

# 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 1<sup>st</sup> and 3<sup>rd</sup> 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](http://www.mylifemyquit.com)**

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

### **[www.loveisrespect.org](http://www.loveisrespect.org)**

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

### **[www.girlshealth.gov/feelings](http://www.girlshealth.gov/feelings)**

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

### **[www.yourlifeiowa.org](http://www.yourlifeiowa.org)**

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

### **[www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)**

Tips to help you deal with life's challenges.

### **[www.mindingyourmind.org](http://www.mindingyourmind.org)**

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

### **[www.suicidepreventionlifeline.org/chat](http://www.suicidepreventionlifeline.org/chat)**

Connect with counselors for emotional support.

### **[www.imalive.org](http://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](http://addsiowa.org/prevention-services)