



# Here to Help Your Students Through Anything

As an educator, you want your students to get the most out of their time in school and live the healthiest lives they can. So does Your Life Iowa and the Iowa Department of Health and Human Services. Your Life Iowa is the statewide 24/7 resource Iowans can turn to for free, knowledgeable support about alcohol, drugs, gambling, mental health, suicidal thoughts or a related concern.

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.

**We walk beside Iowans so  
they're never alone.**



# Supporting Students, Parents and Educators. 24/7.

We know talking to kids about alcohol, drugs, gambling, mental health and suicidal thoughts can be hard. But with Your Life Iowa as an extension of your team, you always have a shoulder to lean on when you have a question or when a student needs help. Here are some talking points you can use to let your students and their parents know about Your Life Iowa:

- Your Life Iowa is a program that can help when you're struggling with alcohol, drugs, gambling, mental health or suicidal thoughts.
- This free, confidential resource is available 24 hours a day, 7 days a week.
- You can call, text, or chat live with Your Life Iowa. 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.



CALL:

**(855) 581-8111**



TEXT:

**(855) 895-8398**



CHAT:

**YourLifelowa.org**



Iowa HHS

