

Iowa Mental Health and Support Hotlines Comparison Guide

Hotline	Purpose	Availability	Who Answers	Key Features	Contact
988 Suicide & Crisis Lifeline	National Crisis line for suicide, mental health, and substance use emergencies	24/7	Trained crisis counselors	<ul style="list-style-type: none"> - Free, confidential support - Call/text/chat options - Connects to local resources - Minimal use of 911 unless safety risk - Can connect to mobile crisis 	Call/Text: 988 Chat: 988lifeline.org
Iowa Concern Hotline	Support for stress, legal, financial, disaster-related issues	24/7	ISU Extension and Outreach trained support counselors and staff	<ul style="list-style-type: none"> - Free, confidential support - Stress counselors to help through those tough times. - Disaster support and resources - Legal education & referrals - Financial education/consultation - Referrals to services 	Call/Text: 800-447-1985 Chat: https://www.extension.iastate.edu/humansciences/iowa-concern
Your Life Iowa	Statewide support for mental health, substance use, gambling, and suicide prevention	24/7	Trained Iowa Based Counselors	<ul style="list-style-type: none"> - Referrals to local services - Mobile crisis response teams - Access to Warm Line and 988 - Search for local providers (in Iowa) on website 	Call: 855-581-8111 Text: 855:895-8398 Chat: https://yourlifeiowa.org/
Iowa Warm Line	Non-crisis emotional support from peer in recovery	24/7	Peer Support Specialists	<ul style="list-style-type: none"> - Peer-run, confidential listening - Empathetic support - Referrals to services - Transfer to 988 if needed 	Call: 1-844-775-WARM(9276)

Quick Tips for Use:

988: Use for urgent emotional distress, suicidal thoughts, or substance use crisis

Iowa Concern Hotline: Use for stress, legal financial, or disaster-related support

Your Life Iowa: Use for statewide help with mental health, addiction, gambling, and crisis response

Iowa Warm Line: Use when you need someone to talk to but are not in crisis