

For Immediate Release  
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## ***Support Available to Iowans Affected by Weekend Storms***

DES MOINES, Iowa – The Iowa Department of Human Services (DHS) announces free, confidential counseling and support to Iowans affected by last weekend’s severe weather through the Project Recovery Iowa program.

Project Recovery Iowa offers virtual, and in-person counseling sessions to Iowans experiencing emotional distress such as anxiety, or feelings of being overwhelmed. Services are offered in-person, or through phone, text, and social media tools.

“We know the severe weather that impacted many Iowans last weekend caused much more than property damage,” said DHS director Kelly Garcia. “We know there is always a need for mental health support after a catastrophic storm or other life-changing event.”

“It is completely normal to feel emotional distress after a natural disaster,” said Karen Hyatt, an Emergency Mental Health Specialist for DHS. “These feelings can show up right away, or even days, weeks, or months after a storm.” Anyone needing support, is encouraged to reach out for assistance.

Iowans can access services through the following options:

- Call 800-447-1985 to connect with a counselor specializing in rural issues and agriculture 24 hours a day, seven days a week.
- Call the Iowa Warm Line, 844-775-9276, to connect with a peer counselor or request to get in touch with a Project Recovery Iowa counselor, 24 hours a day, seven days a week.
- Visit [www.projectrecoveryiowa.org](http://www.projectrecoveryiowa.org) and complete a contact form and a counselor will get back to you.

DHS has contracted with five providers throughout the state to provide counseling, virtual activities, referrals, and help finding additional resources. Services are funded through a grant from FEMA.

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