

ALCOHOL

**Important
questions to
ask yourself
about drinking
alcohol.**

YourLifelowa.org

ASK YOURSELF:

- 1 Does drinking alcohol interfere with your work, school or other activities?
- 2 Do you ever experience memory loss or blackouts while drinking alcohol?
- 3 Do you ever have accidents or injuries while drinking alcohol?
- 4 Do you continue to drink alcohol even though you have a physical condition made worse by drinking alcohol?
- 5 Do you ever drink alcohol despite knowing you'll be driving, boating or doing something else that would be risky if impaired?

YOUR LIFE IOWA IS ALWAYS HERE FOR YOU.

If you answered yes to one or more of these questions, you're not alone. Many people are impacted by drinking alcohol. Your Life Iowa is here to support you and connect you to help. You can call, text or chat online with us 24/7.

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

 CALL:

(855) 581-8111

 TEXT:

(855) 895-8398

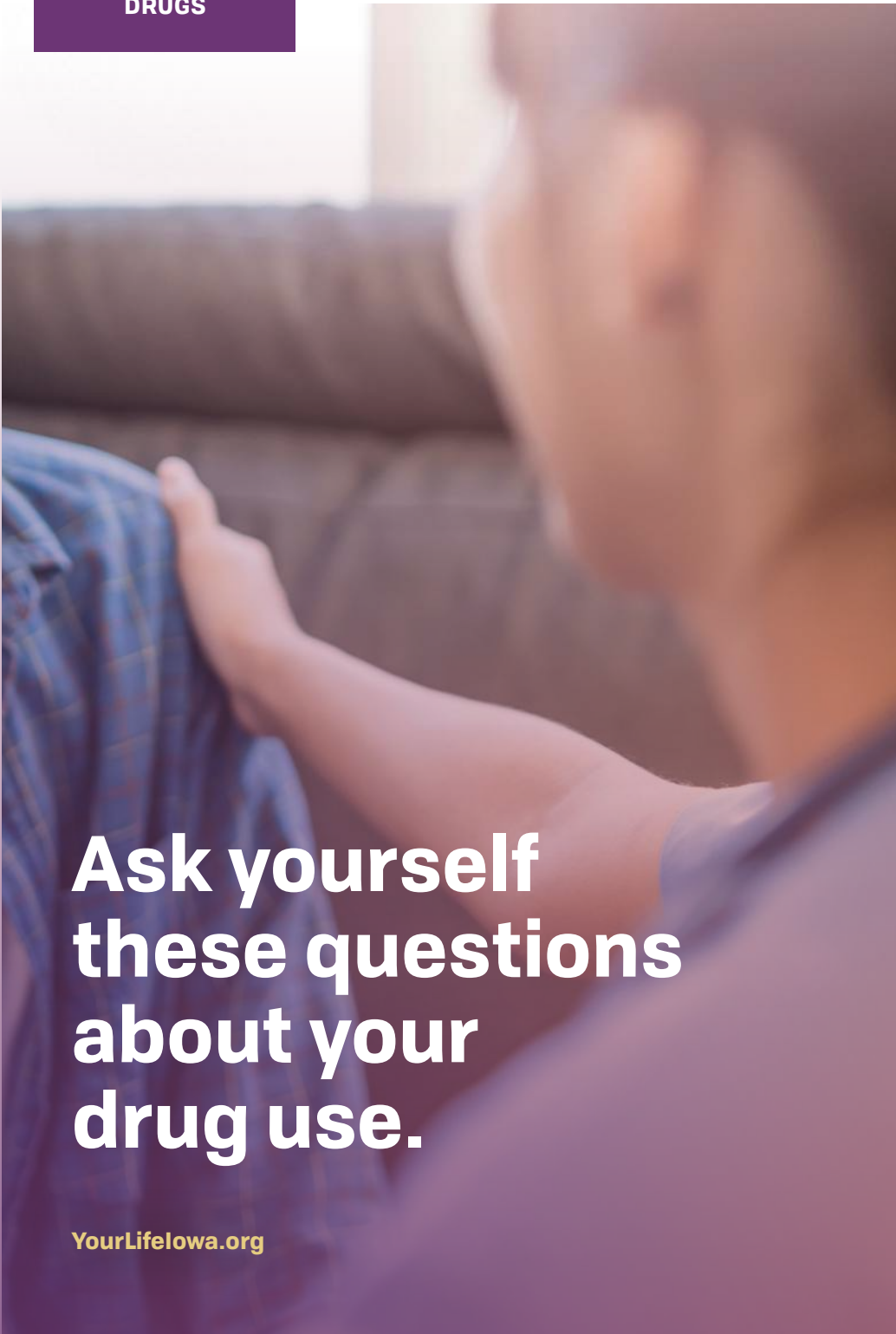
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YourLifelowa.org

