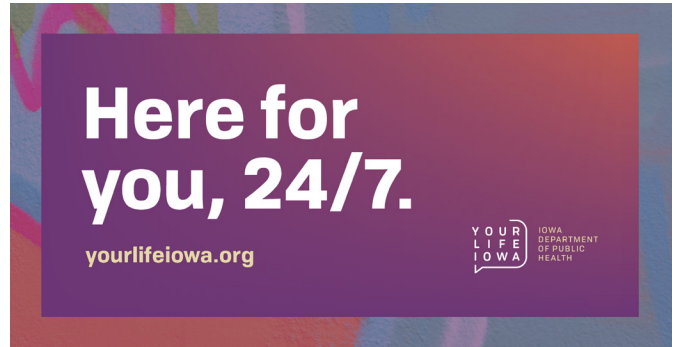
10x20' Bulletin



**Struggling?**  
Call, text or chat with us.

**yourlifeiowa.org**

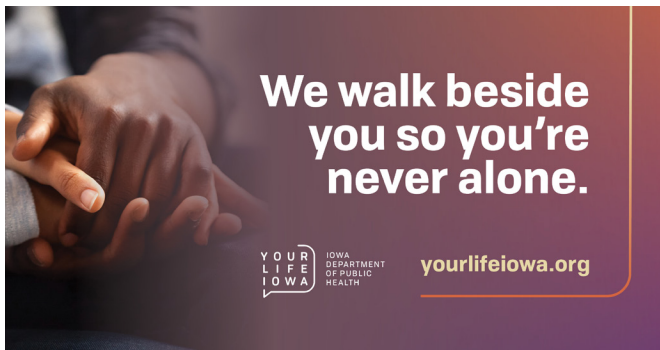
**YOUR LIFE IOWA** IOWA DEPARTMENT OF PUBLIC HEALTH



**Here for you, 24/7.**

**yourlifeiowa.org**

**YOUR LIFE IOWA** IOWA DEPARTMENT OF PUBLIC HEALTH



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

**yourlifeiowa.org**

**YOUR LIFE IOWA** IOWA DEPARTMENT OF PUBLIC HEALTH



**Here for you, 24/7.**

**yourlifeiowa.org**


**YOUR LIFE IOWA** IOWA DEPARTMENT OF PUBLIC HEALTH



**We're here to talk, 24/7.**

**yourlifeiowa.org**

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

**YOURLIFEIOWA.ORG**

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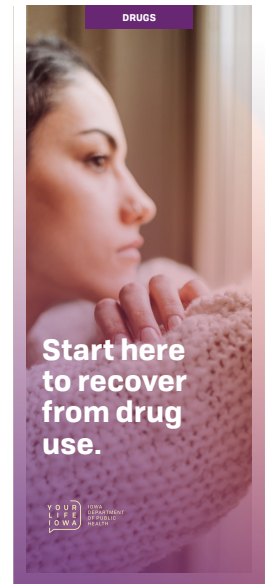
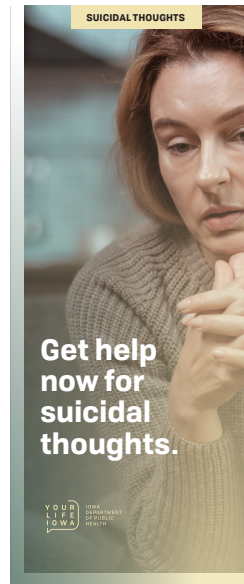
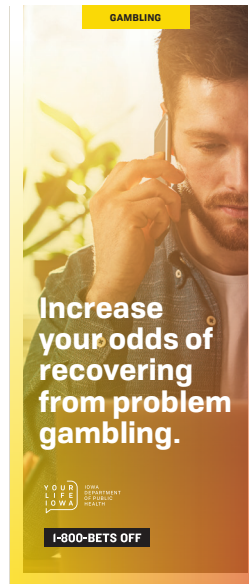
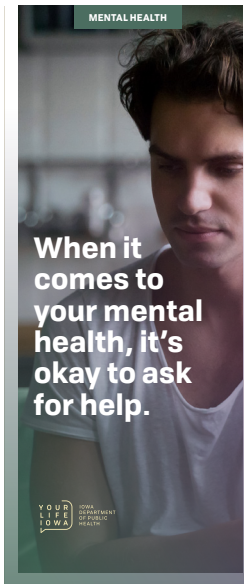
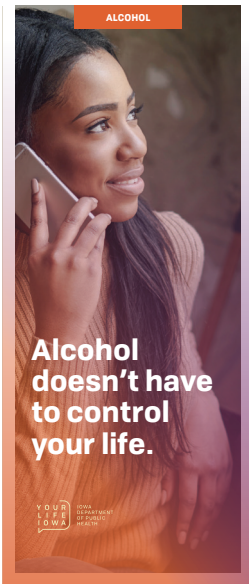


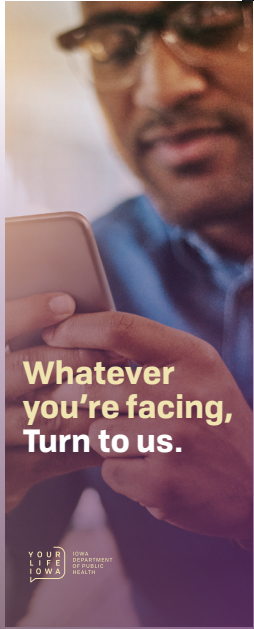
# YOUR EVERYDAY LIFE SUPPORT

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## BROCHURES


(Alcohol, Mental Health, Gambling, Suicidal Thoughts, Drugs, General YLI)  
Standard Trifold





**Whatever you're facing, Turn to us.**

YOUR LIFE IOWA IOWA DEPARTMENT OF PUBLIC HEALTH



**Your Life Iowa provides free support for your life, no matter what you're facing.**

**ALCOHOL AND DRUGS**

If you or someone close to you has a problem with alcohol or drugs, it can be hard to know what to do. You might even feel helpless. That's why we connect you to compassionate professionals who can help you every step of the way. So you don't have to face a problem with alcohol or drugs alone.

**GAMBLING**

Anyone can develop a gambling problem. But even though the lives of problem gamblers can vary, there's one thing that's the same: problem gambling can be assessed and treated. You can talk through your challenges with gambling, find treatment options and more with Your Life Iowa.

**MENTAL HEALTH**

Mental health plays an important role in your overall well-being. Your Life Iowa is here when you or someone you know needs support. We're here to help individuals of all ages including children, parents and adults.

**SUICIDAL THOUGHTS**

When you or someone you know is thinking about suicide, taking action to get help is always the best choice. And Your Life Iowa can be the very help you want. Our trained counselors are here to listen, provide support and connect you to professionals near you for ongoing care.

**Just helping.**

CHAT WITH SOMEONE WHO WILL LISTEN.


GET RELIABLE INFORMATION.

AND FIND HELP NEAR YOU AT [YOURLIFEIOWA.ORG](http://YOURLIFEIOWA.ORG).

CALL (855) 581-8111

TEXT (855) 895-8398

OR VISIT [YourLifeIowa.org](http://YourLifeIowa.org)



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