



**Here's
To a Dry
January!**

A close-up, low-key photograph of a man with a beard and mustache, looking down at a smartphone he is holding. The lighting is dramatic, with the man's face partially illuminated against a dark background. A yellow curved line is visible on the left side of the image.

**This
March,**
Don't Chase
Your Losses



Alcohol Use is Linked To

60 Health Conditions



Nurture

Your Mental Health

A close-up photograph of a man with a beard looking down at a teal smartphone. The background is blurred, showing what appears to be a window with vertical bars. On the far left, there is a vertical bar with a colorful, abstract, painterly texture in shades of purple, blue, and pink.

**Men,
Get The Mental Health
Support You Deserve**




End The Overdose Stigma

A person with short dark hair and round glasses is shown in profile, looking towards the right. The background is a soft-focus landscape with trees and a bright, hazy sky, suggesting a sunset or sunrise. The overall color palette is warm, with yellows, oranges, and greens. The text "Recovery is a Journey" is overlaid in the lower half of the image.

**Recovery is a
Journey**

A close-up, slightly blurred photograph of a man and a woman in a warm embrace. The man, on the left, has short brown hair and is wearing a light blue button-down shirt. The woman, on the right, has long blonde hair and is wearing a blue and white plaid shirt. Her hand is resting on the man's shoulder. The background is a soft, out-of-focus yellow. The text "You're Not Alone" is overlaid in white, bold, sans-serif font, with a horizontal orange-to-yellow gradient bar underneath it.

**You're
Not Alone**

A photograph of a man with short reddish-brown hair and glasses, wearing a dark sweater, embracing a woman with dark hair from behind. They are outdoors, with a blurred background of trees and a building. The image has a warm, reddish-orange tint. The text "Suicide Prevention Takes Everyone's Help" is overlaid in white, bold, sans-serif font on the right side of the image.

**Suicide
Prevention
Takes
Everyone's
Help**

A close-up photograph of a man in a white shirt looking down with a somber expression. Another man's hand, wearing a dark leather watch, rests gently on his shoulder, offering support. The background is blurred, suggesting an indoor setting.

Depression is
Treatable

A close-up photograph of a person's hands holding a silver smartphone. The person's face is partially visible in the upper left, blurred. The background is a warm, out-of-focus indoor setting. A purple gradient overlay covers the bottom half of the image, with a thin gold border on the right side.

Your Starting Place

For Getting Your Life Back



OPTION 1: dry January

(POST COPY): Let's ring in the New Year by refraining from alcohol this January – especially since alcohol use is linked to 60 different health conditions. Who knows, you may feel so good that you'll say good-bye to drinking altogether.



OPTION 2: March – gambling

(POST COPY): Want to be more responsible with your gambling? Your odds are better when you have help. Visit yourlifeiowa.org for free, confidential support, 24/7.



OPTION 3: April – Alcohol Awareness Month

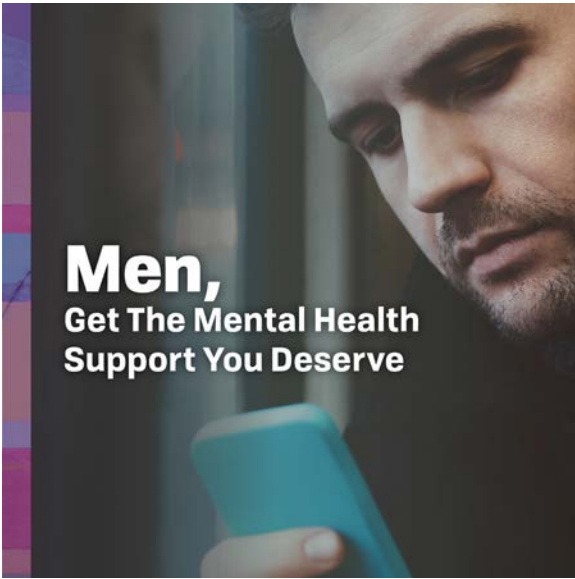
(POST COPY): Take a second to think about how much you drink. Worried you're drinking too much, too often? Learn the warning signs here: <https://yourlifeiowa.org/alcohol>



OPTION 4: May – Mental Health Awareness Month

(POST COPY): This Mental Health Awareness Month, put your mental health first by going for a walk, practicing deep breathing or reaching out to Your Life Iowa to talk about whatever's on your mind.

Call (855) 581-8111 or text (855) 895-8398.



OPTION 5: June – Men’s Mental Health Awareness Month

(POST COPY): Men are less likely to seek help for their mental health. Let’s change that during Men’s Mental Health Awareness Month. Get free, confidential support for mental health and more at yourlifeiowa.org.



OPTION 6: AUGUST 31 – International Overdose Awareness Day

(POST COPY): Preventing overdoses from happening and remembering those who’ve lost their lives. That’s why International Overdose Awareness Day exists. If you or someone you know is struggling with substance use, call (855) 581-8111 or text (855) 895-8398.



OPTION 7: September – National Recovery Month

(POST COPY): This National Recovery Month, we celebrate those who’ve had the courage to seek help for substance use or mental health concerns. If you’re struggling, Your Life Iowa can help you get on the path to recovery.

Learn more at yourlifeiowa.org/recovery.



OPTION 8: September 6-12 – National Suicide Prevention Week

(POST COPY): If you or a loved one has been experiencing suicidal thoughts, don’t wait – reach out now. Call (855) 581-8111 or text (855) 895-8398 for immediate help.



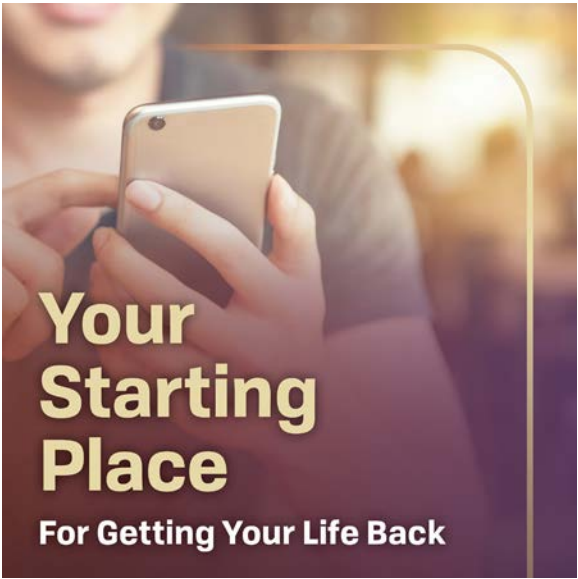
OPTION 9: September 10 – World Suicide Prevention Day

(POST COPY): Today is World Suicide Prevention Day. Take a moment to learn suicide’s warning signs and how you can help someone in need: yourlifeiowa.org/suicide



OPTION 10: October – Depression Awareness Month

(POST COPY): October is Depression Awareness Month. Learn about depression’s warning signs and how you can get support for your mental health at yourlifeiowa.org/adult-mental-health.



OPTION 11: general

(POST COPY): Alcohol. Drugs. Gambling. Mental health. Suicidal thoughts. Your Life Iowa helps you through some of life’s most difficult challenges with free, confidential support.

Get started at yourlifeiowa.org.