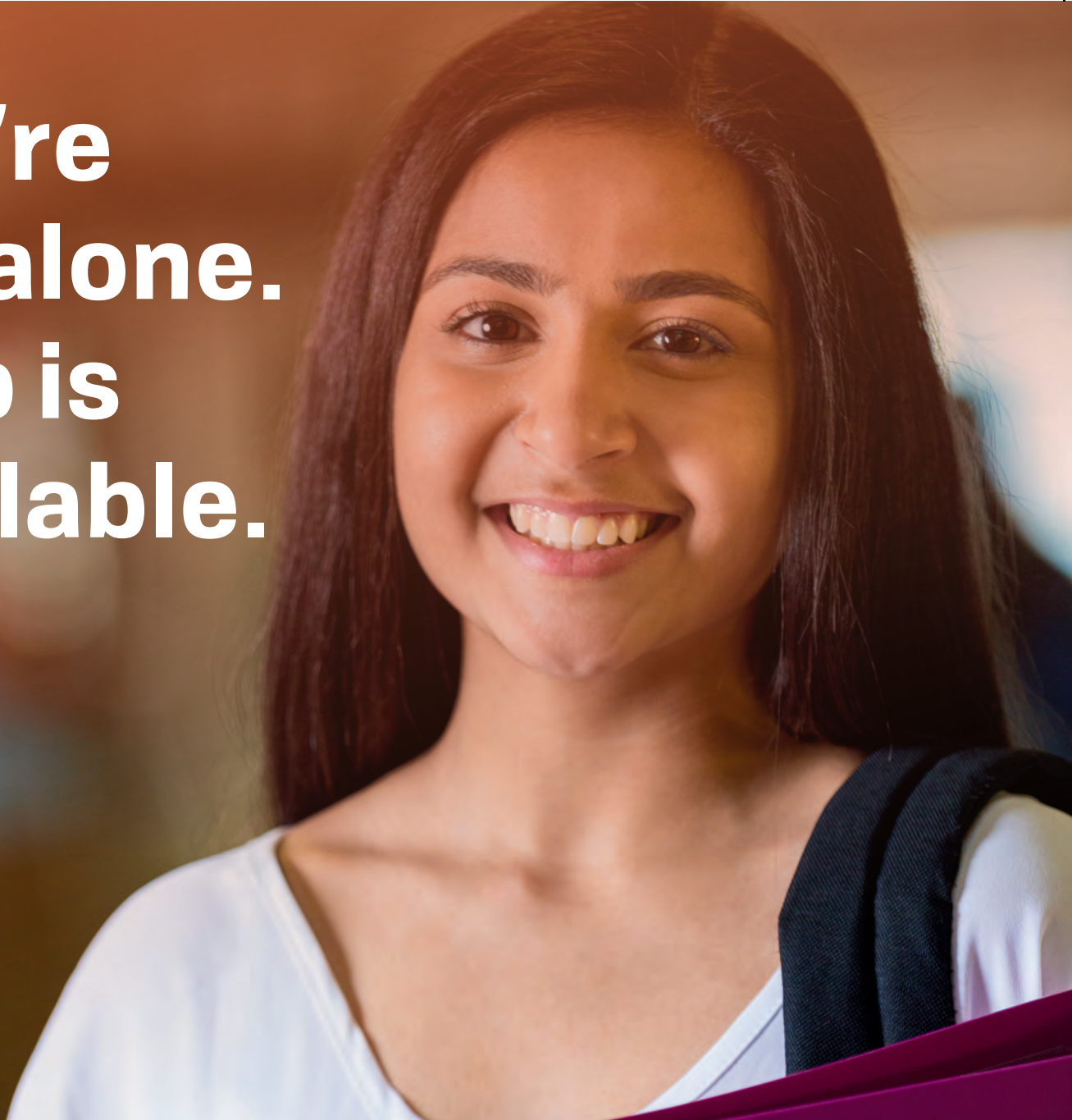


# You're not alone. Help is available.



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

 **CALL: (855) 581-8111**

 **TEXT: (855) 895-8398**

 **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.

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