

CALL: (855) 581-8111
TEXT: (855) 895-8398
YourLifelowa.org

The resources in this kit are available to order at no cost to you so you can provide them to patients who may be struggling with alcohol, drugs, gambling, mental health or suicidal thoughts. To place your initial order or a get a re-order of materials, please email ylit@idph.iowa.gov.

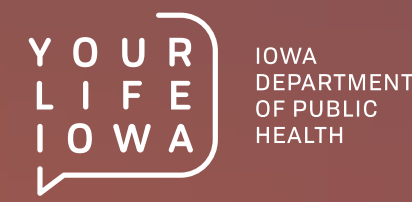
Support your patients with these informational materials.

Here to help your patients through anything.

You want your patients to live the healthiest lives they can. So does Your Life Iowa, Iowa Department of Public Health and the Department of Human Services. Your Life Iowa is the statewide crisis line Iowans can turn to 24/7 for free, confidential support. No matter if they're facing a challenge with alcohol, drugs, gambling, mental health or suicidal thoughts.

When you refer your patients to Your Life Iowa for help, you can trust they're in good hands. Our trained professionals provide reliable information and resources, connect individuals to counselors and more. In this kit, you'll find brochures, posters and informational cards designed to help you support your patients with Your Life Iowa.

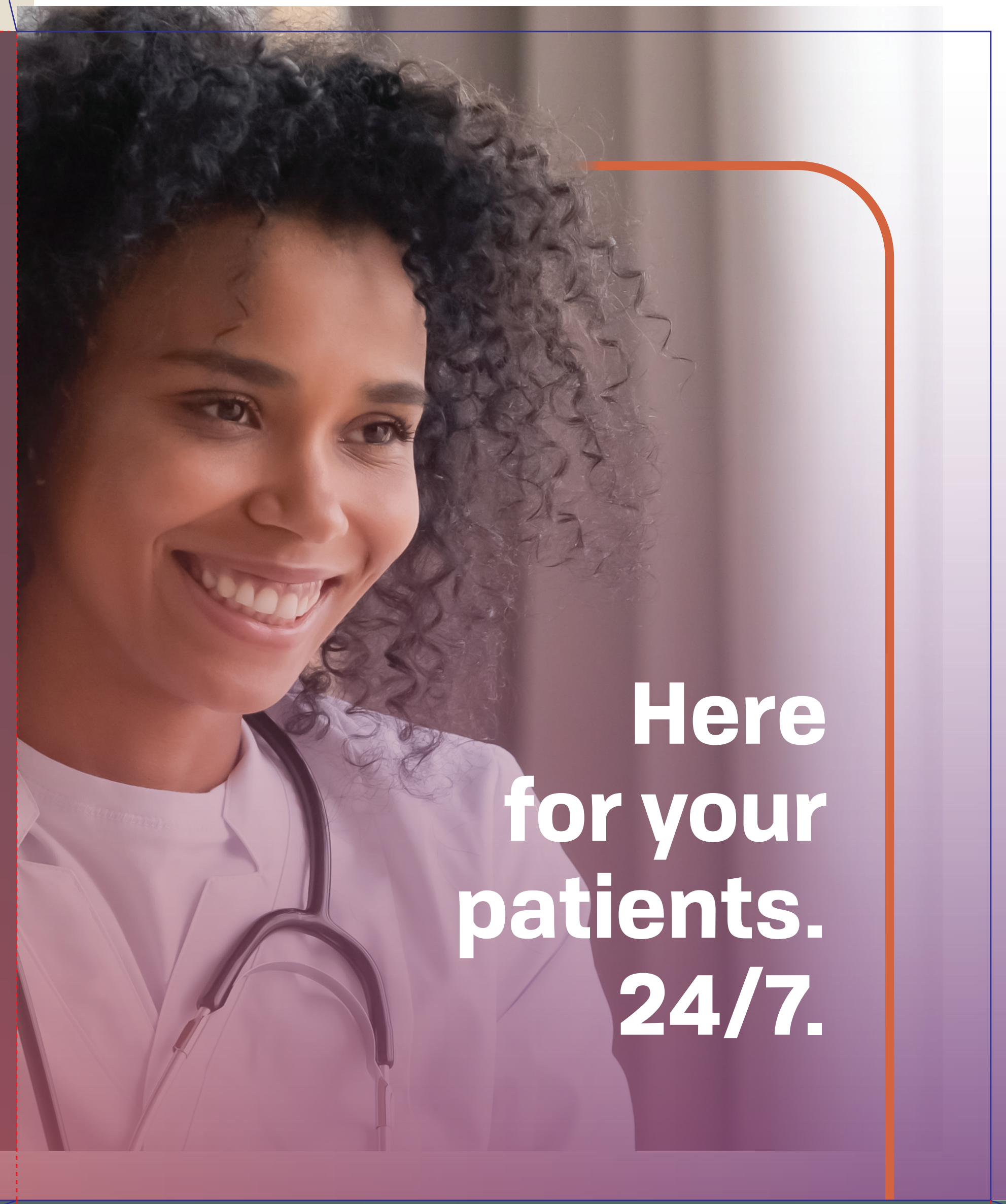
We walk beside Iowans so they're never alone.



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Here for your patients. 24/7.

