Go Ask Alice!
Geared at young adults, this question and answer website contains a large database of questions about a variety of health topics.

988 Suicide & Crisis Lifeline
Available 24/7

Teens Health
Providing a safe place for teens who need honest and accurate information and resources on mental health issues.

You are not alone
Mental health and stress management resources for adolescents
Help how you want it, when you need it.

Text “HOME” to 741741
Available 24/7

988 Suicide & Crisis Lifeline
988
Available 24/7

Text
Talk
Web

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

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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