



## **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](mailto:adpsc@missouri.edu) or call **573-882-5805** for more information.

