



**FEMA**

May 20, 2019  
DR-4421 IA NR 029

# News Release

## **Free Help is Available if you Feel Like You Can't Cope with the Effects of the Disaster**

**DES MOINES, Iowa** – The floodwaters have receded from the severe storms and flooding beginning March 12 in western Iowa. And, flooding is easing in the Quad Cities area. However, prolonged effects are still being felt in homes and neighborhoods of Iowans. The repair work, financial burden, prolonged stress and ongoing red tape with agencies and insurance companies can leave feelings of depression, frustration, anger, anxiety and sadness.

There is help and it is free. If a friend, family member, neighbor or you are feeling overwhelmed, please call the Iowa Concern 24-hour line at 1-800-447-1985. Iowa Concern staff can connect you with Project Recovery Iowa services or one of their stress counselors can talk with you any time of the day.

Common disaster reactions may include:

- Feeling tense or nervous, angry or irritable.
- Crying often or easily, feeling hopeless.
- Feeling numb.
- Sleep problems, constantly tired.
- Stomach problems (such as nausea or cramps) and/or not feeling hungry.

It is common for people to experience a wide range of emotional reactions following a disaster. These are normal feelings that may last for many months after the flooding.

To help Iowans affected by the event, the Crisis Counseling Assistance and Training Program (CCP), funded by FEMA, is operating Project Recovery Iowa. The mission of Project Recovery Iowa is to assist individuals and communities in recovering from the challenging effects of natural and human-caused disasters through the provision of community-based outreach and recovery-oriented services.

-More-

## **Free Help is Available if you Feel Like You Can't Cope with the Effects of the Disaster-Page 2**

For more information on the Iowa disaster and a variety of recovery resources, log on to: [www.floods2019.iowa.gov](http://www.floods2019.iowa.gov) or call 2-1-1. Multilingual services are available. For more information on FEMA assistance, go to [www.fema.gov/disaster/4421](http://www.fema.gov/disaster/4421) or [www.disasterassistance.gov](http://www.disasterassistance.gov).

*Disaster recovery assistance is available without regard to race, color, religion, nationality, sex, age, disability, English proficiency or economic status. If you or someone you know has faced discrimination or needs help with accessible communication, call FEMA toll-free at 800-621-3362. Multilingual operators are available.*

###

*FEMA's mission is helping people before, during, and after disasters.*

*HSEMD Mission: To lead, coordinate and support homeland security and emergency management functions in order to establish sustainable communities and ensure economic opportunities for Iowa and its citizens.*