



Whether you are rebuilding your home, recovering from damage, or supporting your neighbors, there are multiple resources available to assist you.

PROJECT RECOVERY IOWA IS HERE TO HELP

**PROJECT
RECOVERY IOWA**

Department of Human Services



Iowa Department of Human Services
1305 East Walnut Street
Des Moines, Iowa 50319

We provide counseling at a location of your choice, information, educational resources and emotional support.

If you are interested in:

- ▶ Talking to someone
- ▶ Learning how to manage your stress
- ▶ Understanding the common reaction to disasters
- ▶ Learning more about resources

Call Iowa Concern and ask to be connected to Project Recovery Iowa

1-800-447-1985

 **Project Recovery Iowa**