

**STAY SAFE. STAY HEALTHY**



# COVID RECOVERY IOWA is here to help.

-  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](http://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.



**FEMA**