

Problem-Solving Skills

FOLLOW THESE STEPS:

1. **Define the Problem:**

What is the problem you want to work on first?

2. **Set the Goal:**

What do you want and need?

What do you hope to see happen?

3. **Brainstorm:**

What are some possible options to meet your goal?

Try to come up with five to 10 options.

4. **Choose the Best Solution:**

Combine your best options into a solution.

Make a plan and commit to implementing it in the days ahead.

5. **Put Your Plan into Action!**



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).



NEBRASKA STRONG
RECOVERY PROJECT

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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

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

Call the Hotlines For Free and Confidential Assistance

Nebraska Rural Response Hotline

1-800-464-0258

MON TO FRI
8AM TO 5PM

Nebraska Family Helpline

1-888-866-8660

24 HRS/DAY
7 DAYS/WEEK