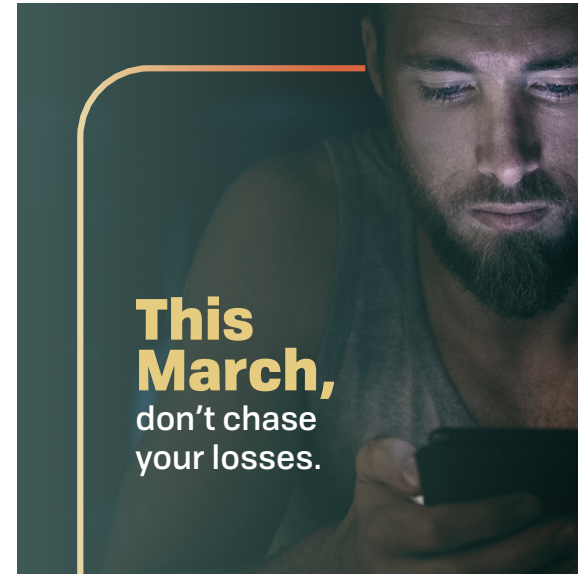




HERE'S TO A DRY JANUARY!

OPTION 1: dry January

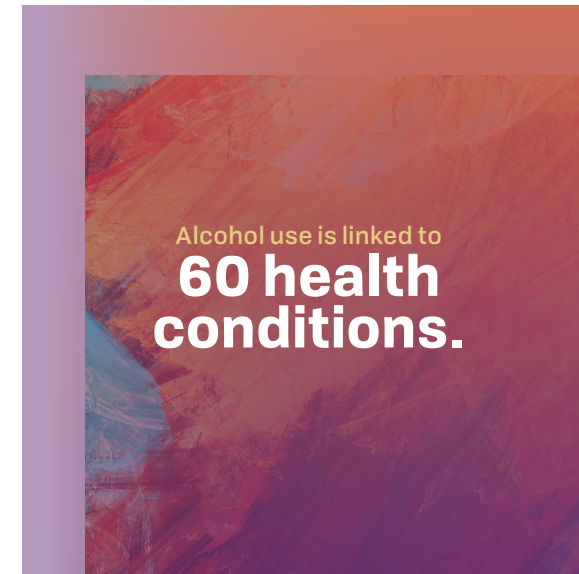
(POST COPY): Let's ring in the New Year by refraining from alcohol this January – especially since alcohol use is linked to 60 different health conditions. Who knows, you may feel so good that you'll say good-bye to drinking altogether.



This March,
don't chase
your losses.

OPTION 2: March – gambling

(POST COPY): Want to be more responsible with your gambling? Your odds are better when you have help. Visit yourlifeiowa.org for free, confidential support, 24/7.



Alcohol use is linked to
60 health conditions.

OPTION 3: April – Alcohol Awareness Month

(POST COPY): Take a second to think about how much you drink. Worried you're drinking too much, too often? Learn the warning signs here: <https://yourlifeiowa.org/alcohol>

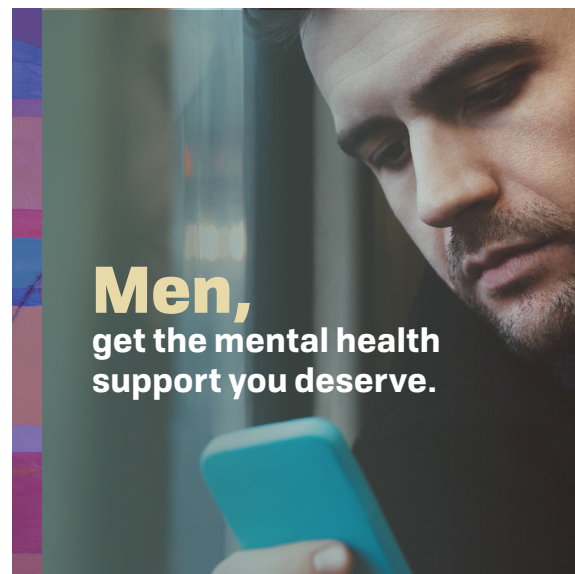


Nurture
your mental health.

