The MU Psychological Services Clinic is offering *Skills for Psychological Recovery* (SPR) to help individuals and families in Boone County cope with anxiety and stress related to the Covid-19 crisis.

**Who can get these services?**

- **Anyone in Boone County stressed by COVID-19 issues** – healthcare workers, essential workers, educators, people dealing with COVID-related layoffs or work changes, parents, children and teens.
- SPR is appropriate for **all ages** and for people from **different cultures** and backgrounds.
- SPR is not intended to treat more chronic mental health problems.

**What is involved?**

- Clients will meet with therapists by **video** for **1-5 sessions**.
- **Coping skills** include problem-solving, positive activities scheduling, managing reactions, helpful thinking, and building healthy social connections.
- Research shows that skills-building is more effective than supportive counseling. SPR aims to help **recovery from stress, support good adjustment**, and **minimize negative coping** behaviors.

**Who provides these services?**

- Psychological Services Clinic staff clinicians and licensed mental health providers.

**What is the cost?**

- Due to the generosity of donors, these services are available at **no-cost to clients**.

**How do I receive these services?**

To request SPR for yourself (20+ years old), please complete this confidential form:  
[https://showmeportal.missouri.edu/redcap/surveys/?s=F33F7XE4J4](https://showmeportal.missouri.edu/redcap/surveys/?s=F33F7XE4J4)

To request SPR for your child (5-17 years old) or yourself (18-19 years old), please complete this confidential form:  
[https://showmeportal.missouri.edu/redcap/surveys/?s=R9T8LLN3WD](https://showmeportal.missouri.edu/redcap/surveys/?s=R9T8LLN3WD)

You can also email **adpsc@missouri.edu** or call **573-882-5805** for more information.