

# WELL BEINGS

## Nebraska Mental Health Resource Toolkit



# WELL BEINGS

The **WELL BEINGS** campaign addresses the critical health needs of Americans through broadcast content, original digital content, and impactful local events. The multi-year campaign, created by WETA Washington, D.C., brings together partners from across the country, including patients, families, caregivers, teachers, medical and mental health professionals, social service agencies, private foundations, filmmakers, corporations and media sponsors, to create awareness and resources for better health for all. To learn more, visit [WellBeings.org](https://WellBeings.org) or follow @[WellBeingsOrg](https://twitter.com/WellBeingsOrg) on [Instagram](https://www.instagram.com/WellBeingsOrg), [Facebook](https://www.facebook.com/WellBeingsOrg), or [Twitter](https://twitter.com/WellBeingsOrg), and join the conversation with #**WellBeings**.

Mental Health challenges come in many forms, from all walks of life. **WELL BEINGS** has put together this guide as a reference to the resources that exist nationally and right in your backyard that are available to help you or someone you care about that might be facing a Mental Health challenge.

If you are in crisis, or experiencing thoughts of suicide, please text the **Crisis Text Line** (text **HELLO** to **741741**) or call the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**. Both services are free and available, 24 hours a day, seven days a week.



# LOCAL RESOURCES

There is help close to home. Below we highlight community organizations that specialize in the mental health needs of Nebraska residents. Although this guide isn't a complete list of all resources in the area, it can serve as a reference if you're looking for crisis providers and support organizations for youth, teens, and adults in Nebraska.

## BLUE VALLEY BEHAVIORAL HEALTH

[www.bvbh.net](http://www.bvbh.net)

402-228-3386

Provides outpatient mental and substance abuse treatment to adults and children in Southeast Nebraska.

## BOYS TOWN NATIONAL HOTLINE

<https://boystown.org/hotline>

[hotline@boystown.org](mailto:hotline@boystown.org)

800-448-3000

This 24-hour crisis line is staffed by trained counselors and accredited by the American Association of Suicidology. Spanish-speaking counselors and translation services for over 100 languages are available.

## BRYAN HEALTH MEDICAL CENTER

<https://screening.mentalhealthscreening.org/bryanhealth>

402-481-1111

Provides confidential, online mental health screening and information about the medical center's services.

## CENTER POINTE, INC.

<https://centerpointe.org>

402-475-8717

Provides holistic care for people suffering from mental health and substance abuse disorders. Includes treatment, rehabilitation and housing, particularly for homeless and low-income individuals.

## CHARLES DREW HEALTH CENTER

<https://charlesdrew.com>

[patientsafetyreport@jointcommission.org](mailto:patientsafetyreport@jointcommission.org)

402-451-3553

Provides healthcare and behavioral health services for individuals and families living in Douglas County.

## CHI HEALTH - BEHAVIORAL CARE

<https://www.chihealth.com/en/services/behavioral-care.html>

402-572-2870

Distributes research and news from the mental health field; experts are available for questions regarding non-urgent mental health questions.

## CHOICES COUNSELING

<https://choices4hope.com>

[choices@choices4hope.com](mailto:choices@choices4hope.com)

402-533-3680

Counsels on emotional health and substance abuse problems in and around Blair, Nebraska. Services include classes, support groups, and outpatient treatment for individuals and families, youth and adults.

## COMMUNITY ALLIANCE

<https://community-alliance.org>

402-341-5128

Focuses on providing adults with mental illness and substance abuse disorders opportunities to develop the skills to manage their condition.

## DOUGLAS COUNTY COMMUNITY MENTAL HEALTH CENTER

<https://cmhc.douglascounty-ne.gov>

402-444-7905

Provides comprehensive mental health and substance abuse care for the underserved of Douglas County.

## ENCOUNTER TELEPSYCHIATRY

<https://www.encounter.health>

[info@encounter.health](mailto:info@encounter.health)

844-485-3041

Addresses the shortage of mental health providers, including rural communities, by bringing the provider directly to the patient via telehealth. Patients receive high quality, evidence-based healthcare.

## FAMILIES CENTER FOR ADVOCACY, RESOURCE, & EDUCATION (CARE)

<https://familiescare.org>

308-237-1102

Provides support in Central Nebraska to parents with children who have emotional, behavioral, or mental health challenges.

## FAMILIES INSPIRING FAMILIES

<https://familiesinspiringfamilies.org>

402-441-4369

Provides resources and a forum of support and encouragement for families with youth who have emotional, behavioral, or mental health issues.



# LOCAL RESOURCES

## FAMILY RUN ORGANIZATIONS OF NEBRASKA

<https://nefamilies4kids.org>

Area phone numbers on website

Working to ensure that all children and families in Nebraska are emotionally, behaviorally, and mentally strong.

