



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 and complete a contact form and a counselor will get back to you.

Facebook, Instagram and Twitter: COVID Recovery Iowa

Call the Iowa Concern Hotline, 800-447-1985;
to connect with a stress counselor or request to get in touch
with a family finance or farm financial consultant.