



NEBRASKA STRONG
RECOVERY PROJECT

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

NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES



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**DISASTER DISTRESS
HELPLINE**

1-800-985-5990

**NEBRASKA FAMILY
HELPLINE**

1-888-866-8666

**RURAL RESPONSE
HOTLINE**

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

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