OPTION 4: May – Mental Health Awareness Month

(POST COPY): This Mental Health Awareness Month, put your mental health first by going for a walk, practicing deep breathing or reaching out to Your Life Iowa to talk about whatever's on your mind.

Call (855) 581-8111 or text (855) 895-8398.



Men,
get the mental health
support you deserve.

OPTION 5: June – Men's Mental Health Awareness Month

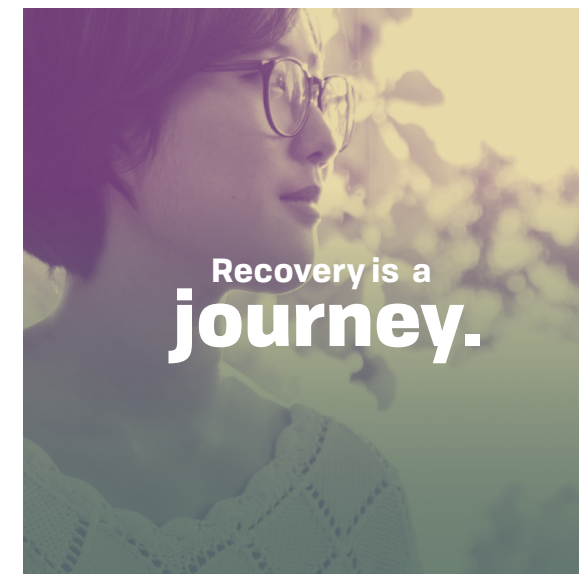
(POST COPY): Men are less likely to seek help for their mental health. Let's change that during Men's Mental Health Awareness Month. Get free, confidential support for mental health and more at yourlifeiowa.org.



END
the overdose
STIGMA

OPTION 6: AUGUST 31 – International Overdose Awareness Day

(POST COPY): Preventing overdoses from happening and remembering those who've lost their lives. That's why International Overdose Awareness Day exists. If you or someone you know is struggling with substance use, call (855) 581-8111 or text (855) 895-8398.

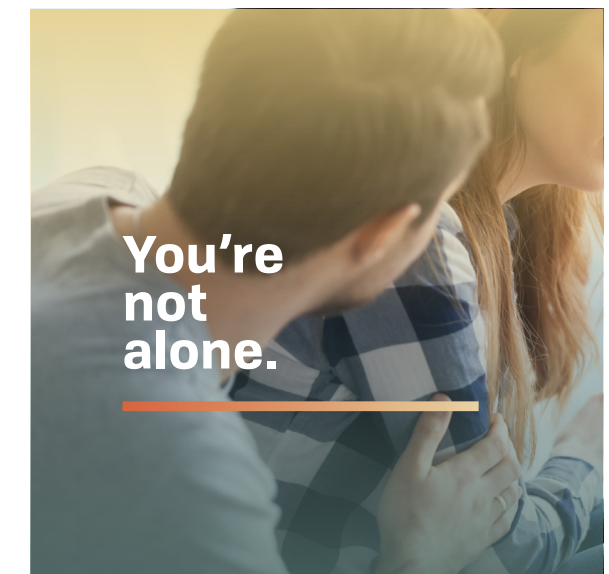


Recovery is a
journey.

OPTION 7: September – National Recovery Month

(POST COPY): This National Recovery Month, we celebrate those who've had the courage to seek help for substance use or mental health concerns. If you're struggling, Your Life Iowa can help you get on the path to recovery.

