

Nebraska Strong Recovery Project

**Stress and distress are
common during a pandemic.
You are not alone...**



NEBRASKA STRONG
RECOVERY PROJECT

NebraskaStrongRecoveryProject.Nebraska.edu

FREE & CONFIDENTIAL
Nebraska Rural Response Hotline

1-800-464-0258

Nebraska Family Helpline

1-888-866-8660

Who We Are:

We are **Nebraska Strong Recovery Project**, an outreach program working with individuals, families, and communities impacted by the COVID-19 pandemic in the state of Nebraska. We provide community-based support and education to help Nebraskans cope during this stressful time. The project is funded by a grant from the Federal Emergency Management Agency (FEMA) in conjunction with the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration (SAMHSA) to the Nebraska Department of Health and Human Services (DHHS).

What We Do:

- Provide emotional support
- Offer information and education on stress and coping
- Connect people to resources and to each other
- Give voice to individuals' stories, disaster reactions, and strengths
- Encourage community members to take an active role in their own recovery



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RECOVERY PROJECT

FREE AND CONFIDENTIAL ASSISTANCE

MON-FRI 8AM TO 5PM

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24 HOURS A DAY/7 DAYS A WEEK

Nebraska Family Helpline

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