

Support at your fingertips

TEXT

Text “Start My Quit” to 855-891-9989

Free and confidential support available 24/7 for anyone under 18 years old. Get the facts and support to help quit vaping, chewing, or smoking.

TxTina – Text TINA to 877877 or through Snapchat: asktxtina

A risk-free outlet for teens to address important sexual health questions/issues, which may otherwise go unanswered. The question textline is open on the 1st and 3rd Friday of every month from 3pm-5pm.

Your Life Iowa – Text (855) 895-8398

Get information and support on alcohol, drugs, gambling and suicide from experts dedicated to the health of Iowans

Your Life Your Voice – Text Voice to 20121

Text with a counselor - you don't have to face your problems alone!
Available every day, Noon to Midnight.

LOCAL

Alcohol Drug and Dependency Services of SE Iowa (ADDS)

319-753-6567 1340 Mt. Pleasant Street, Burlington, Iowa 52601

Counseling and education on tobacco, alcohol, and other drug misuse

Domestic Violence Intervention Program (DVIP)

Help for relationship violence. 24/7 hour crisis line 1-800-373-1043

Family Planning of Southeast Iowa

319-768-1225 801 S Roosevelt Ave Suite C, Burlington, IA 52601

Comprehensive, affordable, and confidential reproductive health care (birth control, STI testing, treatment and education).

Rape Victim Advocacy Program (RVAP)

Free, confidential help. 24 hour hotline 1-800-228-1625

Young House Family Services

319-752-4000 400 S. Broadway St., Burlington, IA 52601

Counseling and help for mental health and substance abuse.

ONLINE

www.mylifemyquit.com

Free, confidential, personalized coaching for quitting nicotine and facts on all nicotine products.

www.loveisrespect.org

Engage, educate and empower young people to prevent and end abusive relationships

www.girlshealth.gov/feelings

Reliable, useful information on health and well-being. “Be Happy. Be Healthy. Be You. Beautiful.”

www.yourlifeiowa.org

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

www.yourlifeyourvoice.org

Tips to help you deal with life's challenges.

www.mindingyourmind.org

Free, quick, and anonymous screening tool to “Check up from the Neck up”

www.suicidepreventionlifeline.org/chat

Connect with counselors for emotional support.

www.imalive.org

Live online network that uses instant messaging to respond to people in crisis.

PHONE

Your Life Iowa

Support for whatever problem you're facing. Available 24/7.
855-581-8111

National Suicide Prevention Lifeline

800-273-TALK (8255)

Your Life Your Voice

800-448-3000

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

If in a crisis and you need immediate assistance, call 911

APPS

A Friend Asks

Provides info, tools, and resources to help someone who may be struggling with thoughts of suicide.

Real Talk: Stories by Teens

Uses real stories by real teens to convey relevant and credible information about the issues that teens go through growing up.

Your Life Your Voice

Offers a simple solution for tracking your thoughts, feelings and moods in an interactive tool on your phone.

My Sex Doctor Lite

Offers tons of useful information about sex and sexuality.



SNAP a picture of this or download it at:
addsiowa.org/prevention-services