

24/7 Free, confidential support for whatever you need.

📞 CALL: (855) 581-8111

TEXT: (855) 895-8398

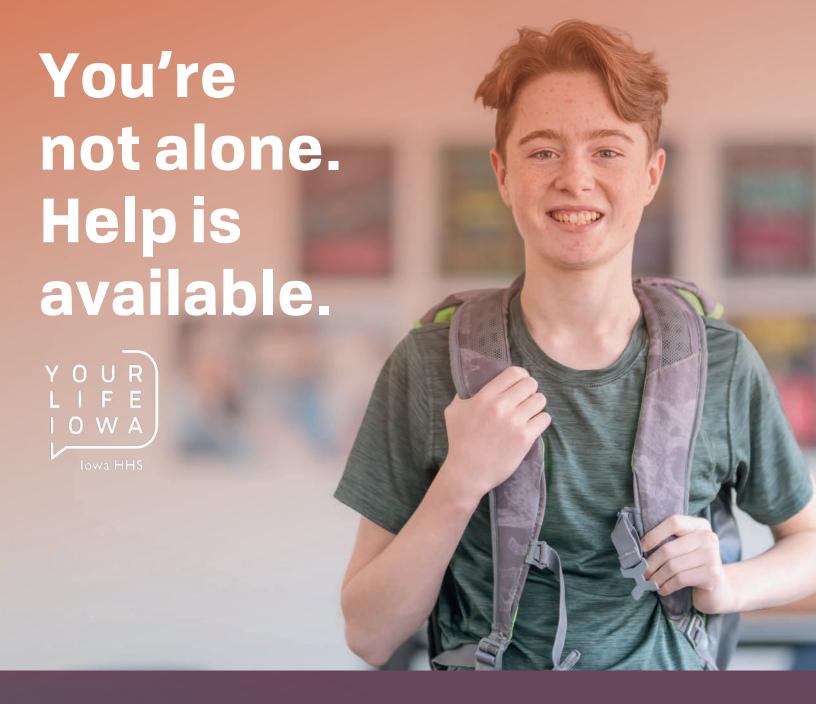
**EXECUTE:** CHAT: YourLifelowa.org

It can sometimes be hard to talk to a parent or other adult in your life when you have questions or concerns about alcohol or other substances, gambling, mental health, or thoughts of suicide.

Your Life Iowa is here for you. Call, text or chat any time. No judgement. Just help. Our services are free and available 24/7.

Learn more about available support at YourLlfelowa.org.





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