



SAVE A LIFE. Just by asking a question.

"Are you thinking about suicide?"

With this single question, you can let someone you care about know you're there for them. No matter what. When you need help talking to a loved one about suicide, contact Your Life Iowa right away.

WE CAN HELP YOU HELP YOUR LOVED ONES.

CALL 855.581.8111

CHAT YourLifeIowa.org





You don't have to be a firefighter or doctor to **SAVE A LIFE.**

You just have to ask an important question:

"Are you thinking about suicide?"

Because if you think someone you care about is having suicidal thoughts, it's important you address it and let them know you're there for them. When you need help talking to a loved one about suicide, contact Your Life Iowa right away.

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