

ALCOHOL



# Important questions to ask yourself about drinking alcohol.

[YourLifelowa.org](http://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**

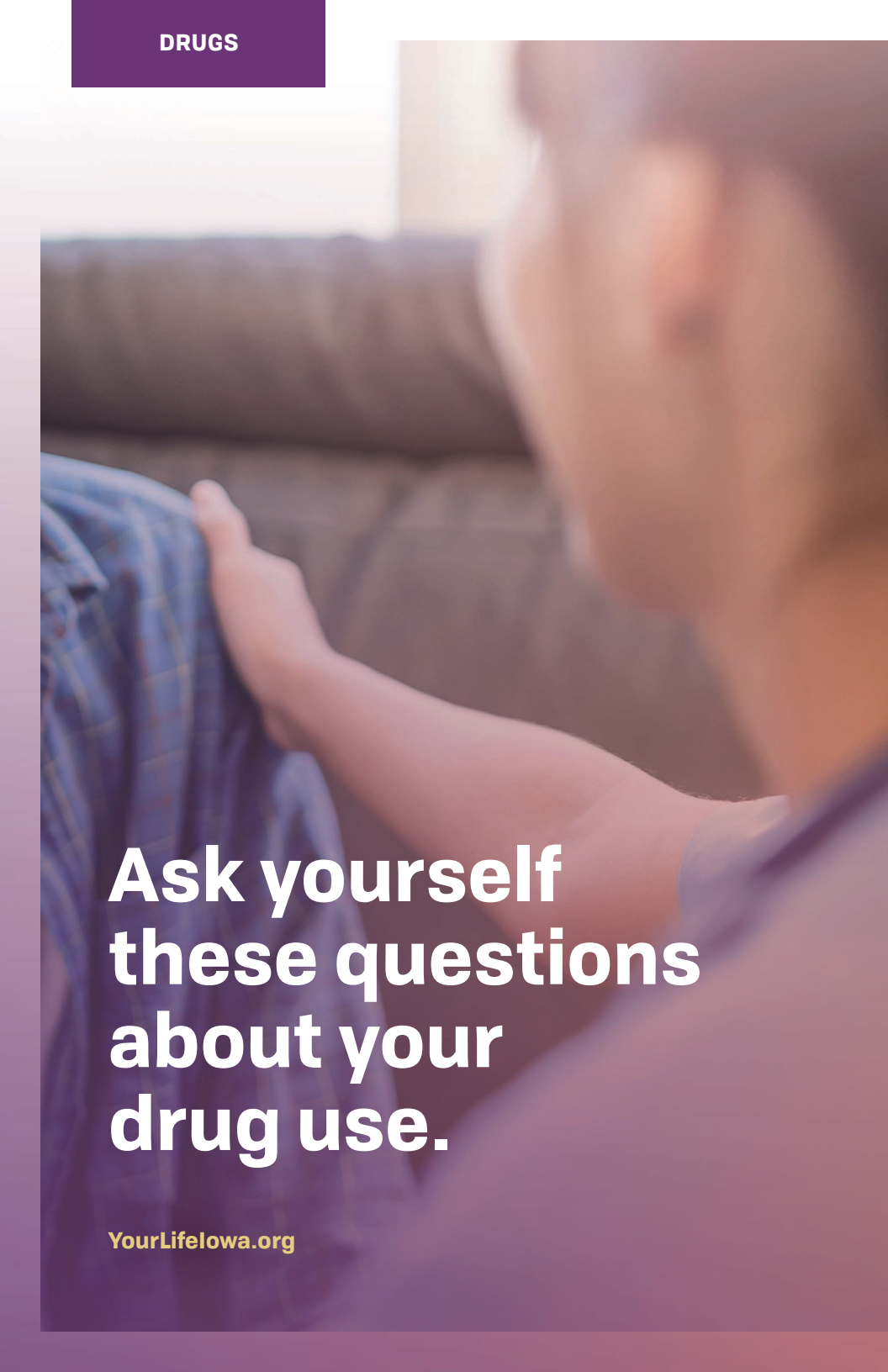
 **TEXT:**

**(855) 895-8398**

 **CHAT:**

**[YourLifeIowa.org](https://YourLifeIowa.org)**





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

## 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**

A close-up, slightly out-of-focus photograph of a Black man with short, dark hair and a beard, wearing an orange t-shirt. He is smiling and looking towards the left. In the background, a woman with dark hair is visible, looking away from the camera. The overall tone is warm and positive.

