Your Life Iowa

Integrated System/Hub for information and Resources for help with alcohol, Drugs, Gambling and Suicide

IDPH
Iowa Department of Public Health

Your Life Iowa

Access to information, resources and help, 24/7, 365 days a year via . . .

- Website and Online Chat
- Call Center (855-581-8111 and 1-800-BETS OFF)
- Texting (855-895-8398)

Warm-Hand-Offs for those seeking help with gambling related problems. Will soon expand for substance use disorders.

Your Life Iowa - Data

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Your Life Iowa - Promotion

YLI Promotion materials can be ordered through igtp@idph.iowa.org or by using 1-800-BETS OFF/YLI Clearinghouse Order Form found at www.idph.iowa.gov/igtp/prevention

Promotion Materials

- Banner Ads
- Billboards
- Brains
- Brochures
- Business cards
- Chip Clips
- Posters
- Stickers

Downloads of PDF's as well as radio PSA and TV Spot available at yourlifeiowa.org/resources

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Your Life Iowa & IPN

Coming Expansion to connect Iowans directly connected with a SUD IPN provider.

- Warm Hand-Offs
- Quiz Results
- Alcohol/Drug Contact/Question Forms

Your Life Iowa & IPN

NEEDED from each IPN Provider (send to IPN@idph.iowa.gov)

- **YLI contact email address** (can be 1 for all counties in service area): i.e., YLI@myagencydomain.org
  - For Alcohol, Drug, and Gambling Quiz and Contact Us/Question forms, and Gambling Assessment
  - Former IGTP providers may choose to continue to use their BETSOFF@myagencydomain.org email address already in the system.

- **24/7 Contact Number** (Primary and Back-Up)
  - For Warm-Hand-Offs
  - By County in Service Area (can be one set of numbers for entire Service area.

- Interest on being statewide back-up

And . . .

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Your Life Iowa & IPN

Check out YourLifeIowa.org

Facility Locator

Check/Verify each listing for your program for accuracy and updates. Add a **Welcome Video,** add a **Facility Picture,** or add **Descriptive Text and Information** about each facility.

Find Help Near You: Submit a listing update

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QUESTIONS?