



Ready to get help today?

Behavioral Health System Navigators are here for you, every step of the way.

Having concerns about gambling, mental health, substance use, or tobacco use? Whether it's you or someone you love, it can be hard to know where to turn for help.

That's where Your Life Iowa comes in.

Talk to a Behavioral Health System Navigator—for free.

System Navigators are professionals trained to:

- ▶ Listen and learn about your needs
- ▶ Connect you to the right care and support near you
- ▶ Help you find services to assist with basic needs, housing, employment, financial issues

 **CALL: 855-581-8111**

 **TEXT: 855-581-8398**

 **CHAT: YourLifeIowa.org**

**Confidential. Professional.
Free. For all Iowans.**

