



STAY SAFE, STAY HEALTHY

If you are a military family member or a veteran experiencing the pandemic or derecho, COVID Recovery Iowa is here to assist.

We are here to listen to you, help you find support and learn new strategies to cope with the effects of the pandemic and derecho in a variety of creative ways.

COVID Recovery Iowa has veterans on our staff who will assist you confidentially and free of charge.

[COVIDrecoveryiowa.org](https://www.covidrecoveryiowa.org)

Iowa Warm Line (noon to 10pm) 844-775 WARM (9276)
Iowa Concern (24/7) 800-447-1985
Spanish Line 531-800-3687

Call any of our lines and ask to speak to a veteran or family member

