



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



Community Foundation
of Greater Dubuque

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