



SUPPORT RESOURCES

Hotlines and Crisis Support	
<p>988 Suicide and Crisis Lifeline 988lifeline.org Phone: 988</p>	<p>The 988 Lifeline provides 24/7, free and confidential support for people in distress, as well as prevention and crisis resources for individuals or their loved ones.</p>
<p>Boys Town National Hotline https://www.boystown.org/child-family-services/crisis Phone: (800) 448-3000 or text VOICE to 20121</p>	<p>The Boys Town National Hotline is open 24 hours a day, 365 days a year. Trained Boys Town counselors are available to help with bullying, relationship issues, thoughts of self-harm, or concerns related to abuse.</p>
<p>CenterPointe Crisis Response https://centerpointe.org/programs/crisis_response.html Phone: (402) 475-6695</p>	<p>Crisis Response is a free, confidential service provided to adults, youth, and families in person, over the phone, or via telehealth.</p>
<p>Crisis Text Line www.crisistextline.org Phone: Text HOME to 741741</p>	<p>The Crisis Text Line can be contacted from anywhere in the United States, anytime. A live, trained volunteer Crisis Counselor receives the text and responds.</p>
<p>Nebraska Family Helpline https://dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx Phone: (888) 866-8660</p>	<p>The Nebraska Family Helpline is available 24/7 for families. Trained Helpline operators assess immediate safety needs, make recommendations or referrals to appropriate resources, and help callers connect to emergency resources or providers.</p>
<p>Trevor Lifeline https://thetrevorproject.org/ Phone: (866) 488-7386 or text START to 678678</p>	<p>A free, confidential, and secure 24/7 service. Crisis counselors are trained to answer calls, chats, or texts from LGBTQ youth when they are struggling with issues such as coming out, LGBTQ identity, depression, and suicide.</p>

Therapeutic Services	
<p>Beatrice Women and Children’s Clinic 4800 Hospital Parkway, Suite 100 Beatrice, NE 68310 https://www.beatricewomenchildren.org Phone: (402) 228-3117</p>	<p>Beatrice Women’s & Children’s Clinic has an on-site psychologist who works closely with the medical providers and other community professionals to provide comprehensive evaluation and treatment for a wide range of issues at home and school for children and teenagers, age 2 through age 19.</p>
<p>Behaven Kids Lincoln 1145 High Street Lincoln, NE 68502 http://www.behavenkids.com/ Phone: (402) 423-6464</p>	<p>Offers a wide range of programming to meet the needs of youth and adolescents who struggle with behavioral or mental health concerns. Families can choose from a list of services, including comprehensive mental health assessments; outpatient therapy (individual, group, family); psychiatric services including medication management, adolescent intensive outpatient therapy groups; and more.</p>
<p>Behavioral Pediatric and Family Therapy Program 1520 South 70th Street, Suite 200 Lincoln, NE 68506 https://www.bplincn.com Phone: (402) 483-1936</p>	<p>The Behavioral Pediatric & Family Therapy Program is a group of independent professionals providing psychological services to children, adolescents, and adults. They have a wide range of expertise and areas of interest to help assist you and your family. See their website for more information on each provider’s specialties.</p>



<p>Blue Valley Behavioral Health – Gage County 1123 North 9th Street Beatrice, NE 68310 http://www.bvbh.net/ Phone: (402) 228-3386</p>	
<p>Blue Valley Behavioral Health – Lancaster County 3901 Normal Blvd., Suite 201 Lincoln, NE 68506 http://www.bvbh.net/ Phone: (402) 261-4017</p>	<p>Short-term outpatient mental health services for people experiencing mental health concerns. The outpatient program serves youth, adults, the elderly, persons struggling with severe and persistent mental illness and persons recently discharged from inpatient mental health treatment. Services include planning for aftercare or referral as needed; individual, group and family therapy; and after-hours emergency, on-call access to therapists for crisis intervention. Services are offered in person and via telehealth.</p>
<p>Bryan Mental Health Services Bryan West Campus Lincoln, NE 68502 http://www.bryanhealth.org/mentalhealth Phone: (402) 481-5991</p>	<p>Psychologists and therapists work with children, adolescents, adults, and families, offering treatment for depression, anxiety, relationship issues, adjusting to life changes, and many other areas. Outpatient services offered include psychological evaluation; individual therapy; transitional services from inpatient and partial hospitalization; and more. Services are offered in person and via telehealth.</p>
<p>CenterPointe 2202 South 11th Street Lincoln, NE 68502 https://centerpointe.org Phone: (402) 475-5161</p>	<p>Outpatient services may include: individual, group, and family counseling, psychiatric services, and primary care services. Psychiatric diagnostic assessments can also be scheduled.</p>
<p>Cheney Psychiatric Associates, LLC 3701 Union Drive, Suite 100 Lincoln, NE 68516 https://www.cheneypsych.com Phone: (402) 875-9270</p>	<p>Cheney Psychiatric Associates is a psychiatric practice that offers psychiatric evaluations; medication management; and individual, couples, and family therapy for children, adolescents, adults, and families.</p>
<p>Complete Children’s Health Four locations in Lincoln, NE https://completechildrenshealth.com Phone: (402) 465-5600</p>	<p>The Psychology Clinic at Complete Children’s is a specialty clinic staffed by Pediatric Psychologists. Services include psychological testing and therapy for families, children, and adolescents for a wide range of behavioral and emotional concerns.</p>
<p>Encompass Care 5539 South 27th Street, Suite 101 Lincoln, NE 68512 https://encompass101.com Phone: (402) 261-6212</p>	<p>Encompass Care offers medication management, individual and family therapy, and psychological evaluations. Services are offered in person and via telehealth.</p>
<p>Family Psychological Services, Inc. Dr. Lisa R. Blankenau 5945 S 56th St # 101 Lincoln, NE 68516 https://www.familypsychologicalservicesinc.com Phone: (402) 423-9303</p>	<p>Dr. Blankenau has over 30 years of experience helping families, couples, and individuals. She offers individual, family, and couples therapy services and accepts most insurances.</p>

