



3 ways to get help.

TALK 24 HOURS/DAY

1-855-800-1239

CHAT 

TEXT 

IowaHelpLine.org 855-800-1239

Help is here.

Sometimes people just need to talk. Whether it's a tough situation that you or someone you know is facing, or a more serious need, IowaHelpLine.org is a free resource to Iowans in Benton, Bremer, Buchanan, Delaware, Dubuque, Iowa, Johnson, Jones and Linn counties.

Iowa Help Line is a **call, a text or an online chat** away for those in need. In many cases, this can help avoid the unnecessary involvement of law enforcement or hospitalization.

A mobile team of professionals is also on stand-by if a situation needs face-to-face attention.

Iowa Help Line Mobile Crisis Counselors will:

- ✓ Assess the situation
- ✓ Attempt to stabilize and defuse the crisis
- ✓ Provide counseling, as needed
- ✓ Provide referrals to other community resources