

# Are you or a loved one facing a problem related to drug use?

Be it an injury that requires pain medication to one-time drug use that spirals out of control, anyone can develop a substance use disorder. In fact, some individuals may be more likely to have problems with drugs because of their genetics. It doesn't matter how or why a person starts – what matters is that they get help.

**WHEN YOU CONTACT YOUR LIFE IOWA,  
WE WON'T JUDGE WHAT YOU'VE BEEN  
THROUGH. WE'LL DO OUR BEST TO HELP  
YOU OVERCOME YOUR CHALLENGE.  
WHATEVER IT MAY BE.**

## **YOUR LIFE IOWA IS HERE FOR YOU, 24/7.**

When you don't know where to turn for help with problems related to drug use, you can always reach out to Your Life Iowa. Our compassionate professionals offer support and connect you to resources designed to get your life back on track. You can call, text or chat live with us anytime, day or night.



IOWA  
DEPARTMENT  
OF HEALTH  
AND HUMAN  
SERVICES



CALL:

**(855) 581-8111**



TEXT:

**(855) 895-8398**



CHAT:

**YourLifelowa.org**

**DRUGS**



## **Start here to recover from drug use.**



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## DRUGS

### ⚠ LOOK FOR THESE WARNING SIGNS.

There are many different signs that can indicate someone may be experiencing a problem with drug use, but here are a few of the most common.

- Experiencing memory loss or blackouts
- Having accidents or injuries while under the influence of drugs
- Using drugs even though there are physical conditions that can be worsened by drug use
- Continuing to use drugs although it's interfering with work, school or other activities
- Using drugs despite knowing he or she will be driving, boating or doing something else that would be risky while impaired
- Experiencing physical symptoms of shakiness, tremors or slurred speech
- Having changes in financial means

**If you or someone you know exhibits any of the warning signs above, it's time to talk to someone who can help.**

### HOW DOES DRUG USE AFFECT YOUR BRAIN AND BODY?

There are many different types of drugs, including alcohol, club drugs, crack and cocaine, inhalants, marijuana, methamphetamine, opioids, prescription drugs and cold medicine, synthetics and more.

From anxiety and paranoia to weight loss and aggression, all drug use can negatively impact your brain and body, but how depends upon the type and amount of drug used, as well as the frequency of use. When you get the support you deserve, you can help improve your overall well-being.

# Recovery is possible.

All across Iowa, people are recovering from problems related to their drug use. And you can, too. Getting help is one of the best things you can do for your relationships, work or school and all other aspects of your life. You don't have to do it alone.

### ENCOURAGEMENT. ONE TEXT AT A TIME.

We all need encouragement every now and then. When you sign up for Your Life Iowa's texting program, you'll receive messages designed to provide support, no matter what challenge you're facing.

Sign up at [YourLifeIowa.support](https://YourLifeIowa.support).

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