



**Your Everyday
Support for
Students.**

Here to help your students through anything.

As a health care provider for college students, you want your patients to get the most out of their college experience and live the healthiest lives they can. So does Your Life Iowa and Iowa Health and Human Services. 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 students 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 talk to and care for your patients.

We walk beside Iowans so they're never alone.



How to talk to your students about Your Life Iowa.

As a college health care provider, taking care of your students is your number one goal. With Your Life Iowa as an extension of your team, your students are always in good hands. But before students 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 STUDENTS:

- Your Life Iowa is a program from Iowa Health and Human Services that can help you when you're struggling with alcohol, drugs, gambling, mental health or suicidal thoughts.
- This free 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 provide reliable information and connect you to nearby help and more.
- Your Life Iowa wants the best for you. Reach out to them knowing they won't judge – they'll do everything they can to help.



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TEXT:

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CHAT:

YourLifelowa.org



20% of college students struggle with alcohol use disorder.*

Problematic alcohol use can impact anyone at any age. It's important to ask yourself questions about your alcohol use to determine if it's impacting your health and wellness.

ASK YOURSELF:


- 1 Do you use alcohol to cope with stresses from classes, tests, work or when you are feeling down or sad?
- 2 Have you built up a high tolerance to alcohol (needing to drink increasing amounts of alcohol to achieve the desired effect)?
- 3 Do you feel you need alcohol to have fun/go out with friends/enjoy yourself?
- 4 Do you experience memory loss or blackouts when drinking?
- 5 Does alcohol interfere with your grades, attending classes, or other activities you normally enjoy?
- 6 Have you ever stolen alcohol or money to pay for alcohol?
- 7 Has alcohol ever negatively impacted your finances (i.e. spending most or all of your money on alcohol)?


* ["What Are the 5 Alcoholic Subtypes?" American Addiction Centers. Dec. 8, 2022](#)

YOUR LIFE IOWA IS ALWAYS HERE FOR YOU.



If you answered yes to one or more of these questions, you're not alone. Many college students 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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ALCOHOL

Nationwide, young adults, including those slightly below or at the legal drinking age of 21, make up the majority of all individuals with an alcohol use disorder.*

POTENTIAL SIGNS OF ALCOHOL USE DISORDER:**

- 1 Needing to drink increasing amounts of alcohol to achieve the same desired effects
- 2 Experiencing withdrawal symptoms like nausea, shakiness, racing heart, sweating, etc.
- 3 Unsuccessful attempts to cut back or quit drinking
- 4 Spending increasing amounts of time drinking and giving up activities to drink
- 5 Often drinking more than intended
- 6 Continuing to drink even when it negatively impacts relationships, mental health, etc.
- 7 Drinking is impacting relationships with family and friends, school or work

BLOOD ALCOHOL CONTENT CALCULATOR

This tool can provide educational information about how your blood alcohol content can be impacted by alcohol consumption. It is not intended to indicate whether or not you should drive or engage in other activities after consuming alcohol.

BAC Calculator

* ["What Are the 5 Alcoholic Subtypes?" American Addiction Centers. Dec. 8, 2022](#)

** ["Alcohol Use Disorder: A Comparison Between DSM-IV and DSM-5" National Institute on Alcohol Abuse and Alcoholism. April 2021.](#)

YOUR EVERYDAY LIFE SUPPORT.



Your Life Iowa is here to support you and connect you to help if you have concerns about alcohol use. You can call, text or chat online with us 24/7 - and it's free.

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The highest prevalence of drug use occurs in individuals ages 18-24.*

Drug use can derail your academic progress, damage your health and negatively impact relationships. It's important to ask yourself questions about your drug use to determine if it's impacting your health and wellness.

ASK YOURSELF:


- 1 Do you use drugs to enhance a night out i.e. using cocaine to stay up later and party longer?
- 2 Have you ever improperly used drugs to help you focus or stay up and study for an exam?
- 3 Have you ever used drugs to help you relax or sleep or as a coping mechanism?
- 4 Do you ever experience memory loss, blackouts, or physical symptoms such as shakiness, tremors or slurred speech due to drug use?
- 5 Has drug use negatively impacted any personal relationships or interfered with work or school?
- 6 Has using drugs negatively impacted your financial situation in any way?


* ["Prevention Profiles: Take Five - Dr. Nora Volkow \(NIDA\)." Campus Drug Prevention.](#)

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DRUGS

Know a friend or family member you think might be struggling with drug use? We can help you talk to them.