## FRIENDSHIP HOUSE

[www.thefriendshiphouse.net](http://www.thefriendshiphouse.net)

[admin@thefriendshiphouse.net](mailto:admin@thefriendshiphouse.net)

308-675-3345

Offering evaluation and evidence-based treatment for issues related to mental health and substance abuse, the Friendship House provides outpatient counseling and halfway house residential treatment services.

## HEARTLAND FAMILY SERVICES

<https://www.heartlandfamilyservice.org>

[info@HeartlandFamilyService.org](mailto:info@HeartlandFamilyService.org)

402-552-7400

Strengthens individuals and families through education, counseling, and support.

## HOPESPOKE

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

[info@hopespoke.org](mailto:info@hopespoke.org)

402-476-9623

Inspiring families through comprehensive behavioral and mental health services.

## THE KIM FOUNDATION

<https://thekimfoundation.org>

[info@thekimfoundation.org](mailto:info@thekimfoundation.org)

402-891-6997

Focused on increasing awareness and continued education related to mental illness and suicide. Striving to break down the stigma often associated with seeking mental health care.

## MENTAL HEALTH ASSOCIATION OF NEBRASKA

[www.mha-ne.org](http://www.mha-ne.org)

[info@mha-ne.org](mailto:info@mha-ne.org)

402-441-4371

A non-profit, peer-operated and participant-driven organization, dedicated to serving and providing alternative programs to those who struggle with mental health and/or substance and addiction issues.

## NAMI NEBRASKA

<https://naminebraska.org>

402-345-8101

NAMI Nebraska provides education and support services to those whose lives are impacted by mental illness along with their families. Through our signature programs: Connections, Family Support group Family to Family Class, Provider seminar and Ending the Silence you'll find support and shared understanding.

## NEBRASKA ASSOCIATION OF BEHAVIORAL HEALTH ORGANIZATION (NABHO)

<https://www.nabho.org>

[annette.dubas@outlook.com](mailto:annette.dubas@outlook.com)

308-550-0614

Promotes substance abuse and mental health services for Nebraskans, with representatives from various behavioral health organizations from around the state.

## NEBRASKA DEPARTMENT OF HEALTH AND HUMAN SERVICES- BEHAVIORAL HEALTH

<http://dhhs.ne.gov/Pages/Behavioral-Health.aspx>

402-471-3121

Provides individuals, families, and agencies behavioral health resources, such as information about services, laws, and related news.

## NEBRASKA FAMILY HELPLINE

<http://dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx>

888-866-8660

Connects children and families in Nebraska to training counselors who can provide counseling and connect families to local behavioral health providers 24/7.

## NEBRASKA FAMILY SUPPORT NETWORK (NFSN)

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

[info@nefamilysupport.org](mailto:info@nefamilysupport.org)

402-345-0791

Provides support and services to families of children with mental illness and behavioral disorders. Assists families in navigating the system to obtain care. Advocates for mental health system improvements.

## NEBRASKA LOSS TEAM

<http://www.nelossteam.nebraska.edu>

Area phone numbers on website

Trained survivor and mental health professionals who bring immediate support to the survivors of suicide.

# LOCAL RESOURCES

## NEBRASKA MENTAL HEALTH

<https://nebraskamentalthhealth.com>

[info@nebraskamentalthhealth.com](mailto:info@nebraskamentalthhealth.com)

Provides knowledge, resources, and care related to mental health issues, including local and national links to mental health resources and assistance to those looking for a mental health provider.

## NEBRASKA YOUTH SUICIDE PREVENTION PARTNERSHIP

<http://youthsuicideprevention.nebraska.edu>

edu

800-273-8255

Works to decrease the suicide rate among young people in Nebraska.

## PARENT TO PARENT NETWORK

<https://www.parent-parent.org>

402-379-2268

Created for families in northeast Nebraska who are raising children with emotional and/or behavioral challenges.

## UNIVERSITY OF NEBRASKA - LINCOLN

<https://caps.unl.edu>

402-472-7450

A team of psychologists and counselors that works with Nebraska students to help them explore their feelings and thoughts and learn ways to improve their mental, psychological and emotional well-being.

## UNIVERSITY OF NEBRASKA - OMAHA

<https://www.unomaha.edu/student-life/wellness/counseling-and-psychological-services/index.php>

cal-services/index.php

402-554-2409

Counseling services via phone and telehealth for students, all confidential and conducted by licensed mental health practitioners.

## UNIVERSITY OF NEBRASKA - KEARNEY

[https://www.unk.edu/offices/counseling\\_healthcare/counseling\\_care/index.php](https://www.unk.edu/offices/counseling_healthcare/counseling_care/index.php)

308-865-8248

A mental health clinic for UNK students, providing professional mental health services, including counseling, substance use counseling, crisis intervention, outreach programming, and consultation.

