



# college students Looking for help?

## Your Guide to Behavioral Health Support

Download this and find more resources at  
[HealthyHenryCounty.org/resources](http://HealthyHenryCounty.org/resources)

## TALK/CRISIS SERVICES

### 988 Suicide & Crisis Lifeline \*

Call or Text 988

Free & confidential counseling  
for anyone facing mental health  
struggles, emotional distress, alcohol  
and drug use concerns, or just need  
someone to talk to.

### Your Life Iowa Crisis Line \*

855-581-8111

Get help for whatever you're  
facing – alcohol, drugs, gambling,  
suicidal thoughts, mental health, or  
something else. Free & confidential.

\* You can ask for a mobile crisis response  
team to come to you if needed. You can  
also ask for a navigator to help find and  
connect you to resources and services.

**911 - Always remember in a  
medical emergency dial 911**



## 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

### 988 Lifeline - Text 988 or [chat.988lifeline.org](http://chat.988lifeline.org)

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.

## WEBSITES



### [HealthyHenryCounty.org](http://HealthyHenryCounty.org)

Information about Henry County Public Health's  
services (including immunizations), healthy living  
tips, and resource pages for behavioral health,  
food, healthcare access, and more.

### [LoveIsRespect.org](http://LoveIsRespect.org) Online chat available

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

### [QuitlineIowa.org](http://QuitlineIowa.org) Online chat available

Free coaching, medication, and a customized  
quit plan for help quitting tobacco and nicotine.

### [Screening.mhanational.org/screening-tools](http://Screening.mhanational.org/screening-tools)

Free mental health screening tools and  
information about mental health conditions.

### [TheTrevorProject.org](http://TheTrevorProject.org) Online chat available

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

### [YourLifeIowa.org](http://YourLifeIowa.org) Online chat available

Get help for alcohol, drugs, problem gambling,  
mental health, or suicidal thoughts.