**YOUR
LIFE
IOWA**

IOWA
DEPARTMENT
OF PUBLIC
HEALTH

DRUGS



**Ask yourself
these questions
about your
drug use.**

YourLifelowa.org

ASK YOURSELF:

- 1 Does your drug use interfere with work, school or other activities?
- 2 Do you ever experience memory loss or blackouts due to using drugs?
- 3 Do you ever have accidents or injuries while under the influence of drugs?
- 4 Do you continue to use drugs even though you have a physical condition made worse by drug use?
- 5 Do you ever use drugs despite knowing you'll be driving, boating or doing something else that would be risky if impaired?
- 6 Do you ever experience physical symptoms such as shakiness tremors or slurred speech?

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GAMBLING



**Important
questions to
ask yourself
about your
gambling.**

YourLifelowa.org

ASK YOURSELF:

- 1 Are you ever preoccupied with gambling (e.g., reliving past gambling experiences, planning the next venture or thinking of ways to get money with which to gamble)?
- 2 Are you ever secretive about your gambling habits?
- 3 Have you tried unsuccessfully to cut back or stop gambling?
- 4 Do you ever get restless or irritable when not gambling?
- 5 Have you lied to family and friends about the extent of your gambling?

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If you answered yes to one or more of these questions, you're not alone. Many people are impacted by gambling. Your Life Iowa is here to support you and connect you to help. You can call, text or chat online with us 24/7.

