



Resources for Iowans

FROM THE IOWA DEPARTMENT OF HEALTH AND HUMAN SERVICES AND DEPARTMENT OF EDUCATION



Your Life Iowa and the **988 Suicide & Crisis Lifeline** are free, confidential resources for behavioral and mental health support that can be accessed via phone, text, or chat 24/7.

Your Life Iowa Contact

- 📞 Call: (855) 581-8111
- 📱 Text: (855) 895-8398
- 💬 Chat: <https://yourlifeiowa.org/>

988 Contact

- 📞 Call: 988
- 📱 Text: 988

FAMILY RESOURCES

These resources are available to assist families as they process the recent tragedy in Perry – including age appropriate conversation guides and how to support your child.

Restoring a Sense of Safety in the Aftermath of a Mass Shooting: Tips for Parents and Professionals

<http://bit.ly/48t4tIR>



Helping Teens with Traumatic Grief: Tips for Caregivers

<http://bit.ly/4aL0C5e>



COMMUNITY RESOURCES

Support, resources and services are available for the community.

[Amanda The Panda](#)

offers grief support at no cost for communities around Iowa.

<http://bit.ly/410mh8q>



[Heart of Iowa](#) mental health counseling and support for Dallas County.

<https://bit.ly/3ROTV9J>



[Scanlan Center for School Mental Health](#)

works with Iowa school districts to provide post-crisis services through a statewide network.

<https://bit.ly/48odqNm>



[Resources for Responders, Providers and the Public](#)

Following Mass Violence.

<https://bit.ly/4aMDjb1>

