

Teacher Script: Your Life Iowa

Intro

- I want to share with you about a resource maybe you have not heard about: Your Life Iowa.
- You may have noticed the Your Life Iowa information on the back of your student ID cards.
- Why don't you take your cards out now and look at the back of them.

YLI Services

- Your Life Iowa offers free and confidential support.
- If you have questions about your or someone else's gambling, mental health, substance use, thoughts of suicide or related concerns, Your Life Iowa can help.

Available 24/7

- One of the cool things about Your Life Iowa is that you can call, text, or chat anytime, 24/7.
- They have a team of compassionate professionals there for you.
- They walk beside you so you are never alone.

Confidentiality

- It's important you know that Your Life Iowa values confidentiality.
- When you call, text, or chat, your conversation will not be shared with anyone unless you are in immediate danger.
- Your privacy is respected.

A Safe Space to Talk

- Your Life Iowa provides a safe space for you to talk about your thoughts and feelings.
- Whether you have concerns or questions about stress, anxiety, or other pressures, Your Life Iowa will be there to listen and support you.
- No Judgement.

Find out more at [Your Life Iowa dot org](http://YourLifeIowa.org).