<p>HopeSpoke 2444 O Street Lincoln, NE 68510 http://www.hopespoke.org/ Phone: (402) 475-7666</p>	<p>Child, adolescent, family, and adult counseling are offered to assist with family conflict, depression, school behavior, emotional disturbance, law violation, substance abuse, trauma, mental illness, marital issues, domestic violence, and/or attachment issues. Services are offered in person and via telehealth.</p>
<p>Immaculate Heart of Mary Counseling Center 3700 Sheridan Boulevard Lincoln, NE 68506 http://immaculateheartcounseling.org/ Phone: (402) 489-1834</p>	<p>Community based, faith-integrated mental health services. Services include individual, family/child/adolescent, marital, and group counseling. Additional services include psychological and academic assessment. Services are offered in person and via telehealth.</p>
<p>Lutheran Family Services 2301 O Street Lincoln, NE 68510 http://www.onelfs.org/ Phone: (402) 441-7940</p>	<p>Individual, family, and group therapists assess and treat everything from everyday stress to chronic mental health disorders and issues related to substance use.</p>
<p>Stepping Stones 4600 Valley Road Lincoln, NE 68510 http://www.steppingstoneslincoln.com/ Phone: (402) 488-6511</p>	<p>Outpatient behavioral health treatment center, addressing mental health and substance abuse needs of children and adults. Provides alcohol and drug evaluations, outpatient counseling, relapse prevention, telehealth services and interim services.</p>
<p>UNL Counseling and School Psychology Clinic (CSPC) 49 Teachers College Hall Lincoln, NE 68588-0345 https://cehs.unl.edu/cspc/ Phone: (402) 472-1152</p>	<p>The CSPC is a training clinic housed within the Department of Educational Psychology at the University of Nebraska-Lincoln and offers an array of psychological services to support the mental, behavioral, and emotional health of children, adolescents, and adults. Individual therapy is offered, as well as psychological and educational evaluations. Payment is based on a sliding fee scale.</p>
<p>UNL Couple and Family Clinic 1615 North 35th Street Lincoln, NE 68503 https://couplefamilyclinic.unl.edu Phone: (402) 472-5035</p>	<p>Advanced graduate students in training offer counseling for individuals, couples, and families. Common issues addressed include relationship conflicts, parent-child conflicts, depression, anxiety, domestic abuse, child abuse, self-esteem issues, anger management, divorce adjustment, school problems, behavior problems with children and adolescents, trauma, and LBGTQ issues.</p>
<p>UNL Psychological Consultation Center 325 Burnett Hall Lincoln, NE 68588 https://psychology.unl.edu/pcc/home Phone: (402) 472-2351</p>	<p>Clinical psychology doctoral students at the University of Nebraska-Lincoln provide assessment and treatment for individuals, families, or couples. Treatment is available for problems such as depression, anxiety, eating disorders, marital conflict, social phobia, child/parent conflict, mood disorders, adjustment problems, family violence, and relationship concerns.</p>
<p>Williamsburg Behavioral Psychology 8525 Executive Woods Drive, Suite 100 Lincoln, NE 68512 https://wbplincn.org Phone: (402) 489-2218</p>	<p>Williamsburg Behavioral Psychology is a private practice location. Clinicians at the practice provide individual, family, and group therapy for children, adolescents, and adults. In addition, Licensed Psychologists provide general diagnostic psychological evaluations as well as specialty evaluations including neurodevelopmental disorders (e.g., Autism, ADHD, Intellectual functioning), personality, forensic, psycho-educational, and parenting assessments.</p>

General Support and Resources

211 https://www.211.org	#BeKind21 https://bornthisway.foundation/bekind21/
#BeKind365 https://bekind365.world/#	Be There – Mental Health Support https://bethere.org/
Born This Way Foundation https://bornthisway.foundation	Boys Town Your Life Your Voice https://www.yourlifeyourvoice.org/Pages/home.aspx
Bystander Revolution https://www.bystanderrevolution.org	Center for Parent & Teen Communication https://parentandteen.com
The Check-In Project https://www.thecheckinproject.org	Child Mind Institute https://childmind.org
Cyberbullying Research Center https://cyberbullying.org	Mental Health – CDC https://www.cdc.gov/mentalhealth/
Mindful https://www.mindful.org	Mindful Teen https://www.mindfulteen.org
National Alliance on Mental Health https://www.nami.org	NDE Bullying & Cyberbullying Resources https://www.education.ne.gov/safety/bullying-cyberbullying/
Nemours TeensHealth https://kidshealth.org/en/teens.html/	Pacer Kids Against Bullying https://pacerkidsagainstbullying.org
Pacer Teens Against Bullying https://pacerteensagainstbullying.org	Stopbullying.gov https://www.stopbullying.gov
The Trevor Project https://www.thetrevorproject.org	Youth Empowerment https://youthempowerment.com