

Do you have feelings of:

- Anxiety
- Loneliness
- Isolation
- Frustration
- Sense of Loss

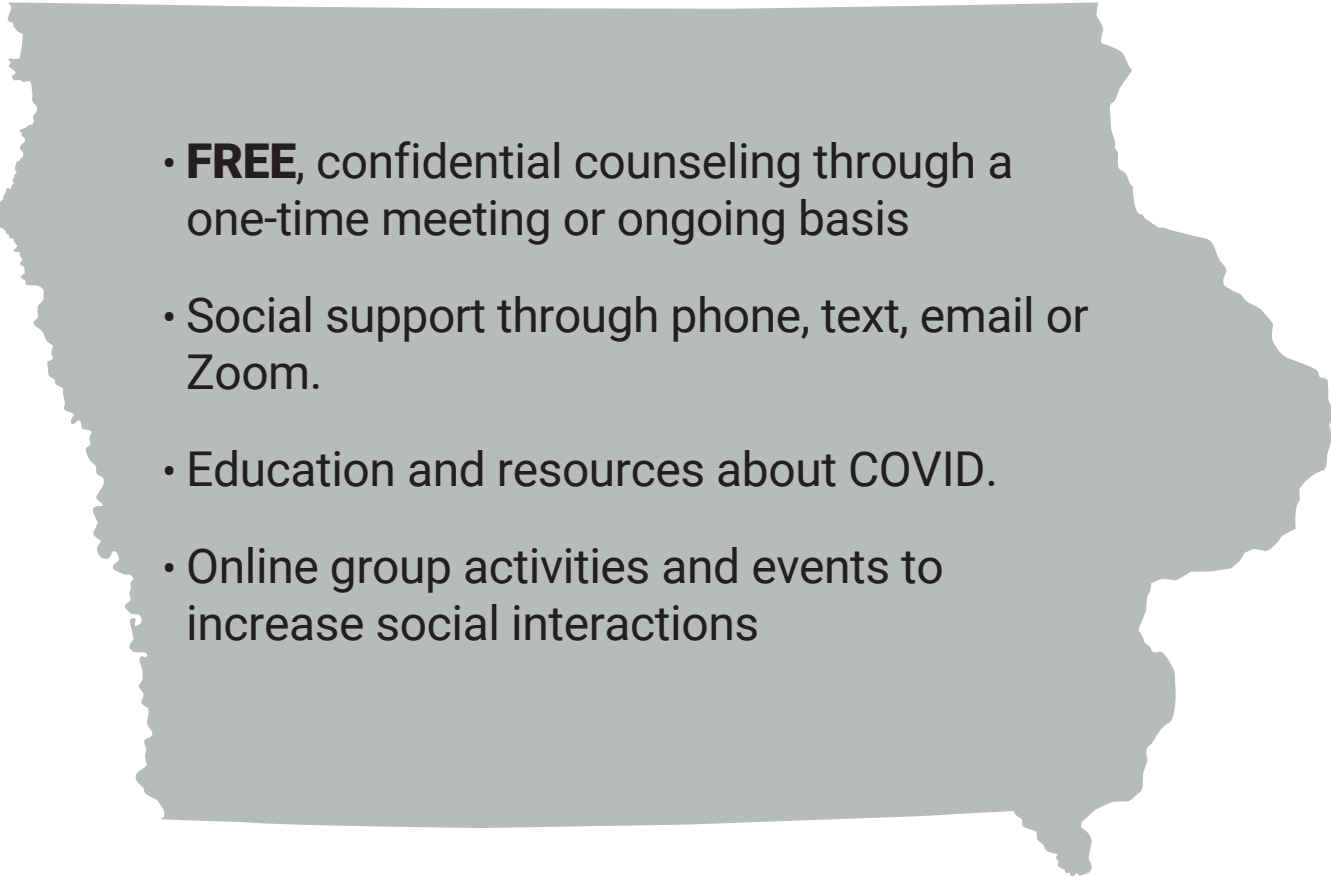


COVID RECOVERY IOWA CAN HELP

We are here to listen and offer support to people with disabilities and their families and caregivers



WHAT WE CAN DO FOR YOU:

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- **FREE**, confidential counseling through a one-time meeting or ongoing basis
 - Social support through phone, text, email or Zoom.
 - Education and resources about COVID.
 - Online group activities and events to increase social interactions

**Contact us
Today!**

Call: 844-902-3770

Text: CHATBUDDY to 85511

Email:

COVIDRecoveryIowa@
iowacompass.org

Website:

uihc.org/covid-recovery-iowa