

# COVID RECOVERY IOWA

is here to help.



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

A person can access all **COVID Recovery Iowa services** by completing an online contact form to connect with an outreach counselor, who will guide to resources and support tailored to individual needs. The site translates into 65 languages. [www.COVIDrecoveryiowa.org](http://www.COVIDrecoveryiowa.org)



**Iowa Warm Line 844-775-WARM (9276):** Provides confidential access to peer counseling and can connect you upon request with **COVID Recovery Iowa services**. Provides confidential access to virtual counselors and information and referral services for a wide variety of topics, including COVID-19 services. Language interpretation service is available.



**Iowa Concern: 800-447-1985:** Provides confidential access to stress counselors and an attorney for legal education focusing on rural and agricultural issues. Iowa Concern services are available 24 hours a day, seven days per week at no charge. Language interpretation service is available.

**541-800-3687 Answered Live in Spanish:** Se responde en vivo en español. Proporciona acceso confidencial a consejeros virtuales, información, y una variedad de servicios de remisión que incluyen servicios relacionados a COVID19.



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## FACEBOOK GROUPS AND ACTIVITIES:

Caring for oneself emotionally and physically is essential during stressful times. Check the site as new options are added regularly.

- **Book Club** – A way to de-stress and sort through thoughts by reading and sharing.
- **Crafty Kids Club** – A creative space for kids to come and learn new activities and skills.
- **Domestic Violence, Past, Present and Future** – Support group and statewide resources.
- **Easing Anxiety During COVID-19** – A group focusing on normalizing experiences, offering tips for coping and providing approaches to living in the world today during the pandemic.
- **Four Legged Therapy** – Sharing of pets is a great stress reliever and one of the most popular groups.
- **Gardening Reduces Stress** – People get free flower seeds in the mail upon request and support regarding social isolation.
- **Inclusion for All** – This group allows individuals with disabilities and their caregivers a place to chat, join activities and learn about resources for programs across the state.
- **Meditation and Yoga** – Weekly recorded exercises for coping and stress release.
- **Next Level Gaming** – Connect with other gamers from within Iowa.
- **Show Us Your He(art)** – Art projects with things around the house.
- **Songs From the Good Old Days** – A stress reliever each week for a half hour of sing-a-long songs.
- **Story Starter** - A creative writing to create a mindfulness exercise and how to build resiliency.
- **Summer Bucket List** – Activities to help keep everyone happy and healthy.
- **Tell Me a Story** – Activity each week where staff read stories to children.
- **Workforce Resources** – Resume workshop, stress reduction and education on self-care while looking for employment. Resources for all people whether working or seeking employment

## AGRICULTURAL AND RURAL EDUCATION:

- **Stress on the Farm:** Strategies that Help Farming.
- **Stress on the Farm:** Strategies to Help Each Other During a Pandemic.
- **Avoiding Burnout in a Crisis:** The ABC is for Self Care.
- **Question. Persuade. Refer. (QPR):** Three simple steps anyone can learn to help save a life from suicide.
- **Workplace Diffusion:** Virtual one-hour sessions are a safe place to talk about the way work your work has changed due to the COVID-19 pandemic.

## CONNECTION POINTS:

**COVID Recovery Iowa:** Facebook, Instagram, Twitter, You Tube and Discord

**Weekly newsletter** – email [info@covidrecoveryiowa.com](mailto:info@covidrecoveryiowa.com) if interested

To request more information on how **COVID Recovery Iowa** can be of assistance contact

**Karen Hyatt: [Khyatt@dhs.state.ia.us](mailto:Khyatt@dhs.state.ia.us). 515-601-7899.**

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.