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1-800-BETS OFF

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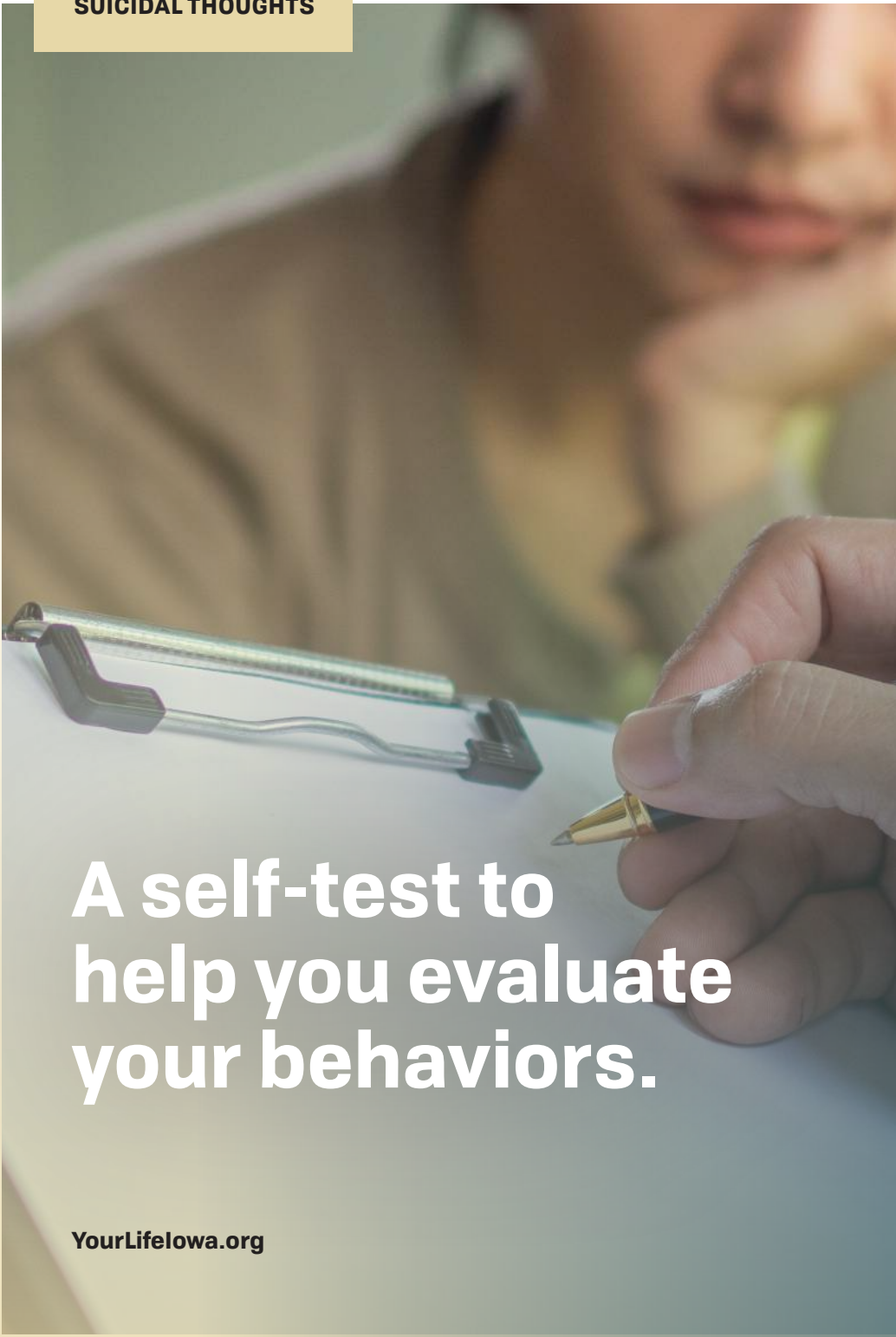
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SUICIDAL THOUGHTS

A close-up photograph of a person's hands holding a silver pen over a clipboard. The person's face is blurred in the background. The overall image has a soft, warm tone with a yellow-to-blue gradient overlay.

**A self-test to
help you evaluate
your behaviors.**

YourLifelowa.org

ASK YOURSELF:

- 1 Have you ever felt hopeless or like you have no reason to live?
- 2 Have you withdrawn or isolated yourself from friends, family or social activities?
- 3 Do you ever experience extreme mood swings? Act anxious or agitated? Or behave recklessly?
- 4 Do you find yourself sleeping too much or too little?
- 5 Have you ever looked for a way to kill yourself? Like conducting online searches for suicide-related topics or buying a firearm?

YOUR LIFE IOWA IS ALWAYS HERE FOR YOU.

If you answered yes to one or more of these questions, you're not alone. Many people are impacted by thoughts of suicide. Your Life Iowa is here to support you and connect you to help. You can call, text or chat online with us 24/7.

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MENTAL HEALTH

**Ask yourself
these questions
about your
mental health.**

YourLifelowa.org

ASK YOURSELF:

- 1 Have you found little interest or pleasure in doing things you typically enjoy?
- 2 Do you ever feel down, depressed or hopeless?
- 3 Do you have trouble falling asleep, staying asleep or sleeping too much?
- 4 Have you been feeling bad about yourself? Or feeling like a failure and have let yourself or your family down?
- 5 Do you have trouble concentrating on things like reading the news or watching television?

YOUR LIFE IOWA IS ALWAYS HERE FOR YOU.

If you answered yes to one or more of these questions, you're not alone. Many people are impacted by their mental health. Your Life Iowa is here to support you and connect you to help. You can call, text or chat online with us 24/7.

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