

Feeling stress from COVID-19?

YOU ARE NOT ALONE

**FREE & CONFIDENTIAL
HELP IS AVAILABLE**

Nebraska Rural Response Hotline
1-800-464-0258

Nebraska Family Helpline
1-888-866-8660



**NEBRASKA STRONG
RECOVERY PROJECT**

NebraskaStrongRecoveryProject.Nebraska.edu

f @NebraskaStrongRecoveryProject
t @NebraskaStrong