



July 10, 2020

We are here to help.

Disaster Assistance for Black Hawk, Fayette, and Van Buren Counties

Governor Kim Reynolds issued disaster proclamations for the counties of [Black Hawk](#), 6/25/20), [Fayette, and Van Buren](#) (6/29/20).

The governor's proclamations allow state resources to be utilized to respond to and recover from the effects of this severe weather and activates the Iowa Individual Assistance Grant Program for qualifying residents, along with the Disaster Case Management Program.

Iowa Individual Assistance Grant Program

The Iowa Individual Assistance Grant Program provides grants of up to \$5,000 for households with incomes up to 200 percent of the federal poverty level or a maximum annual income of \$43,440 for a family of three. Grants are available for home or car repairs, replacement of clothing or food, and temporary housing expenses. Original receipts are required for those seeking reimbursement for actual expenses related to storm recovery. [The grant application and instructions are available on the Iowa Department of Human Services website](#). Potential applicants have 45 days from the date of the proclamation to submit a claim. You may also contact your local community action agency for other ways to apply. Visit www.iowacommunityaction.org.

[Iowa Legal Aid](#)'s website also has more information on the program (available in Spanish).

Iowa Disaster Case Management

Disaster Case Management is a program to address serious needs to overcome a disaster-related hardship, injury or adverse condition. Disaster case managers work with clients to create a disaster recovery plan and provide guidance, advice and referral to obtain a service or resource. **There are no income eligibility requirements for this program**; it closes 180 days from the date of the governor's proclamation. For information on the Disaster Case Management Program, contact your local community action agency or visit www.iowacommunityaction.org.

Iowa Disaster Crisis Counseling

Community Action Agencies

Thank you to Community Action of Eastern Iowa for offering \$25 to help families buy school supplies

Due to COVID-19, the Community Action of Eastern Iowa is not distributing school supplies this year. Instead, it is offering \$25 Walmart gift cards to help families buy school supplies. Funding is provided by the community, as well as the Iowa Department of Human Rights through the federal Community Services Block Grant. For income and eligibility guidelines and application, visit www.caeiowa.org/school.

Many community action agencies offer assistance such as food banks, food delivery initiatives, clothing, diapers, and addressing other emergency needs. There is a network of 17 community action agencies that serves all of Iowa's 99 counties. To find a community action agency near you, you may also visit the [Iowa Department of Human Rights'](#) website.

Free Tax Prep

The deadline to file and pay 2019 federal income taxes is **July 15, 2020**. [Iowa tax](#) returns are due **July 31, 2020**.



MyFreeTaxes is a partnership between United Way and H&R Block that offers free online tax preparation to every household with a simple return. Learn more at <https://www.myfreetaxes.com/>.

The federal IRS website has resources to help you choose a Free File offer to file your taxes for free online. Learn more at <https://apps.irs.gov/app/freeFile/>.

COVID-19 Related Legal Information

The Iowa Bar Association, Polk County Bar Association, and Iowa Legal is hosting the People's Law School: COVID-19 Related Legal Information (Part II). The webinar is for the public and is free. It will be held on July 21, 2020, from 5:30-7:00 p.m. To register, click [here](#).

July is National Minority Mental Health Awareness Month



The [U.S. Health and Human Services Office of Minority Health](#) notes that according to the [Agency for Healthcare Research and Quality](#), minorities are less likely to receive diagnosis and treatment for their mental illness, have less access to mental health services and often receive a poorer quality of mental health care. National Mental Health Awareness Month (July) is a time to raise awareness of mental illness and improve access to mental health treatment and services for underrepresented communities. According to the [National Alliance on Mental Illness](#) (NAMI), our culture, beliefs, sexual identity, values, race and language all affect how we perceive and experience mental health conditions. Cultural differences can influence what treatments, coping mechanisms and supports work for us.

The coronavirus pandemic can cause additional stress, anxiety, financial distress, and feelings of isolation. It is important to practice self-care and get help when you need it.

