



available on both  
the **Google Play**  
and **iPhone App**  
stores for free with  
paid features



**Insight Timer** - Meditation App



**Headspace:** Meditation & Sleep



**Relax Melodies:** Sleep Sounds



**Moshi:** Sleep and Mindfulness (for kids)



**Intimind** (Spanish Language)



**Liberate** (content by and for Black, Indigenous, and People of Color)

# Are you, your family or friends experiencing:

Increased levels of stress and anxiety due to the current COVID-19 situation?

Feelings of isolation and even depression due to social distancing?

Worries about your personal financial situation now and in the months to come?

Difficulty parenting during these uncertain times and wondering what to communicate to your kids?

Feeling the need to talk to someone about coping strategies?

YSS provides counseling sessions using telehealth technology and can help anyone across Iowa from the comfort of their own home. Contact us at **(515) 233-2250** or **[www.yss.org/telehealth](http://www.yss.org/telehealth)**

# Other emergency hotlines (all are available 24/7):

Disaster Distress Hotline: Call **1-800-985-5990** or text **TalkWithUs** to **66746**

National Suicide Prevention Hotline: Call **1-800-273-8255**

Crisis Text Line: Text **HOME** to **741741**

National Domestic Violence Hotline: Call **1-800-799-SAFE (7233)**  
or visit **thehotline.org** for safe, private chat

The Trevor Project (LGBTQ Youth): Call the TrevorLifeline at **1-866-488-7386**  
Trans Lifeline's Peer Support Hotline: Call **1-877-565-8860**

Veterans Crisis Line: Call **1-800-273-8255** and Press 1 or **Text 838255**