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** 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.







ABBE CENTER FOR COMMUNITY MENTAL HEALTH, INC. | HEARTLAND FAMILY SERVICE | IOWA STATE UNIVERSITY PATHWAYS BEHAVIORAL SERVICES AND UNIVERSITY OF IOWA CENTER FOR DEVELOPMENT AND DISABILITIES