



Your Life Iowa:

A free service to help you find Behavioral Health services

If you or someone you care about is struggling, it can be hard to understand the best ways to find support.

When you reach out to **Your Life Iowa**, you can request to connect with a Behavioral Health System Navigator who can help you understand your options and guide you through the behavioral health system.

What is Behavioral Health?

“Behavioral health” means mental health and addictive disorders.

Please call, text, or chat **Your Life Iowa** to find help for:

- Mental illness.
- Substance use.
- Problem gambling.
- Tobacco and nicotine dependence.

What does a System Navigator do?

System Navigators are trained to help you find the right behavioral health care and services. They give free, private support to all Iowans.

When you contact **Your Life Iowa**, a System Navigator can:

- Talk with you on the phone or help you online.
- Listen and learn about your needs.
- Connect you with providers who can get you the right care.
- Help you find services to assist with basic needs, housing or job problems.

System Navigators do not give treatment, medicine, or counseling. Instead, your System Navigator will help you find the right people who offer the services you need.

Iowans seeking assistance can contact Your Life Iowa.

- Call: 855-581-8111
- Text: 855-895-8398
- Chat: yourlifeiowa.org.

System Navigation services are available to all Iowans **free of charge**. There are no insurance requirements.

The Iowa Primary Care Association (Iowa PCA) is a nonprofit organization. The Iowa PCA administers Behavioral Health System Navigation services on behalf of the Iowa Department of Health and Human Services.