



Don't think it doesn't affect you.

However you are recovering from the pandemic, whatever your situation is, there are multiple resources available to assist you.

COVID RECOVERY IOWA IS HERE TO HELP



Iowa Department of Human Services
1305 East Walnut Street
Des Moines, Iowa 50319

COVID Recovery Iowa will provide counseling, virtual activities, referrals and help find resources to help Iowans build coping skills and resilience

Iowans can access services:

- ▶ **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
- ▶ Visit **www.COVIDrecoveryiowa.org** and complete a contact form and a counselor will get back to you
- ▶ **FB, Instagram, Twitter:** COVID Recovery Iowa

Every Iowan is eligible for FREE, confidential counseling.