



## When you don't know where to turn, turn to us.

At Your Life Iowa, we want you to live well. For you and your community to be well, it's important to address concerns or questions about alcohol, drugs, gambling, mental health, or thoughts of suicide.

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. We'll do everything we can to help you through life's challenges.

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

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

 **CHAT: [YourLifeIowa.org](https://YourLifeIowa.org)**

