

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

Crisis Intervention Services

- Crisis Line - Your Life Iowa.org..... call 855-581-8111
text 855-895-9398
- CICS Warm Line - 2-10 pm daily..... 844-775-9276
- Crisis Chat - 9 am-3 pm, Mon-Fri text 800-332-4224
online www.Foundation2CrisisChat.org



CICS

Supporting Individuals. Strengthening Communities.