



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.**

