

ADULT MENTAL HEALTH

Iowa Department of Health and Human Services

SOCIAL

Facebook 1:1

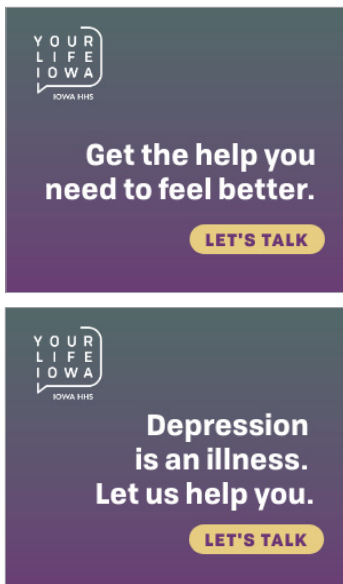


BANNER ADS

(Animated & Static)

Standard: 300x250px / 300x600px / 160x600px / 728x90px

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RADIO

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HOW TO GET FILES

The easiest way to access these materials is to visit
<https://yourlifeiowa.org/prevention/media-center>.

IOWA
HHS

ADULT MENTAL HEALTH

Iowa Department of Health and Human Services

POSTER/AD

10x10" / 8.5x11 / 11x17"

Everyone thinks I should be excited for retirement.

I don't know what to do.

Why am I so anxious about this part of my life?

Anxiety is an illness.

LET US HELP YOU.

It's normal to have thoughts like these. Get the free support you need to feel better by talking to us at Your Life Iowa. Because mental health is health.

CALL: (855) 581-8111
TEXT: (855) 895-8398
CHAT: YourLifeIowa.org

YOUR LIFE IOWA

04/2023

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Is there anyone I can talk to?

I'm depressed and lonely.

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