



NEBRASKA STRONG
RECOVERY PROJECT

Stress & distress are
common when recovering.

You are not alone.

**FOR DOUGLAS &
WASHINGTON COUNTIES:**

**REGION 6:
402-444-6573**

SUICIDE & CRISIS LIFELINE

CALL OR TEXT: 988

NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES



NEBRASKA STRONG
RECOVERY PROJECT

El estrés y la angustia son comunes cuando se está recuperando.

Usted No Está Solo/a.

CONDADOS DE
DOUGLAS Y WASHINGTON:

REGIÓN 6:
402-444-6573

SALVAVIDAS PARA EL SUICIDIO
Y LAS CRISIS

LLAMAD O TEXTO:
988

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