POTENTIAL SIGNS OF SUBSTANCE USE:*

- 1 Borrowing money or spending more money than normal
- 2 Change in physical appearance, lack of grooming, dirty clothes or poor hygiene
- 3 Decreased appetite and weight loss
- 4 Lack of energy, especially in daily activities
- 5 Bloodshot eyes, poor skin tone or tired appearance
- 6 Difficulties at school and work, poor performance, bad grades or chronic lateness
- 7 Defensiveness and increased desire for privacy

HOW TO TALK TO A FRIEND OR LOVED ONE ABOUT SUBSTANCE USE:**

- 1 Research and find treatment centers or rehab programs prior to talking with them
- 2 Make sure they are sober when bringing up the conversation
- 3 Be prepared for them to be angry, or in denial
- 4 Make sure to be positive and express your support
- 5 List out risky behaviors you've observed and how you're worried it will affect their health

* ["Signs of Drug Use & Addiction: How to Tell if Someone is On Drugs." American Addiction Centers. Oct. 21, 2022](#)

** ["Tips on How to Help a Friend With Addiction." American Addiction Centers. June 14, 2023](#)

YOUR EVERYDAY LIFE SUPPORT.



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Vaping isn't harmless.

There have been more than 2,800 hospitalizations due to vaping as of 2020. Of those, 18-to-24 year olds were the largest group, making up for 37% of all hospitalizations.* It's important to ask yourself questions about vaping to determine if it's impacting your health and wellness.

ASK YOURSELF:


- 1 Have you found yourself craving nicotine?
- 2 Are you irritable or anxious when you don't have your vape around?
- 3 Have you unsuccessfully tried to quit vaping?
- 4 Have you ever experienced nicotine withdrawal symptoms: headaches, restlessness, irritability, trouble sleeping, trouble concentrating, feeling sad or anxious?
- 5 Do you find yourself needing your vape when drinking alcohol or in social engagements?


* "Outbreak of Lung Injury Associated with the Use of E-Cigarette, or Vaping, Products." Centers for Disease Control and Prevention. Feb. 25, 2020

YOUR LIFE IOWA IS ALWAYS HERE FOR YOU.



If you answered yes to one or more of these questions, you're not alone. Many college students are impacted by vaping. 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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VAPING

More than half of young people have considered quitting vaping in 2022.*
Are you considering quitting? We can help.

HELPFUL TIPS FOR QUITTING:**

- 1 Tell a friend or family member when you're quitting to help keep you accountable
- 2 Exercise or physical activity
- 3 Decrease your caffeine intake
- 4 Knowing what triggers your cravings more and avoiding those triggers
- 5 Finding distractions, phone a friend, meditate etc
- 6 Talk to a medical provider about medications that can aid in tobacco cessation

VAPING WITHDRAWAL SYMPTOMS:**

Insomnia	Restlessness/trouble focusing
Anxiety/depression	Irritability/frustration
Increased appetite	Headaches, fatigue and dizziness

Withdrawal symptoms are often worse in the first week after quitting, but tend to drop in intensity after the first one. Withdrawal symptoms often go away within a month after quitting.

* ["More than half of young people consider quitting vaping in 2022, new survey finds." truth initiative. Jan. 5, 2022](#)


** ["Handling Nicotine Withdrawal and Triggers When You Decide to Quit Tobacco." National Cancer Institute. Jan. 3, 2022](#)


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GAMBLING

Gambling Disorder has the highest suicide rate out of any addiction disorder.*

As a student, the chance to gamble or place bets on college sporting events can seem appealing. However, gambling has the potential to negatively impact your finances, relationships, academics and more. It's important to ask yourself questions about your gambling habits to determine if it's impacting your health and wellness.

ASK YOURSELF:

- 1 Have you ever found yourself in trouble financially due to gambling?
- 2 Has gambling negatively impacted any personal relationships/have you ever lied to family or friends about your gambling?
- 3 Has gambling affected your classes, grades, sleep or friendships?
- 4 Have you ever felt remorse or guilt after gambling?
- 5 Have you ever borrowed or sold anything to finance gambling?
- 6 After a win did you have a strong urge to return and win some more?
- 8 Have you ever tried to stop or cut back on gambling but been unsuccessful?

* ["Problem Gambling." Villanova University.](#)

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If you answered yes to one or more of these questions, you're not alone. Many college students are impacted by problem 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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GAMBLING

Those who suffer from gambling problems are also more likely to have mental health or other substance use disorders. It can sometimes be hard to identify when gambling has become a problem. Only 8% of people experiencing a problem with their gambling seek help.*

SIGNS OF PROBLEM GAMBLING:**

- 1 Borrowing money and lying about spending
- 2 Increased amount of time spent online
- 3 Acting secretive or defensive
- 4 Lack of interest in activities previously enjoyed
- 5 Applying for new credit cards
- 6 Engaging in more risky behaviors (abusing substances, placing increasingly large bets, stealing etc.).

RISK FACTORS FOR PROBLEM GAMBLING:**

- 1 Family history of a mental health concerns or substance use disorder
- 2 A history of gambling at a young age
- 3 Men are more likely than women to have a gambling disorder
- 4 A natural inclination toward being competitive, easily bored or restless

* ["Financial Troubles, Health Problems May Be a Sign of Problem Gambling." National Council on Problem Gambling. March 9,](#)

** ["Gambling Rehab & Addiction Treatment." American Addiction Centers. Sept. 7, 2022](#)

YOUR EVERYDAY LIFE SUPPORT.



