



# Find Your Way to the Right Help

## With Behavioral Health Navigation Services

Ready to get help today? Behavioral Health System Navigators are here for you, every step of the way.

**Behavioral Health System Navigators provide free support.** They will listen and help you move forward—with compassion and clarity.

### They will guide you to the right care for:

- Mental health
- Substance use
- Gambling
- Tobacco or nicotine use

### Behavioral Health System Navigators help you:

Listen and learn about your needs

Find and connect you to the right services

Get support for housing, employment, or financial issues

 **CALL**  **TEXT**  **CHAT**

**855-581-8111**

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

**No judgment. No cost. Just help.**



Iowa HHS