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# RECOVERING FROM COVID-19

University of Missouri-St. Louis  
Community Psychological Service

## PSYCHOSOCIAL REHABILITATION

**Individual and Group Treatment Options available**

**Via Telehealth (online or phone)**

**Fee based on income, starting from \$5 per session.**

**COVID-19 Recovery Group meets 1<sup>st</sup> Tuesday of each month, 7 - 8pm.**

Recovery from COVID-19 infection can be long and challenging. Physical, cognitive, and emotional symptoms can linger for months. Patients and families recovering from COVID-19 may thus need support and help in developing new coping strategies as they return to daily life. Chronic fatigue, problems with sleep, “brain fog” and posttraumatic stress may be experienced by those recovering from COVID-19 but can improve with an approach called cognitive behavioral therapy (CBT). UMSL offers affordable individual and group treatments that are based on the latest research - and the opportunity to connect with others recovering from COVID-19. A family member can join each patient at no extra charge. It is possible to feel better and live a full life.

Call 314.516.5771 for more information.

**UMSL**