

# You're not alone! Nebraska Extension cares.

Stress happens to all of us and it's normal to feel overwhelmed, especially during tough times. If you feel anxious or depressed, you're not alone. Your neighbor, friend or family member may also be struggling and could use your support.

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Reach out and use the helpful resources on the other side of this card.  
**[ruralwellness.unl.edu](http://ruralwellness.unl.edu)**



*Nebraska* NEEDS YOU

**Rural Response Hotline 800-464-0258**

**M-F 8:00 AM - 5:00 PM**

## Free personal counseling and financial/legal services

**National Suicide Prevention Lifeline** **800-273-8255**  
or text GO to 741741

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For those in need of emotional support day or night

**Negotiations Hotline** **402-471-4876**  
negotiations.nebraska.gov

negotiations.nebraska.gov

## Free education on ag-related matters