



**988 Suicide & Crisis Lifeline**

Phone or Text: 988

<https://988lifeline.org/chat/>

For adults, teens, and children. Chat for free, 24/7

**Your Life Iowa**

Phone: 855-581-8111

Text: 855-895-8398

<https://yourlifeiowa.org/>

Free, confidential support for issues related to children, teen, and adult mental health, substance use, and suicide prevention.

**Iowa Crisis Chat**

Phone: 1-855-325-4296

9:00am - 2:00am central time, 7 days a week. Non-judgmental support for individuals facing emotional crisis.

**NAMI Iowa (National Alliance on Mental Illness)**

Phone: 515-254-0417

<https://namiiowa.org/>

Support groups, education, and advocacy for individuals and families affected by mental illness.



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**Iowa Victim Service Call Center**

Phone: 1-800-770-1650  
Text: IOWAHELP to 20121  
[www.survivorshelpline.org](http://www.survivorshelpline.org)

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**Iowa Coalition Against Sexual  
Assault 24/7 Hotline**

Phone: 1-800-284-7821  
<https://oneiowa.org/hotlines-support/>

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**Veterans**

Phone: 988 press 1  
Text: 838255  
[www.veteranscrisisline.net/get-help-now/chat/](http://www.veteranscrisisline.net/get-help-now/chat/)

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**LGBT National Help Center**

Phone: 1-888-843-4564

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**Trans Life**

Phone: 877-565-8860  
10 AM - 4 AM EST  
<https://www.translifeline.org/>

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