





## When you just don't know who to talk to...



...can help.

1-800-443-8336

1-800-735-2942 (TTY)

- Health
- Eating/Weight
- Relations with Parents or Friends
- Violence
- AIDS/HIV

- Alcohol or Drug Use
- Sexual Relationships
- Birth Control/Pregnancy
- Stress
- Sexually Transmitted Diseases

Health information and referral service for lowa teens and those who care about them.