



**Are you or someone you know struggling with your recovery from Tropical Storm Debby?**

**Do you or someone you know need to speak with a trained volunteer?**

**Are you in emotional distress?**

**For emotional support, call a  
Keystone Disaster Spiritual Care  
Network volunteer toll free at:**

**484-482-5272**

**This live call line is open 7 days a week from  
9 AM to 9 PM ET.**

Prioritize your emotional, spiritual, mental, and physical well-being.  
Your self-care is an important part of making your recovery successful.

If you call during off hours you can leave a message. A listener will call you back.

This program is brought to you by the Keystone Disaster Spiritual Care Network in collaboration with PA Voluntary Organizations Active in Disaster through a grant from the United Church of Christ Disaster Ministries.