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

**[YourLifelowa.org](http://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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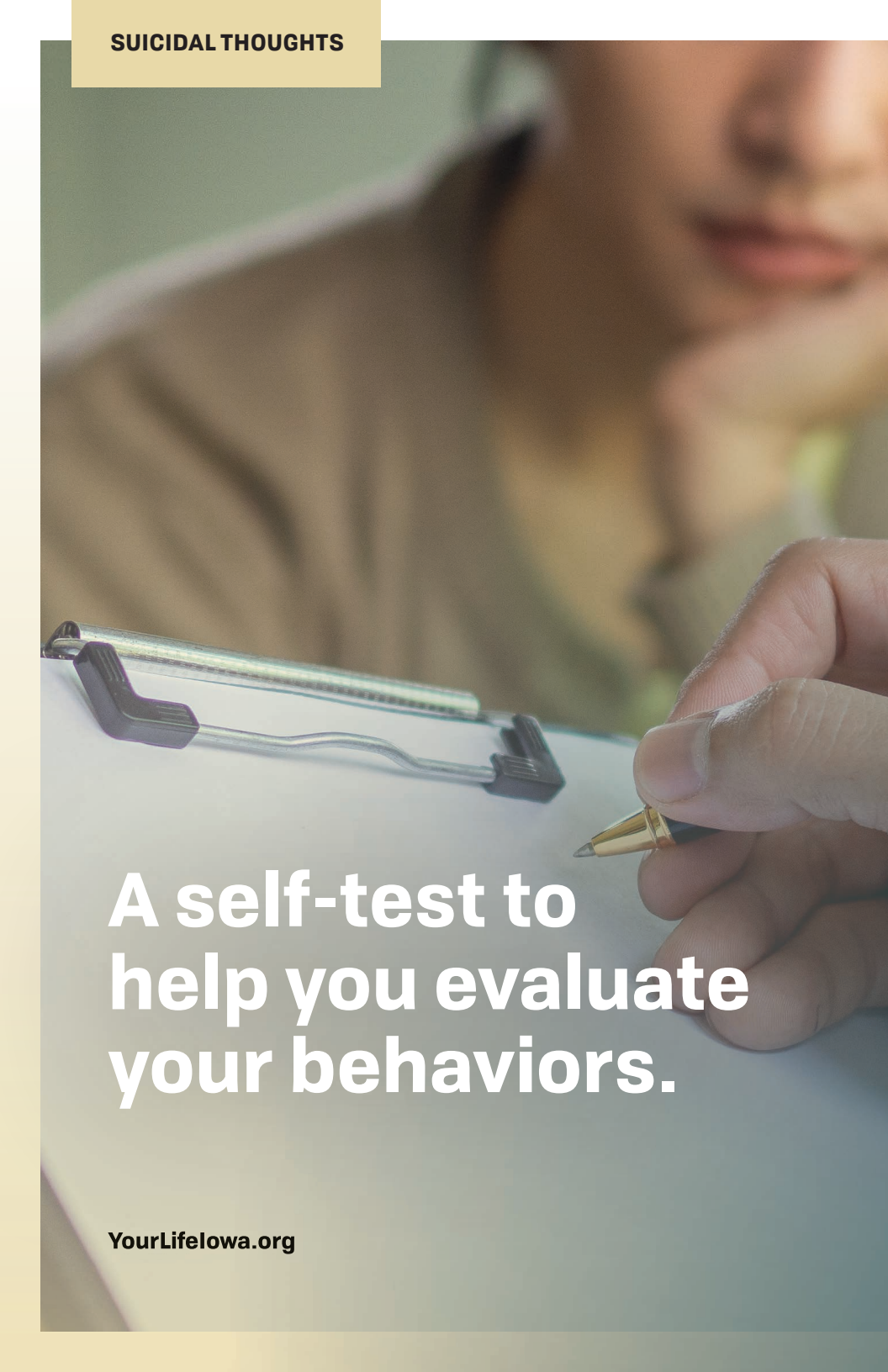
**YOUR  
LIFE  
IOWA**



**IOWA HHS**



**SUICIDAL THOUGHTS**

A close-up, shallow depth-of-field photograph of a person's face and hands. The person is holding a silver pen over a clipboard with a white sheet of paper. The background is blurred, showing the person's face and upper body. The text is overlaid on the lower half of the image.

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

**[YourLifelowa.org](http://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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**Ask yourself  
these questions  
about your  
mental health.**

## 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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