

How to talk to your patients about Your Life Iowa.

As a health care provider, taking care of your patients is your number one goal. With Your Life Iowa as an extension of your team, your patients are always in good hands. But before patients can reach out to Your Life Iowa, first they need to know about our program. That's where you can help.

CONVERSATION POINTS TO DISCUSS WITH YOUR PATIENTS:

- Your Life Iowa is a program from Iowa Department of Public Health that can help you when you're struggling with alcohol, drugs, gambling, mental health or suicidal thoughts.
- This free and confidential program is designed to help you get your life back on track.
- You can call, text or chat live with Your Life Iowa, 24 hours a day, 7 days a week. Their trained professionals can give you reliable information and connect you to nearby help and more.
- Just like me, your health care provider, Your Life Iowa wants the best for you. Reach out to them knowing they won't judge you – they'll do everything they can to help you.

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

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

 **CHAT: YourLifelowa.org**

