

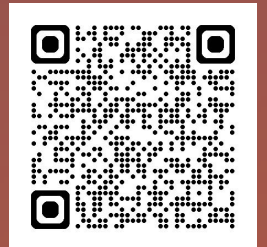
**When
you don't
know
where
to turn,
turn to us.**



You've been looking forward to your college years for, well, years. After all, this is your chance to explore who you're meant to be, meet new people and have the time of your life. But with this newfound freedom also comes new challenges and opportunities.

If you find yourself using alcohol, drugs or gambling to escape or cope, or are having mental health concerns or suicidal thoughts during this chapter of your life, Your Life Iowa is here for you. We offer free, 24/7 confidential support, no matter what you may be facing.


Learn more with our free brochure, specifically for college students.



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

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

 **CHAT: YourLIFEIowa.org**



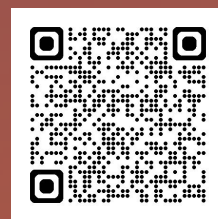
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