BRIEF THERAPY FOR STRESS RELATED TO COVID-19
***FREE TO ADULTS, CHILDREN, & FAMILIES***

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

Who can get these services?
- Anyone 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 or telephone 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 or your child, please fill out this confidential online form: https://missouri.qualtrics.com/jfe/form/SV_3xuT92zKBykQVdX. You can also email adpsc@missouri.edu or call 573-882-5805 for more information.