



# Greater Des Moines



**The August newsletter has been posted [here](#).**

- *At the same location as the newsletter, is a multi-page document of additional mental health related articles from around the nation.*
- The NAMI Greater Des Moines office continues to be closed. Appointments should be confirmed and questions directed to the Executive Director [director@namigdm.org](mailto:director@namigdm.org)
- *Support groups have been suspended. No support groups are included in the August newsletter. When support groups can be resumed, we will include them again in future newsletters.*

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## **Covid Iowa Recovery Services**

Click on [Pre-Teen Support Groups](#)

Click on [Teen Support Groups](#)

Click on [Parent Support Groups](#)

**Facebook, Instagram, Twitter and Youtube:**

COVID Recovery Iowa information and programs can be interacted with on all major social media platforms.

**Iowa Concern: 800-447-1985** Provides confidential access to stress counselors and an attorney for legal education, as well as information and referral services for a wide variety of topics, including COVID-19 services. Iowa Concern services are available **24 hours a day, seven days per week at no charge**. To reach Iowa Concern, call **800-447-1985**; language interpretation service is available.

**Iowa Warm Line: 844-775-WARM (9276)** Provides confidential access to peer counseling and can connect people upon request with COVID Recovery Iowa Services. Language interpretation service is available.

**Personal Support and Assessment:** Provide personal support, education, and referral information. A virtual counselor can connect with community-based services as needed



The **Iowa 2020 Census** is behind schedule – 63-68% of Iowans have responded. You can respond [online](#) using your computer, smartphone, or tablet. . You can also respond by phone 844-330-2020. There is also [non-English language help](#). *Please complete your census information by the final date of Oct. 31, 2020.*

**REQUEST YOUR BALLOT NOW**

Fully complete the [Absentee Ballot Request Form \(ABR\)](#) and mail it to the Polk Co. Election Office at 120 2nd Avenue, Suite A, DsM 50309. If you are from another

county, go to the Sec. of State's website for your auditor's address [here](#)

Your ballot will be sent out no more than 29 days before the election, beginning Oct 5.

Receive your ballot in the mail, vote and mail it back.

The ballot must be postmarked **no later than Nov. 3, 2020** - Election Day.

Join Dr. Amador (Wed 9/16 or Sat 10/17) for a **LEAP Online Training—live with Q&A!** **Early bird expires 8/7** - The LEAP Team, LEAP Foundation for Research to Practice  
888-801-5327 | [LFRP.org](http://LFRP.org) | [info@lfrp.org](mailto:info@lfrp.org)

- Roleplays
- LEAP Examples
- 7 Communication Tools to build trust with someone struggling with mental illness

[MORE INFO & REGISTER](#)

The **National Low Income Housing Coalition** released its annual **Out of Reach report**. A link to the Iowa report can be found below. While Iowa's housing affordability continues to compare favorably at the national level (Iowa ranks 45th as states are ranked from most to least expensive), the housing wage in Iowa is \$15.46 (meaning that is the hourly wage an Iowan must earn to afford a two-bedroom rental unit at Fair Market Rent of \$804), up slightly from \$15.44 in the 2019 report. According to the 2020 Out of Reach findings, an Iowa family needs to work 85 hours per week at minimum wage to afford a two-bedroom at Fair Market Rent or 67 hours per week to afford a one-bedroom rental unit at Fair Market Rent. The [Iowa report](#) also provides specific stats for each Iowa MSA and County.



Please keep us in mind for a donation to our fundraiser for the year - our annual Golf Tournament. The golf tournament will be on Friday, Sept. 25.

Here's a [link](#) to the golf team/sponsorship registration form, the sponsorship opportunities document, and the rest of the information you'll want to know.



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