

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

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 if interested

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

Karen Hyatt: 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.

