

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



WHAT WE CAN DO FOR YOU:

- **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