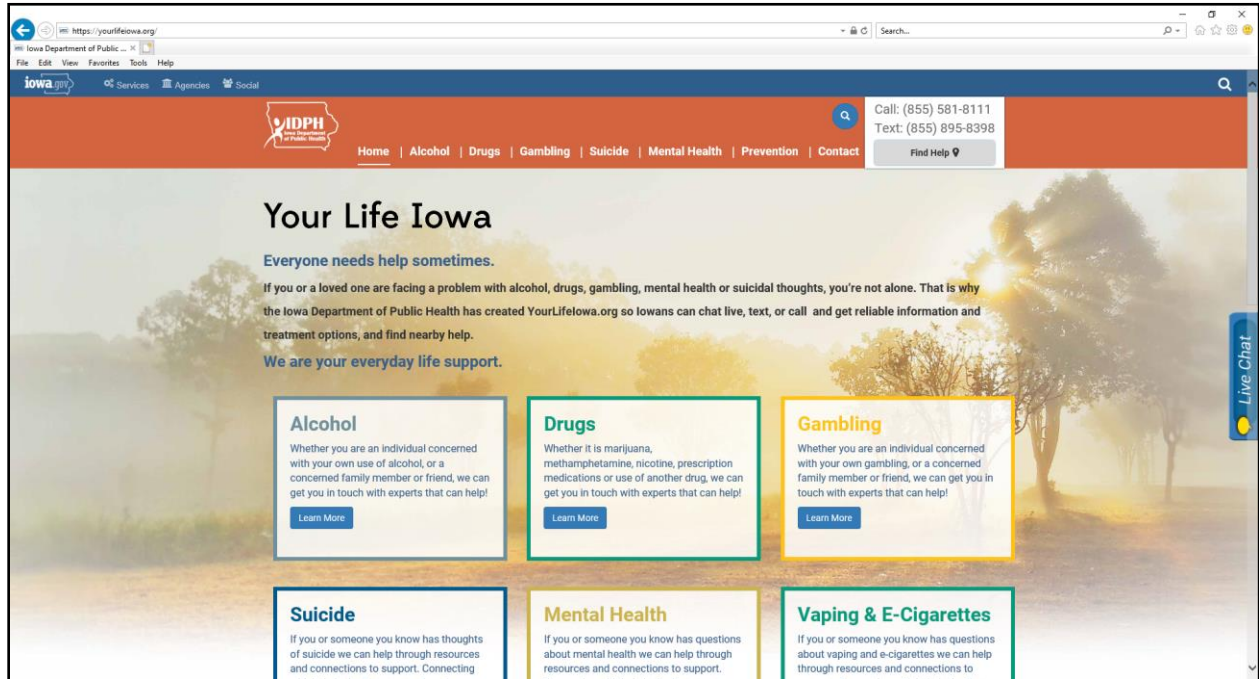


# [www.YourLifelowa.org](http://www.YourLifelowa.org)



YourLifelowa.org is not only a web-based resource at your fingertips, but it's a resource for everyone - health care providers, social agencies, mental health providers, as well as the general public. This site is easy to navigate, and has a variety of resources available that target specific problems such as Alcohol, Drugs, Gambling, Suicide, Mental Health and Vaping/E-Cigarettes. Users can utilize this website to get help via phone or text, learn more about a specific problem (i.e. Alcohol or Suicide), get myths and facts, learn about warning signs, get news and info, recovery options and more. Your Life Iowa offers Live Chat, where individuals can speak directly with a member from IDPH to get help or learn about possible treatment options within their own community. As an adult or a teen facing a problem with alcohol or drug use, gambling and suicidal thoughts, you can always turn to Your Life Iowa. This resource provides links to a number of other websites where users can have access to other resources available as well as recovery and general topic resources (i.e. brain injury, bullying, quit lines, etc.). In addition, the website offers prevention materials such as media campaigns, best practices and a monthly calendar full of upcoming events and trainings.

Your Life Iowa is funded by the Iowa Department of Public Health (IDPH) under the Division of Behavioral Health. For more information about the IDPH, please visit [www.idph.iowa.gov/](http://www.idph.iowa.gov/).