

Stress Relief Resources

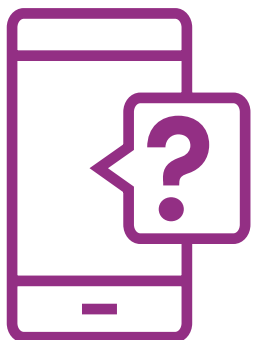


Rural Health and Safety of Eastern Iowa and Mercy Iowa City



Virtual Resources:

- Mercy Iowa City Behavioral Health Clinic 319-688-7024: Telehealth.
- Iowa Concern Hotline: 1-800-447-1985.



Phone Apps:

- Buddhify
- Calm in the Storm
- Virtual Hope Box
- Mood Tools
- Headspace



Website Tools:

- www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html
- www.massgeneral.org/psychiatry/guide-to-mental-health-resources
- www.mercyic.org/covid19
- www.extension.iastate.edu/iowaconcern/caring.html
- www.icash.public-health.uiowa.edu/programs/seasonal-campaigns/
- www.extension.iastate.edu/dairyteam/files/page/files/2020_april_nwl_002.pdf
- www.extension.iastate.edu/disasterrecovery/covid-19
- www.extension.iastate.edu/dairyteam/covid-19-resources
- www.iowapeersupporttraining.org/wp-content/uploads/2020/07/Farmer-Mental-Health-Conference-11-6-2020.pdf