Get immediate help in a crisis

- Call 911 for emergencies
- [Disaster Distress Helpline](#): 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746.
- [The Eldercare Locator](#): 1-800-677-1116 (interpretation services for 150 languages) [TTY Instructions](#)
- [National Child Abuse Hotline](#): 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- [National Domestic Violence Hotline](#): 1-800-799-7233 or text LOVEIS to 22522
- [National Sexual Assault Hotline](#): 1-800-656-HOPE (4673) or [Online Chat](#)
- [National Suicide Prevention Lifeline](#): 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or [Lifeline Crisis Chat](#).
- [Veteran's Crisis Line](#): 1-800-273-TALK (8255) or [Crisis Chat](#) or text: 8388255

Find a health care provider or treatment for substance use disorder and mental health

- [SAMHSA's National Helpline](#): 1-800-662-HELP (4357) and TTY 1-800-487-4889

- [Treatment Services Locator Website](#)
- [Interactive Map of Selected Federally Qualified Health Centers](#)

Other Resources

- Call 2-1-1 for crisis help or service referrals, including information about programs that can assist with food, housing, health care, and other services.
- [Your Life Iowa](#) - Chat live, call 1-855-581-8111, text 1-855-895-8398
- [CDC - Managing Stress and Coping](#)
- [Homelessness and Housing Assistance-HUD](#)
- [Iowa DHS - COVID Recovery Iowa: Every Iowan is eligible for FREE, confidential virtual counseling, group activities, support groups and resources - \(Website/Español\)](#)
- [Iowa DHS - COVID-19 and Your Mental Health - \(Español\)](#)
- [MakeItOK.org/Iowa](#)
- National Alliance on Mental Illness (NAMI) COVID-19 Resource and Information Guide ([English](#)) ([Spanish](#))
- National Alliance on Mental Illness <https://nami.org/>
NAMI Iowa Chapter <https://namiowa.org/>
- [Supplemental Security Income/Social Security Disability Insurance Assistance](#)
- Governor Kim Reynolds steers \$50 million CARES Funds toward Iowa's mental health system - [Press Release 7/7/20](#)

Videos on Mental Health in Multiple Languages

- [Caring for Yourself in Stressful Times](#)
Refugee Alliance of Central Iowa and U.S. Committee for Refugees and Immigrants
- [Managing Stress and Anxiety During COVID-19](#)
The Refugee Response

COVID-19 Test Iowa Sites/Schedules

Before heading to a Test Iowa location, you must first complete an online assessment at the Test Iowa website at <https://www.testiowa.com>. You will then receive instructions on your scheduled appointment and location. The test is free and available to Iowans wishing to get tested, regardless of symptoms or potential exposure. Information about the COVID-19 Test Iowa locations and schedules is available at the State's website <https://coronavirus.iowa.gov>.

Did you know that Iowa has conducted 100,000 tests since the first test site opened on April 25? See Governor Kim Reynolds' press release [here](#).

COVID-19 Language Resources

[American Sign Language Videos-CDC](#)

[Centers for Disease Control and Prevention \(CDC\)](#)

Centers for Disease Control and Prevention (CDC)-[Resources for Limited English Proficient Populations](#)

[Congoese Health Partnership Videos](#)

[Coronavirus](#), State Website

[Crescent Community Health Center](#)-Marshallese Language

[EMBARC](#) Ethnic Minorities of Burma and Advocacy and Resource Center

[Iowa Department of Human Rights](#)-Language Access

[Iowa Department of Public Health](#)

[Iowa Spanish Helpine](#) 515-344-3936

[Multi-Lingual Hotline](#) 1-877-558-2609
(Refugee Alliance of Central Iowa and partners)

[Test Iowa](#)-COVID-19 Testing (Spanish available)

Previous Newsletters

[June 26, 2020](#)

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[June 12, 2020](#)

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Are there other resources we should know about? Let us know.

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Iowa Department of Human Rights

Lucas State Office Building

321 E 12th Street

Des Moines, IA 50319

515-242-5640 or 1-800-351-4659

[Contact Us Form](#)