

# COVID Recovery Iowa Services

COVID Recovery Iowa offers a variety of services to anyone affected by the Coronavirus pandemic. Virtual counselors provide counseling, activities, referral information and help find resources to any Iowan seeking personal support.

Iowans of all ages may join groups online for activities and learn creative strategies for coping with the effects of the pandemic. COVID Recovery Iowa will announce upcoming programs on the website and via all social media to help Iowans build coping skills, resilience and emotional support.

**[www.COVIDrecoveryiowa.org](http://www.COVIDrecoveryiowa.org)**

## Facebook, Instagram, Twitter and Youtube: COVID Recovery Iowa

COVID Recovery Iowa Services can be accessed by completing an online contact form to connect with an outreach counselor who will guide toward appropriate resources and support tailored to the need.

## Iowa Concern: 800-447-1985

Provides confidential access to stress counselors and an attorney for legal education, as well as information and referral services for a wide variety of topics, including COVID-19 services. Iowa Concern services are available **24 hours a day, seven days per week at no charge**. To reach Iowa Concern, call **800-447-1985**; language interpretation service is available.

## Iowa Warm Line 844-775-WARM (9276)

Provides confidential access to peer counseling and can connect people upon request with COVID Recovery Iowa Services. Language interpretation service is available.

## Personal Support and Assessment

Provide personal support, education, and referral information. A virtual counselor can connect with community-based services as needed.

**1-844-775-**

group activities, support groups  
and resources for all Iowans

**IOWA DEPARTMENT OF HUMAN SERVICES**  
Division of Mental Health and Disability Services  
515-281-3128 khyatt@dhs.state.ia.us

## Virtual Groups and Activities

Caring for oneself emotionally and physically is essential during stressful times. Join online live yoga, cooking, and other fun and energizing groups and activities designed to help manage emotions and find new and unique outlets to help deal with the stress of the pandemic.

## Work Place Stress Debrief

Virtual one-hour sessions are a safe place to talk about the way work has changed due to the COVID-19 pandemic. It may help to share with others who are experiencing very similar challenges. A session frequently takes place with co-workers or others impacted by the event and face similar challenges.

Group facilitators will offer ways to manage the stress and help people understand their feelings and emotional reactions to the event. Participants are encouraged to describe details of the event from their own point of view and discuss their reactions. Group facilitators will make sure that participants know what symptoms to watch for and they ensure group participants have access to resources for ongoing support and help.

## Education Programs

### Stress on the Farm: Strategies that Help

Farming can be a dangerous and stressful occupation, especially when so many economic factors are not under the farmer's control, including COVID-19. In this short 45-minute educational program, individuals will review the signs of stress, learn strategies to cope with stress, examine ways to help others, and review available resources.

### Stress on the Farm: Strategies to Help Each Other During a Pandemic

Farming is stressful: Ongoing economic stress, COVID-19, weather related issues, uncertain commodity prices. How can hope be offered to farmers who are under such stress? In this short 20-45 minute, educational program, strategies, risk factors, protective factors and warning signs of suicide, and culturally relevant strategies are covered. There are positive options for farmers and there opportunities to engage with COVID Recovery Iowa virtual counselors.

### Avoiding Burnout in a Crisis: The ABC's for Self Care

Staying on task in a rapidly changing work environment is challenging during these difficult times. What can a person do to promote resiliency in the workplace to avoid burn-out.

### Question. Persuade. Refer. (QPR)

Three simple steps anyone can learn to help save a life from suicide. When you take this 1 to 1.5 hour QPR suicide prevention training for lay and professional gatekeepers, you will learn the warning signs for a suicide crisis and suggestions for response.

## Mental Health First Aid (MHFA)

Individuals will learn how to identify, understand and respond to those who may be experiencing a mental health related problem or crisis. Techniques will be given on what to do, what to say, how to offer support and resources with confidence. Mental Health First Aid is a blended learning course offered by a trained facilitator and listed in the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices.

## Family Financial Consultation

Concerned about finances during these uncertain times, but not sure where to start? ISU Extension and Outreach invites you to access one of our Human Sciences financial educators. They can help walk through ideas and options to revise a budget, prioritize bills, pay down debt, and connect with community resources to stretch reduced incomes, and other personal finance topics free of charge.

## Farm Financial Planning

Iowa State University Extension and Outreach's farm financial analysis program consists of one-on-one financial counseling, a computerized analysis of the farm business, and referral to other extension programs or outside services that may be useful and supportive. This program is for anyone who wants to understand a complete picture of farm financial situation. It helps take the guesswork out of whether or not a change would increase profitability and improve cash flow. Using FINPACK software, the analysis may provide a more in-depth evaluation of the farm business, which many lenders are requiring before they will extend further credit.