

# You are not alone

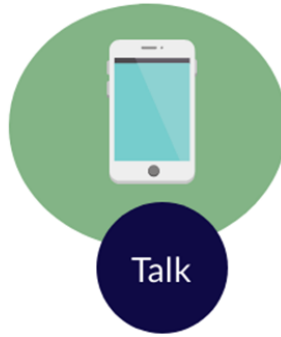
Mental health and stress management resources for adolescents

Help how you want it, when you need it.



Text

Text "HOME" to  
741741  
Available 24/7



Talk

988 Suicide &  
Crisis Lifeline  
988  
Available 24/7



Web



### Go Ask Alice!

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



North Central  
Farm and Ranch  
Stress Assistance Center



Illinois Extension  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



Extension  
University of Missouri

an equal opportunity/ADA institution



### Teens Health

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



## 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.