

APPS

Calm Harm

Provides tasks that help you resist or manage the urge to self harm.

Happify

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

Headspace

Includes meditations, mindfulness, relaxation and sleep practices. There is also mental health training available through the app. Student plans are \$9.99 per year.

MindShift CBT

A self-help anxiety management app that helps you relieve worry, stress, and panic.

LovelsRespect.org

Online chat available

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

YoungWomensHealth.org

YoungMensHealthSite.org

Health information for teens.

PacerTeensAgainstBullying.org

Find ways to address bullying, to take action, and to be heard.

WEBSITES

screening.mhanational.org/

screening-tools (Youth Test)

Free, quick and anonymous screening tool designed for youth age 11-17.

YourLifeYourVoice.org

Tips to help deal with life's challenges.

nami.org/your-journey/kids-teens-and-young-adults

Learn when to ask for help, how to talk to your friends and family about mental health, and more.

MyLifeMyQuit.org

Free, confidential help to quit vaping and other tobacco for youth under 18.

ONLINE CHAT

chat.988lifeline.org

yourlifeiowa.org/help-for-teens

YOUTH AND TEENS

LOOKING FOR HELP?

LOCAL HELP

Hillcrest Family Services - Urgent Mental Health Care
319-653-6161 511 Highway 1 South, Washington

Optimae LifeServices - Urgent Mental Health Care
319-591-8111 401 Westview Court, Suite 2, Washington

Domestic Violence Intervention Program (DVIP)
24-hour hotline 800-373-1043

Rape Victim Advocacy Program (RVAP)
24-hour hotline 800-228-1625

For more local resources
use this QR code:



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TALK

Your Life Iowa Crisis Line *

855-581-8111

The statewide crisis line for any crisis.

988 Suicide & Crisis Lifeline *

Call or Text 988 for FREE & confidential counseling for emotional support when facing mental health struggles, emotional distress, alcohol and drug use concerns, or just need someone to talk to.

*can ask for mobile crisis response to come to you

Your Life Your Voice

800-448-3000

Call if you are having thoughts of harming yourself or you are being abused.

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

TEXT

Your Life Your Voice Text VOICE to 20121

Text a counselor so you don't have to face your problems alone. Available 24/7.

TrevorText Text START to 678678

TrevorText is a confidential and secure resource that provides live help for LGBTQ youth with a trained specialist. Available 24/7.

Your Life Iowa Text 855-895-8398

A way to get help and resources from experts for alcohol, drug, vaping, and gambling problems and suicidal thoughts or mental health concerns.

