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Project Rebound available for tornado victims **(<http://enewscourier.com/local/x130093088/Project-Rebound-available-for-tornado-victims>)**

The News Courier (<http://enewscourier.com>)

As the one-year anniversary of the April 2011 storms approaches, the Alabama Department of Mental Health wants to remind communities that Project Rebound is available to assist with the recovery journey.

April 27 will be a difficult day for many Alabamians. As communities heal physically, the upcoming anniversary may bring mixed emotions.

Although there may be a sense of closure, many can also experience grief.

Remembrance can be a painful part of the recovery process, but it is also a time to look forward and begin to make plans for a brighter tomorrow.

“Project Rebound is still here and available to help. The simple act of talking about your feelings can be very healing,” said Lisa Turley, program director for Project Rebound’s tornado response. “We would like to encourage people to call us if they need support. We are here to help.”

Project Rebound team members can be reached by calling the hotline at 1-800-639-REBOUND. Through the 1-800 number, Project Rebound can link survivors to a local team in their community. They can also provide emotional support, education and linkage to recovery resources.

ADMH initiated Project Rebound in partnership with community organizations to provide counseling and assistance in the aftermath of major disasters. Services are free, community-based and anonymous.

Currently, Project Rebound has local teams serving 25 counties across the state of Alabama. Assistance is also available through the Project Rebound website, found at www.projectrebound.org.



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