



**DISASTER DISTRESS
HELPLINE**

1-800-985-5990

**NEBRASKA FAMILY
HELPLINE**

1-888-866-8666

**RURAL RESPONSE
HOTLINE**

**1-800-464-0258
(8AM-5PM)**



DEPT. OF HEALTH AND HUMAN SERVICES



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Stress & distress are common when recovering.

You are not alone.

If you need any assistance, reach out:

**REGION 1 BEHAVIORAL HEALTH AUTHORITY
308-635-3173**

**SUICIDE & CRISIS LIFELINE
CALL OR TEXT : 988**



Stress & distress are common when recovering.

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