

# Project Recovery

## Project Recovery

### Services provided:

- **Identifying individuals who have unmet needs**
- **Community outreach**
- **Supportive counseling**
- **Information and referral**
- **Referral to case management provided by the 2008 Flood Recovery Program**



If stress, anxiety, depression, or physical problems increase, persist, or interfere with your regular activities, you should consult a physician or mental health professional, or call the toll free number provided below to speak to a trained outreach worker.

**1-866-422-3742**  
(Toll Free)

[www.lsswis.org](http://www.lsswis.org)

### **Project Recovery Offices:**

Lutheran Social Services of Wisconsin  
and Upper Michigan, Inc.  
Project Recovery  
750 Windsor St.  
Suite 208  
Sun Prairie, WI 53590

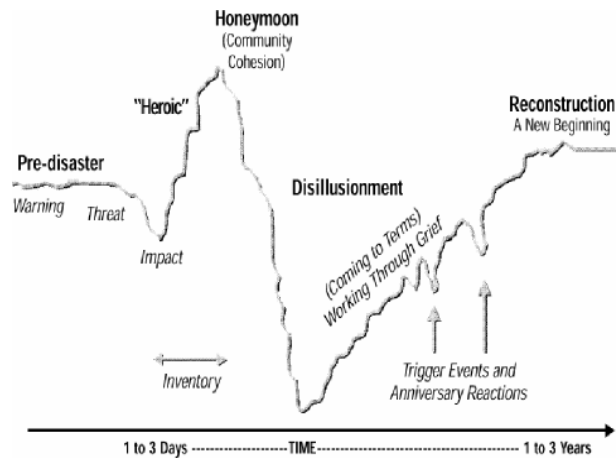
Project Recovery is a service made possible through partnerships between Lutheran Social Services of Wisconsin & Upper Michigan Inc. and the State of Wisconsin Department of Health Services.



**All Hazards  
All People  
All the Time**

A community based program designed to provide crisis counseling and outreach services to the residents within the 30 counties included in the disaster declaration resulting from the floods, high winds, and tornadoes of June 2008.

## TYPICAL PHASES OF DISASTER RECOVERY



### WHY DO I FEEL THE WAY I DO?

The loss or damage to your home, property and personal belongings has set into motion months of effort to recover and rebuild.

While physical property and possessions are concerns that consume your time and energy, emotional reactions to disaster are often pushed aside or ignored.

As you endure long-term stress, your health can be adversely affected. It is common for headaches, stomach or intestinal problems, colds, viruses, and an increase in allergies to occur more frequently.

Pre-existing medical conditions such as heart problems and high blood pressure may be exacerbated by the prolonged stress.

You have been through an exceptionally stressful situation and emotional reactions may continue for many months following the disaster. It is common for people to experience a wide range of emotional reactions to a disaster.

The next time a disaster occurs these are the steps one can take to make the process a little less stressful:

1. Contact your Insurance Agent
2. Contact your local Emergency Management Agency
3. Contact FEMA: 1-800-621-3362
4. Contact SBA (just because you apply does not mean you need to take out a loan)
5. Contact Project Recovery for emotional support at: 1-866-422-3742



"I was so lost...Project Recovery is an answer to my prayers."

"Thank you Project Recovery, you gave me hope."

"I depend upon Project Recovery to do what I cannot always do...be there and not give up."

"Thank you, thank you, thank you for making me believe I wasn't crazy!"

"Thank you for caring..."

"Project Recovery has been a lifesaver."

"Project Recovery was there when no one else was."

**PROJECT RECOVERY**  
**1-866-422-3742**  
**(Toll Free)**