



**We walk  
beside you  
so you're  
never alone.**

Call, text, or chat with a  
confidential, counselor today  
to get started on your  
path to wellness.



At Your Life Iowa, we want you to live well - both physically and mentally. To be at your healthiest, it's important to address concerns or questions about alcohol, drugs, gambling, suicidal thoughts or mental health.

Your Life Iowa counselors are available 24/7 by phone, text and chat - and it's free.

When you contact Your Life Iowa, we won't judge what you've been through. We'll do everything we can to help you through some of life's most difficult challenges.

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

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

 **Chat: [YourLifelowa.org](https://YourLifelowa.org)**