



Is there
anyone I can
talk to?

As I get older,
I feel like I'm
losing everyone
I love.

I'm
depressed
and lonely.

Depression is an illness.

LET US HELP YOU.

It's normal to have thoughts like these. Get the help you need to feel better by talking to us at Your Life Iowa. We're here for you, 24/7.

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

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

 **CHAT: YourLifeIowa.org**





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