



Staying Home Prevents the Spread of the Virus

- Minimize physical contact with anyone outside of your household. Maintain 6 feet of distance between you and others if you have to go out.
- Minimize travel, especially to areas that are considered to be “viral hot spots” within and beyond our state borders.
- Keep your social circles small to limit the number of people that you can get sick.
- Practice good hygiene.
 - Wash your hands regularly for at least 20 seconds with soap and water. If soap and water aren’t available use an alcohol-based sanitizer with at least 60% alcohol.
 - Cover your mouth and nose when coughing or sneezing.
 - Avoid touching your face.

Wear a mask!

Contact Us

Phone: Call 2-1-1 and ask for Project Recovery

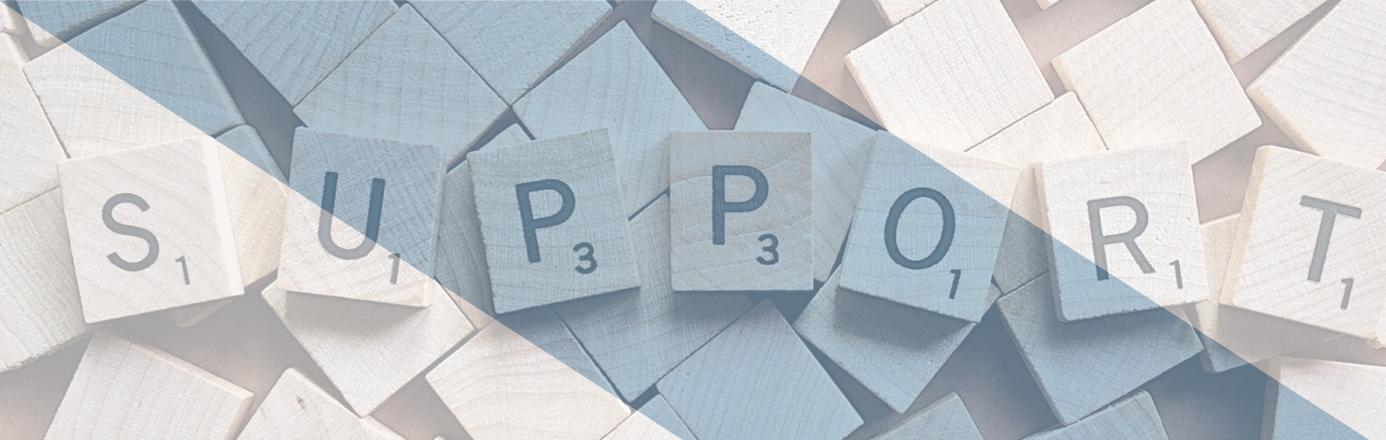
Website: www.projectrecoverywi.org

Facebook: [@projectrecoverywi.org](https://www.facebook.com/projectrecoverywi.org)

Project Recovery

“A pandemic will lead to permanent social, cultural, and economic changes. The key is to create good from a bad situation.”

Wayne Gerard Trotman



What is Project Recovery?

Project Recovery is a community-based program designed to meet the emotional needs of the community.

Trained Crisis Counselors are available to help people better understand their situation and reactions, assist in the review of their options, provide emotional support and encourage linkage with resources.

If you or a loved one are emotionally impacted by COVID-19, you may be experiencing:

- Anxiety
- Anger, resentment and conflict
- Uncertainty about the future
- Prolonged mourning
- Diminished problem-solving
- Isolation and hopelessness
- Health problems
- Physical and mental exhaustion
- Lifestyle changes
- Financial Stress

For those experiencing emotional distress, Project Recovery can offer:

- Compassionate and nonjudgmental emotional support
- Organizing and prioritizing tasks
- Information and resource referral
- Problem solving
- Coping Skills
- Better understanding of your current situation and reactions
- Stress management
- Developing plans to address unmet needs