

CRISIS INTERVENTION DURING COVID-19

If you feel as though you are going to harm yourself or others, reach out to these resources or call 9-1-1 immediately

Need someone to talk to?

If you're needing to decompress & talk to someone about the stress or anxieties you may have, Your Life Iowa is here for you!

call 855-581-8111

text 855-895-8398



CICS

Supporting Individuals. Strengthening Communities.