



## **We're here to help 24/7**

**Missourians can access the free Iowa Concern Hotline offered by University of Missouri Extension through a North Central Region Farm and Ranch Alliance Network federal grant.**

**Call toll free: 800-447-1985**

**Or chat with an expert:  
*[extension.iastate.edu/iowaconcern](https://extension.iastate.edu/iowaconcern)***

**A confidential source for help with:**

- **Legal information and where to go to get aid.**
- **Finances, unemployment, and more.**
- **Stress, depression, parenting, and wellness.**
- **Crisis and disaster assistance.**
- **Illness and recovery.**

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