



## **Feeling overwhelmed right now is normal.**

Free help is available to you or someone you care about.

### **CALL 211**

Connect to essential local health and human services, 24 hours a day, for free

### **Your Life Iowa**

Up-to-date COVID-19 information, mental health information and resources

**Call 855-581-8111 or text 855-895-8398**

### **Iowa Child Abuse Hotline**

**1-800-362-2178**

### **Warm Line**

Nonjudgemental peer support by phone

**844-775-9276**

### **ISU Extension Iowa Concern**

Support regarding legal, financial, stress, and crisis related questions

**800-447-1985**

### **National Alliance on Mental Illness**

Here to answer questions, offer support and provide practical next steps

**Call 800-950-6264 or text NAMI to 741741**

### **Parent Helpline**

Emotional support from trained advocates to empower parents & caregivers

**855-427-2736**

### **Substance Abuse & Mental Health Services Administration**

24-hour free and confidential information in English and Spanish

**800-662-4357**

### **Iowa Domestic Violence Hotline**

**800-799-SAFE (7233) or TTY 800-787-3224**

### **Suicide Prevention Lifeline**

**800-273-8255**



# I CANNOT CONTROL

(so, I can **let go** of these things)

- If others follow the rules of social distancing
- The actions of others
- Predicting what will happen
- Other people's motives
- The amount of toilet paper at the store
- How long this will last
- How others react

# I CAN CONTROL

(so, I **will focus** on these things)

- My positive attitude
- Turning off the news
- Finding fun things to do at home
- How I follow CDC recommendations
- Limiting my social media
- My own social distancing
- My kindness & grace