



# HELP

isn't a four-letter word.



Your Life Iowa

SUPPORT IS SOMETHING WE ALL NEED. That's why the Iowa Department of Public Health created YourLifeIowa.org. So you can get help for alcohol, drug and gambling problems, suicidal thoughts, and more from experts dedicated to the health of Iowans. It's where you can chat live, get reliable information and treatment options, and find help near you. It's where you can get the support you want, 24/7.

WE'RE YOUR EVERYDAY LIFE SUPPORT.

[YourLifeIowa.org](https://www.yourlifeiowa.org)

855.581.8111



# LEAN

on us.



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A close-up photograph of a man's hands holding a dark grey smartphone. The man's face is blurred in the background. The phone is held vertically, and the camera lens and flash are visible on the back.

Supporting your life.

2 4 / 7



Your Life Iowa

ALCOHOL, DRUG AND GAMBLING PROBLEMS. SUICIDAL THOUGHTS AND MORE. It doesn't matter what challenge you're facing - or when you're facing it. Because the Iowa Department of Public Health has created YourLifeIowa.org to provide you support 24/7. Chat live, get reliable information and treatment options, and find help near you. It's the support you want, whenever you want it.

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