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](https://missouri.qualtrics.com/jfe/form/SV_3xuT92zKBykQVdX). You can also email adpsc@missouri.edu or call 573-882-5805 for more information.