Your Life Iowa is here to support you and connect you to help if you have concerns about problem gambling. You can call, text or chat online with us 24/7 - and it's free!

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SUICIDE

Suicide is the second leading cause of death among college students.*

College often comes with new experiences and stress that can impact mental health. Thoughts of suicide can be scary, but they can also be treated. It's important to ask yourself questions about if you're having thoughts of suicide to determine if it's time to reach out.

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 Have you ever thought about harming yourself or trying to take your own life?
- 4 Do you find yourself wishing for a permanent escape from life?


* ["University and college campus suicide prevention." American Foundation for Suicide Prevention.](#)

YOUR EVERYDAY LIFE SUPPORT.



If you answered yes to one or more of these questions, you're not alone. Many college students 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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SUICIDE

When someone says they are thinking about suicide, or says things that sound as if the person is considering suicide, it can be very upsetting. If you or a loved one have been having suicidal thoughts, reach out NOW to Your Life Iowa for free, confidential support.

WHAT TO DO WHEN SOMEONE IS SUICIDAL:*

- 1 Offer to talk and listen compassionately without judgment
- 2 Take their feelings seriously. Do not promise to keep it to yourself or hide what they have shared
- 3 Encourage them to seek treatment or get assistance, such as contacting Your Life Iowa
- 4 DO NOT leave them alone. Stay with them or connect with someone who can be there in-person to support them

SIGNS SOMEONE MAY BE HAVING THOUGHTS OF SUICIDE:*

- 1 Saying things such as "I'm going to kill myself," "I wish I was dead," "I wish I was never born."
- 2 Self isolating
- 3 Giving away belongings/saying goodbye
- 4 Risky/self destructive behavior including increased use of drugs or alcohol
- 5 Changes in personality, experiencing extreme highs and lows, anxiety or agitation


* ["Suicide: What to do when someone is suicidal." Mayo Clinic. July 21, 2022](#)


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**If you're feeling anxious,
depressed or just not yourself,
there's no shame in getting help.**

Mental health impacts how we manage our daily lives, from classes, to relationships, to our physical health. Approximately 44% of college students reported having symptoms of depression and anxiety.* Help is available. It's important to ask yourself questions about your mental health to determine if it's time to reach out.

ASK YOURSELF:


- 1 Have you found little interest or pleasure in doing things you typically enjoy?
- 2 Do you have trouble falling asleep, staying asleep, or sleeping too much?
- 3 How have your eating habits been? Have you been eating too much or not at all?
- 4 Have you found yourself withdrawing and isolating from friends and family?
- 5 Have you been feeling bad about yourself? Or feeling like a failure and have let yourself or your family down?


* ["College students and depression: A guide for parents." Mayo Clinic.](#)

YOUR LIFE IOWA IS ALWAYS HERE FOR YOU.



If you answered yes to one or more of these questions, you're not alone. Many college students are impacted by mental health concerns. 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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It's important to be proactive in taking care of your mental health. You can take steps daily to ensure you're feeling your best. If it's time to reach out, Your Life Iowa is your everyday life support for concerns about mental health.

TIPS FOR TAKING CARE OF YOUR MENTAL HEALTH:*

- 1 Go for a walk or get regular exercise or physical activity.
- 2 Find a therapist or other mental health provider you feel comfortable talking to. Your Life Iowa can help you find resources in your area.
- 3 Journal or have some form of self reflection
- 4 Stay connected with friends and family
- 5 Having a regular sleep schedule
- 6 Setting realistic goals for yourself
- 7 Find time for activities and hobbies you enjoy (painting, gardening, reading etc.)

SYMPTOMS OF ANXIETY DISORDER:**

Feelings of nervousness or restlessness
Feelings of impending doom
Trouble focusing
Avoiding activities that increase anxiety
Rapid breathing, increased heart rate

SYMPTOMS OF DEPRESSIVE DISORDER:^

Feeling hopeless, sad, or empty
Lack of energy
Loss of interest in activities you once enjoyed
Feelings of worthlessness
Irritable outbursts

* ["Caring for Your Mental Health." National Institute of Mental Health. December 2022](#)

** ["Anxiety disorders." Mayo Clinic. May 4, 2018.](#)

^ ["Depression \(major depressive disorder\)." Mayo Clinic. Oct. 14, 2022.](#)

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Continue your prevention education.

Prevention is important – because it works.

That's why, in conjunction with state and national professionals, Iowa HHS provides a multitude of prevention training webinars. Topics include substance misuse, suicide prevention, problem gambling treatment, mental health care and general wellness.

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

START NOW AT
[YOURLIFEIOWA.ORG/PREVENTION](https://yourlifeiowa.org/prevention)

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