



IOWA OFFICE OF CONSUMER AFFAIRS

February 2022 Newsletter

The Challenges of Colder Months **By Emily Berry, Iowa OCA Director**

I know, for myself, the colder and darker months can be more challenging than the rest of the year. Others who also have mental health challenges may feel the same. For me, it is harder to get outside and do things. Not just because I hate the cold and it dampens my motivation even more than usual, but because it restricts me even more in the things I enjoy doing. I like to spend time outdoors to walk, camp, sit by a fire, play with the kids and simply be outside. I also like the hot weather, which is the opposite of the weather in Iowa lately. So, the winter and cooler months become less motivating and more of a challenge to combat the feeling of just wanting to sit and do nothing.

I have been pushing myself to stay active by strengthening my mind and body. I lift 5-pound weights in various ways while watching TV, playing cards with the family, or getting up and sword fighting with the kids. I also have been studying and reading about things that interest me outside of just reading for leisure. This may not be what I am used to doing for myself and my mental health, but it is still a break from the routine of everyday life that I can get behind.



COVID Recovery Iowa sends out a weekly newsletter providing information about COVID-19, resources, groups and activities they are having. Subscribe to the newsletter!

Day on the Hill Events

NAMI Iowa Day on the Hill

Join NAMI Iowa for their 2022 Day on the Hill on **February 22**
from 9:00 AM - 4:15 PM!



Iowa

[Learn more!](#)



Iowa Alliance of Coalition for Change (AC4C) 2022 Youth Substance Use Prevention Day on the Hill

On February 24 from 10:00 AM - 1:00 PM, join AC4C for their
annual Youth Substance Use Prevention Day on the Hill!

[Learn more!](#)

Feeling down and need someone to talk to?



An Affiliate of  UnityPoint Health



Iowa Warm Line

Open 24/7

1-844-755-WARM (9276)

The Warm Line is a peer-run, telephone based, non-crisis, confidential listening line for anyone struggling with mental health or substance use issues. The line is staffed by people who have been through a similar journey and are in recovery themselves.

The Warm Line can...

- Give support for individuals not requiring crisis management. Those in crisis are transferred to the Crisis Line for critical services.
- Provide an empathetic, non-judgmental listener.
- Provide community resources and assistance in accessing services.
- Help empower individuals pursuing their own directives.

Your Life Iowa

Call: (855) 581-8111

Text: (855) 895-8398

Live chat [here!](#)

Run by the Iowa Department of Public Health, Your Life Iowa provides free/confidential support to Iowans.

Reach out to Your Life Iowa when you need to turn to someone about problems with:

- Alcohol
- Drugs
- Gambling
- Suicidal thoughts
- Mental Health