

# Are you taking care of your mental health?

Looking after your mental health is just as important as taking care of your physical health. If you're feeling anxious, depressed or just not yourself, it's okay to talk with someone about how you're feeling. After all, the earlier you get help the faster you can lead the life you want.

**NO MATTER WHAT YOU'RE GOING THROUGH, YOU CAN ALWAYS TURN TO YOUR LIFE IOWA FOR SUPPORT.**

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

When you don't know where to turn for help, 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.

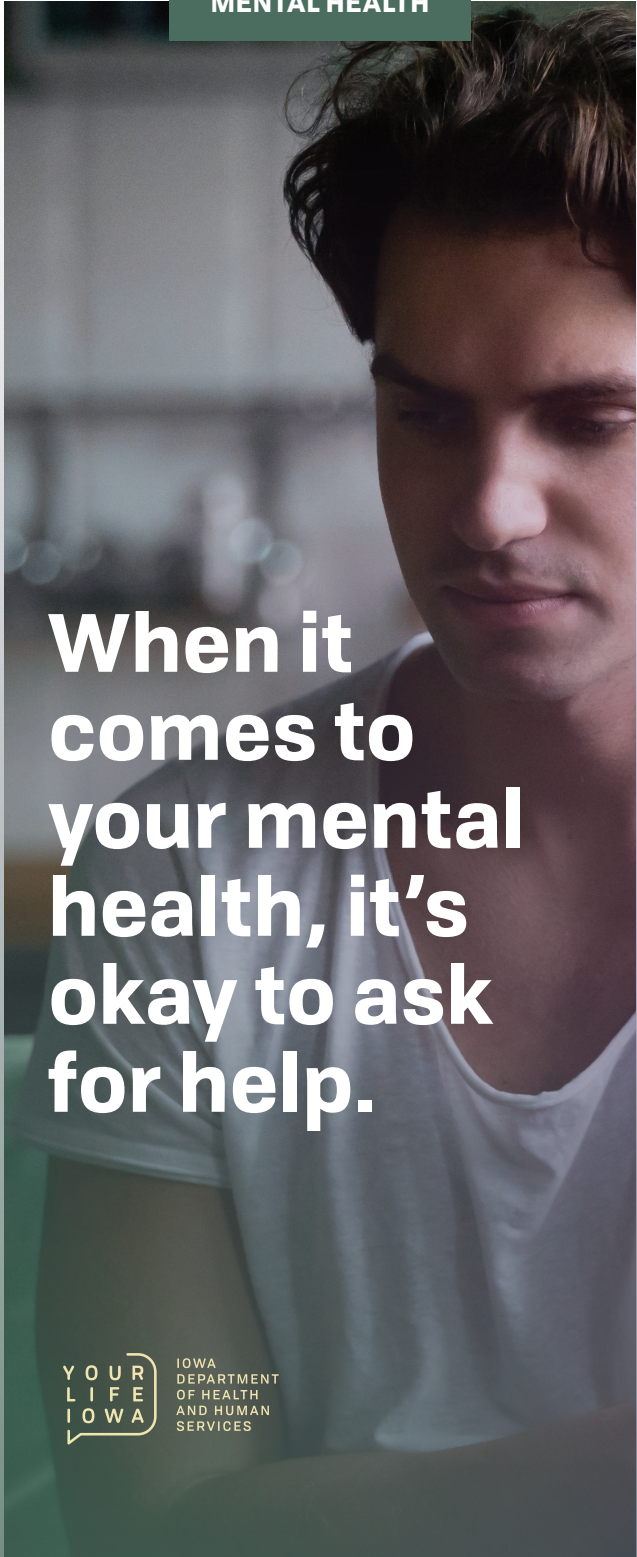


**CALL:**  
**(855) 581-8111**

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

**CHAT:**  
**YourLifelowa.org**

## **MENTAL HEALTH**



# When it comes to your mental health, it's okay to ask for help.





## HOW DO MENTAL HEALTH DISORDERS AFFECT YOUR BRAIN AND BODY?

There are many different types of mental health diagnoses, including anxiety disorder, bipolar disorder, depression, eating disorders, post-traumatic stress disorder, self-harm, schizophrenia and more.

All mental health diagnoses can impact your brain and body, but how can look different for each person. Where some may experience weight loss, irritability or poor sleep, others may experience ongoing depression, panic attacks or hallucinations. No matter what the symptoms may be, help and support can improve your overall well-being.

## MENTAL HEALTH

### **⚠ LOOK FOR THESE WARNING SIGNS.**

There are many different signs that can indicate someone may be experiencing a mental health disorder, but here are a few of the most common.

- Long-lasting sadness, irritability or anger
- Withdrawing from social activities
- Dramatic changes in sleeping or eating
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Feeling excessive fear, worry or anxiety
- Confused thinking or problems concentrating and learning
- Difficulties understanding or relating to other people
- Changes in sex drive
- Difficulty perceiving reality
- Inability to perceive changes in one’s own feelings, behavior or personality
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

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

# Recovery is possible.

All across Iowa, people who have been struggling with their mental health are recovering. 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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