

We can help you tackle anything.

Your Life Iowa is where you can turn to when facing a question, concern or problem with alcohol, drugs, gambling, mental health or suicidal thoughts. We're here to provide you with trusted information, resources and support to get your life back on track.


And we do it with no judgment, just a helping hand that's here 24/7. So, you're never alone. Your Life Iowa is here to help you confidently self-assess your situation, get reliable information, find resources and treatment options, and chat live with caring individuals. And since we've partnered with health care professionals across Iowa, it's easy to find help near you.

HERE FOR YOU ANYTIME, DAY OR NIGHT.

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

When you don't know where to turn for help with alcohol, drugs, gambling, mental health or suicidal thoughts, you can always reach out to Your Life Iowa. Our compassionate professionals offer free and confidential support and connect you to information, resources and treatment options to help you get your life back on track. You can call, text or chat live with us anytime, day or night.



 **CALL:**
(855) 581-8111

 **TEXT:**
(855) 895-8398

 **CHAT:**
YourLifelowa.org



Whatever you're facing, Turn to us.





**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.**

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