



No Judgment Just Help



Alcohol | Drugs | Gambling | Suicide | Adult & Children's Mental Health | Tobacco & Vaping

When you don't know who to turn to, Your Life Iowa is here for you 24/7. We provide free, confidential support and connect you to resources meant to help you get your life back on track.

 Call: **(855) 581-8111**  Text: **(855) 895-8398**  Chat: **YourLifelowa.org**

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