STAY SAFE. STAY HEALTHY

COVID RECOVERY IOWA is here to help.

WE ARE HERE FOR YOU 24/7.

- Counseling will take place via virtual sessions, chat or phone call.
- People of all ages may join groups online to find support and learn new strategies to cope with the effects of the pandemic in a variety of creative ways.

Every Iowan is eligible for FREE, confidential counseling, group activities, support groups and resources.

Visit www.**COVIDrecoveryiowa.org** and complete a contact form and a counselor will get back to you.

Facebook, Instagram and **Twitter:** COVID Recovery Iowa

Call the Iowa Warm Line, 844-775-9276;
to connect with a peer counselor or request to get in touch with a COVID Recovery Iowa counselor.

COVID Recovery IOWA

IOWA Department of HUMAN SERVICES

U.S. DEPARTMENT OF HOMELAND SECURITY FEMA