



## Refugee and Immigrant Wellness Services

Wellness of the body, mind, and relationships

**You are not alone.**

LSI staff can help you with life's challenges:

- Trouble sleeping
- Deep thinking
- Feeling overwhelmed
- Relationship challenges
- Problems with children
- Racing thoughts
- Strong sadness or anger
- Difficulty holding a job
- Confusion or memory loss
- Harmful thoughts or behaviors
- Over-eating or under-eating
- Health or services questions

### What are Wellness Services?

Services are conversation-based. Staff help with emotional understanding, skill building, and connecting with support. All services partner with cultural advocates.

**“I finally feel hopeful instead of discouraged.”**

– an LSI client –

Contact [Centralintake@LSIowa.org](mailto:Centralintake@LSIowa.org) | [LSIowa.org/therapy](https://LSIowa.org/therapy)

For English, call 888.457.4692

For [language], call 877.558.2609 and ask for LSI Wellness Services.

*\*Health insurance is required for some services. Eligibility questions will be answered.*