

**STAY SAFE. STAY HEALTHY**



- Counseling will take place via virtual sessions, text, phone or in-person.
- People of all ages may join groups online to find support and learn new strategies to cope, and move forward in a positive direction.

Visit [www.projectRECOVERYiowa.org](http://www.projectRECOVERYiowa.org) and complete a contact form and a counselor will get back to you.

**Facebook, Instagram, LinkedIn, Tik Tok, Twitter and You Tube:** Project RECOVERY Iowa  
**Iowa Concern 800-447-1985**

**Call the Iowa Warm Line, 844-775-9276;**

24 hours a day, seven days a week to connect with a peer counselor or request to get in touch with a Recovery Iowa counselor.

**Call the Iowa Concern Line at 800-447-1985;**

24 hours a day, seven days a week to connect with stress counselors who specialize in agriculture and rural issues.

**Call the Spanish line at 531-800-3687**



**FEMA**