



college students Looking for help?

Snap a picture of this or download it at
www.HealthyHenryCounty.org/resources



APPS

A Friend Asks (Jason Foundation)

Provides the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

Happify

Engaging activities and games to help you overcome stress and negative thoughts and build resilience.

MindShift CBT

MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

TEXT

Crisis Text Line

Text START to 741741

Free, 24/7 confidential support for those in an emotional crisis.

TrevorText Text START to 678678

TrevorText is a confidential and secure resource that provides live help for LGBTQ youth with a trained specialist.

Your Life Iowa Text (855) 895-8398

Find support 24/7 for problems with alcohol, drugs, gambling, mental health, and suicidal thoughts.

ONLINE CHAT

www.suicidepreventionlifeline.org/chat
www.imalive.org

TALK

Your Life Iowa Crisis Line

855-581-8111

The Statewide crisis line for any emotional crisis.

National Suicide Prevention Lifeline

800-273-TALK (8255)

911

If you are in a crisis and need immediate assistance dial 911

LOCAL HELP

Alcohol & Drug Dependency Services (ADDS)

319-385-2216 122 N. Main St., Mt. Pleasant

Outpatient substance abuse and problem gambling screenings and treatment.

Domestic Violence Intervention Program (DVIP)

319-850-8518 24-hour hotline 800-373-1043

Free, confidential, services for anyone affected by domestic violence.

Hillcrest Family Services

319-385-7177 106 N. Jackson St., Mt. Pleasant

Counseling services, medication management, and same day crisis services.

IW Counseling Services

319-385-6483 Howe Student Activities Center

Free and confidential mental health consultation and referral to campus and community resources.

Rape Victim Advocacy Program (RVAP)

319-541-9809 24-hour hotline 800-228-1625

Free, confidential, resource and support.

WEBSITES

loveisrespect.org Online chat available

Provides education on healthy, unhealthy and abusive dating relationships and behaviors.

mhanational.org/life-campus

Resources for college students about life on campus.

screening.mhanational.org/screening-tools

Free mental health screening tools and resources.

thetrevorproject.org Online chat available

Crisis intervention and suicide prevention services to LGBTQ young people under 25.

ulifeline.org/IW

Anonymous, confidential, resource center for college students regarding emotional health.

yourlifeiowa.org Online chat available

Information and help for alcohol, drugs, problem gambling or suicidal thoughts.