



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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