

You are not alone.

YourLifelowa has trained counselors standing by to listen. You can connect through **texting, online chat, or phone.** It's free, private, and easy to use.

You can contact YourLifelowa for problems big and small. Here are a few reasons people come to us:

- Bullying
- Depression and anxiety
- Peer pressure
- Self-esteem
- Friends and relationships
- Thoughts of suicide



yourlifeiowa
.org

