



CICS

**24-HOUR YOUR LIFE IOWA
CRISIS LINE/
CICS MOBILE RESPONSE
855-581-8111**

Answered by Foundation 2, Inc.

*You can chat online Monday-Friday from 9 am-3 pm at www.YourLifelowa.org
or by texting 855-895-8398. All contacts & services are FREE & confidential.*



When you call the crisis line you can request a Mobile Response Team to meet with you.

If it is determined appropriate, a trained 2-person team will come to you to help create and carry out a plan to address your situation.