

Here to help your patients through anything.

You want your patients to live the healthiest lives they can. So does Your Life Iowa and the Iowa Department of Health and Human Services (HHS). Your Life Iowa is the statewide crisis line Iowans can turn to 24/7 for free, knowledgeable support. No matter if they're facing a concern or question 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.



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 the Iowa Department of Health and Human Services 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





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


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.

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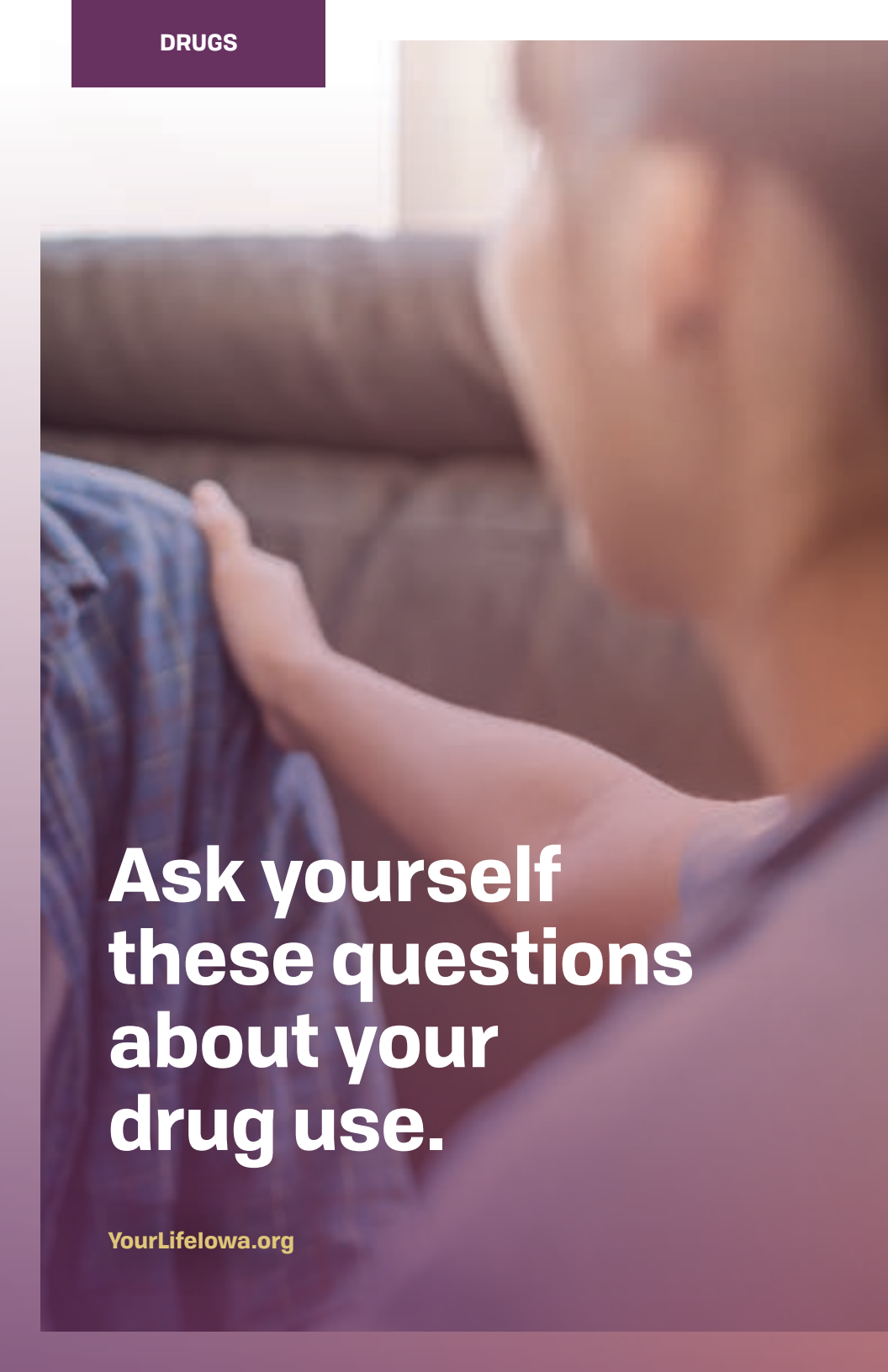
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**YOUR
LIFE
IOWA**



Iowa HHS



**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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If you answered yes to one or more of these questions, you're not alone. Many people are impacted by drug use. 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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**Important
questions to
ask yourself
about your
gambling.**

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?

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 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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Iowa HHS

SUICIDAL THOUGHTS

A close-up, shallow depth-of-field photograph of a person's hands and face. The person is holding a silver pen and writing on a white sheet of paper held by a silver clipboard. The person's face is partially visible in the background, looking down at the paper. The lighting is soft and natural, creating a contemplative mood.