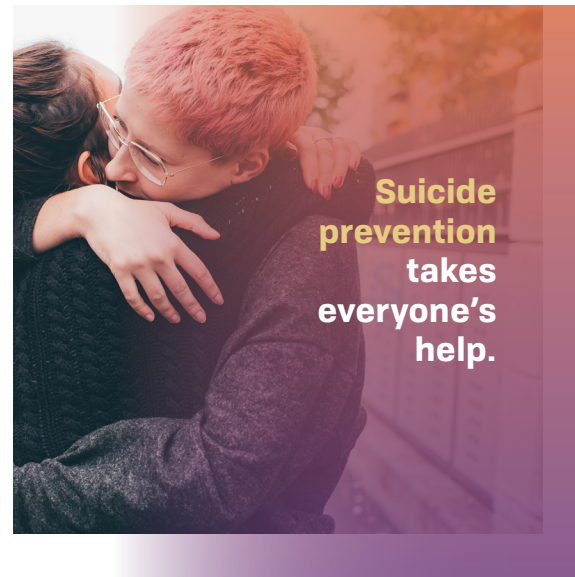
Learn more at yourlifeiowa.org/recovery.



**You're
not
alone.**

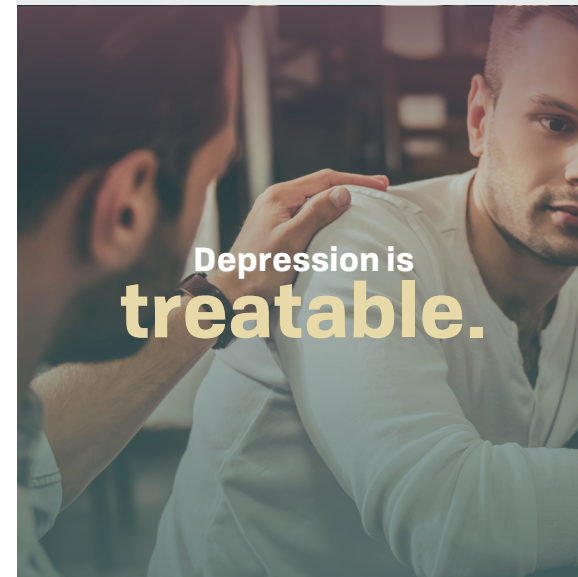
OPTION 8: September 6-12 – National Suicide Prevention Week

(POST COPY): If you or a loved one has been experiencing suicidal thoughts, don't wait – reach out now. Call (855) 581-8111 or text (855) 895-8398 for immediate help.



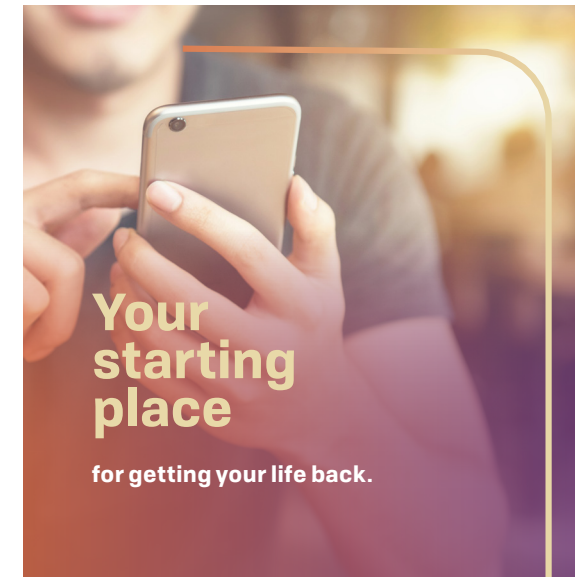
OPTION 9: September 10 – World Suicide Prevention Day

(POST COPY): Today is World Suicide Prevention Day. Take a moment to learn suicide's warning signs and how you can help someone in need: yourlifeiowa.org/suicide



OPTION 10: October – Depression Awareness Month

(POST COPY): October is Depression Awareness Month. Learn about depression's warning signs and how you can get support for your mental health at yourlifeiowa.org/adult-mental-health.



OPTION 11: general

(POST COPY): Alcohol. Drugs. Gambling. Mental health. Suicidal thoughts. Your Life Iowa helps you through some of life's most difficult challenges with free, confidential support.

Get started at yourlifeiowa.org.