

Helping Nebraskans

COPE DURING A PANDEMIC

FREE AND CONFIDENTIAL ASSISTANCE

Nebraska Rural Response Hotline

1-800-464-0258

Nebraska Family Helpline

1-888-866-8660

NEBRASKA



STRONG

RECOVERY PROJECT

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

FOLLOW US ON SOCIAL MEDIA

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t @NebraskaStrong

How it Works:

Do you have worries related to COVID-19?

- Call the hotlines on the front of this card and speak to a staff member.
- They can recommend local resources that can help you and your loved ones.
- Learn more by visiting our website or following us on social media.

Do you feel stress or worry about COVID-19? You may be eligible for FREE counseling sessions. **Call 1-800-464-0258.**

More Information:

NebraskaStrongRecoveryProject.Nebraska.edu