

HELP IS 3 NUMBERS AWAY

**Call for suicide
intervention
and crisis support.**

**Call
988**

- Thoughts of suicide
- Mental health crisis support
- Substance use crisis
- Emotional distress

**Call for information and
community resources**

**Call
211**

- Housing and shelter
- Utility assistance
- Food
- Healthcare services
- Childcare
- Transportation
- Government services

Call for emergencies

**Call
911**

- Medical emergency
- Fire
- Reporting a crime
- Disaster response
- Domestic violence
- Life threatening situation

211



211

IOWA

Dial 211

Toll-Free: 866-813-1731

Text Your Zip Code to: 898211

Visit 211iowa.org

It's free, confidential and available 24/7.
211 can assist people in over 240 languages.