**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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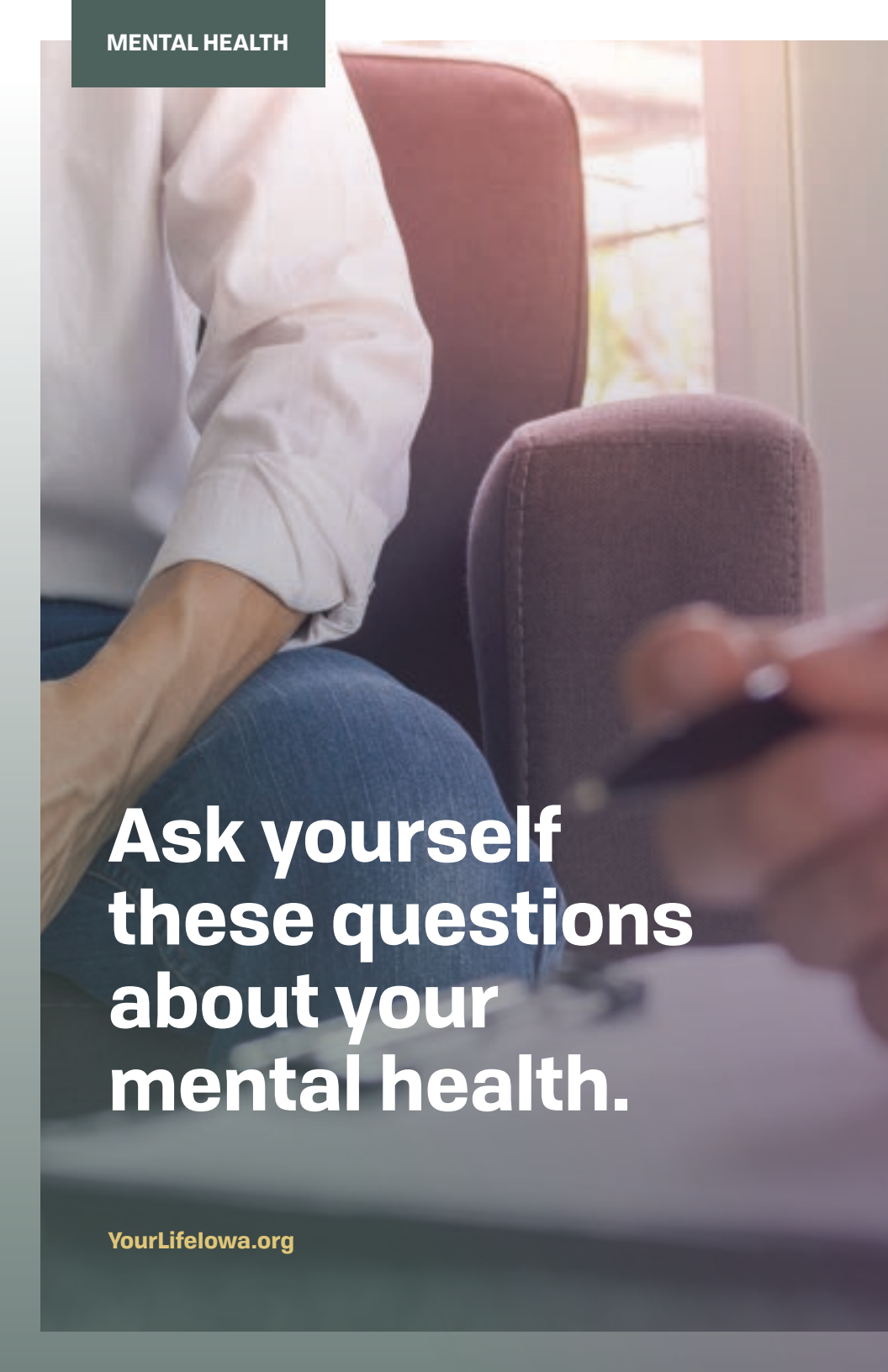
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**YOUR
LIFE
IOWA**



Iowa HHS

A person is sitting in a red upholstered chair, looking down at a smartphone held in their hands. The person is wearing a white long-sleeved shirt and blue jeans. The background is a bright window with a view of greenery outside. The overall mood is calm and focused.

**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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Continue your prevention education.

Prevention is important – because it works. That's why, in conjunction with state and national professionals, The Iowa Department of Public Health and Department of Human Services provide a multitude of training webinars on prevention. Topics range from substance misuse and suicide prevention to problem gambling, mental health and general wellness.

These webinars are a good source of information and available to you at no charge.

START NOW AT
YOURLIFEIOWA.ORG/PREVENTION

