

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.**




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

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

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

It's normal to have thoughts like these. Get the  
help you need to feel better by talking to us at  
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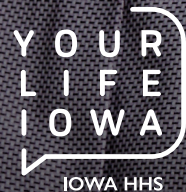
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