

# Stay Safe, Stay Healthy

**COVID Recovery Iowa can help.**

Free and confidential counseling services.

Information, referral, online support and activity groups.

People of all ages may join groups online to find support and learn new strategies to cope with the effects of the pandemic and the derecho in a variety of creative ways.

Call **COVID Recovery** today 800-447-1985 24/7  
or 844-775- 9276 Noon to 10pm

Spanish Line 541-800-3687

[www.covidrecoveryiowa.org](http://www.covidrecoveryiowa.org)



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