



COVID RECOVERY IOWA is here to help.

A pandemic and a derecho. Two things you did not ask for and definitely not the norm. In the aftermath, you still have to live your life.

You may be wondering what steps to take? **COVID Recovery Iowa** may be able to assist. Free, virtual services such as counseling, group education and stress reduction activities are available to you.

**WE HEAR YOU. WE SEE YOU.
WE ARE HERE TO HELP.**

COVID Recovery Iowa's counselors will assess your needs and make referrals to community-based disaster relief services and agencies to extend support services to you. www.COVIDrecoveryiowa.org.

The site translates into 65 languages.

Iowa Warm Line 844-775-WARM (9276): Provides confidential access to peer counseling and can connect you upon request with **COVID Recovery Iowa** services. Provides confidential access to virtual counselors and information and referral services for a wide variety of topics, including COVID-19 services. Language interpretation service is available.

Iowa Concern: 800-447-1985: Provides confidential access to stress counselors and an attorney for legal education focusing on rural and agricultural issues. Iowa Concern services are available 24 hours a day, seven days per week at no charge. Language interpretation service is available.

541-800-3687 Answered Live in Spanish:

Se responde en vivo en español. Proporciona acceso confidencial a consejeros virtuales, información, y una variedad de servicios de remisión que incluyen servicios relacionados a COVID19.

WE'RE STRONGER TOGETHER EVEN IN THESE UNCERTAIN TIMES!



FEMA

www.COVIDrecoveryiowa.org
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