# NATIONAL RESOURCES

Help is available for you, your family, friends, neighbors and colleagues, all those in your life that might need support at this time. Find access to national mental health resources, organizations, tools and support groups using the links provided here. This guide is designed as a place to start or continue the journey of navigating mental health resources for you or someone you care about.

## ACTIVE MINDS

<https://www.activeminds.org>

Active Minds is a nonprofit organization dedicated to raising mental health awareness among students via peer to peer dialogue and interaction. Programs include [Send Silence Packing®](#), [Active Minds Speakers](#), the [Healthy Campus Award](#), and [Active Minds @Work](#)

## AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY

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

The mission of AACAP is to promote the healthy development of children, adolescents, and families through advocacy, education, and research, and to meet the professional needs of child and adolescent psychiatrists throughout their careers. The website includes tool kits, resource libraries, educational materials and discussions for families and clinicians.

## AMERICAN PSYCHIATRIC ASSOCIATION FOUNDATION

[Notice. Talk. Act.™ at School During Distance Learning](#)

[apafoundation@psych.org](mailto:apafoundation@psych.org)  
202-559-3101

This resource was created to help school staff members better understand how they can notice changes in a student's behavior during distance learning, when to engage in a conversation, and what potential action steps should be taken. It follows our *Notice. Talk. Act.™* approach for schools.

[Notice. Talk. Act.™ at Home During Distance Learning](#)

[apafoundation@psych.org](mailto:apafoundation@psych.org)  
202-559-3101

This resource supports parents, guardians and caregivers in promoting the wellbeing of children and family members during and beyond the COVID-19 pandemic and provides guidance about how to notice changes in a family member's behavior, when to engage in a conversation, and what potential action steps should be taken. It follows our *Notice. Talk. Act.™* approach for the home environment.

## DIVERSITY & HEALTH EQUITY EDUCATION:

<https://www.psychiatry.org/psychiatrists/cultural-competency/education/indigenous-patients>

[nwoods@psych.org](mailto:nwoods@psych.org)

American Indian, Alaska Native, and Native Hawaiian populations have disproportionately higher rates of mental health problems than that of the general U.S. population. Some of these mental health challenges have been directly linked to the intergenerational historical trauma forced upon this population. Further, Indigenous populations in the U.S. are diverse in languages, cultures, and histories, which results in their varied experiences and responses to these historical traumas. Use this resource to browse and download diversity and health equity educational content and toolkits.

## WORKING REMOTELY DURING COVID-19:

<http://workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19>  
[workplacementalhealth@psych.org](mailto:workplacementalhealth@psych.org)  
202-559-3900

We are navigating uncharted waters with COVID-19, making it important to find new ways to work and interact while also taking care of our mental health and well-being. This resource provides practical tips on taking care of our mental health and well-being.

## RESILIENCE: A STRONG WORKFORCE NEEDS IT

<http://workplacementalhealth.org/Mental-Health-Topics/Resilience>  
[workplacementalhealth@psych.org](mailto:workplacementalhealth@psych.org)  
202-559-3900

Our fast-paced culture results in people working hard, meeting tight deadlines, managing work relationships and staying constantly connected through mobile devices. But this pace can lead to stress and burnout. Resilience is a key strategy that helps employees tackle stress, a competitive job market, workplace conflicts, and address challenges on the job.

# NATIONAL RESOURCES

## CALL TO MIND

[calltomindnow.org](http://calltomindnow.org)

@calltomindnow

Call to Mind is American Public Media's (APM) initiative to foster new conversations about mental health. Call to Mind believes that mental well-being is for everyone and that it's time to end the misconceptions and discrimination associated with mental health conditions.

## CREDIBLEMIND & WELL BEING TRUST

<https://wellbeingtrust.org/mental-health-resources/>

Well Being Trust is a national foundation dedicated to advancing a vision of a nation where everyone is well—in mental, social and spiritual health. The website includes a widget built by CredibleMind that makes it easy to search and access by topic and type of material, curated mental health resources.

## DANA FOUNDATION

[dana.org](http://dana.org)

danainfo@dana.org

Explore the brain with the Dana Foundation's free resources for kids and adults. Find fact sheets, lesson plans, articles, and puzzles about brain function and health, all reviewed and approved by scientists.

## DEPRESSION & BIPOLAR SUPPORT ALLIANCE

<https://www.dbsalliance.org/brochures/>

DBSA offers a variety of free educational materials that can be downloaded or sent directly to your home. The website includes materials detailing strategies and information applicable for both loved ones & caregivers as well as those with depression or bipolar.

## HERSH FOUNDATION

[http://www.struckbyliving.com/uploads/re-](http://www.struckbyliving.com/uploads/resources/Adult_SENSE_2020.pdf)

[sources/Adult\\_SENSE\\_2020.pdf](http://www.struckbyliving.com/uploads/re-)

<http://www.struckbyliving.com/uploads/re->

[sources/College\\_SENSE\\_2020.pdf](http://www.struckbyliving.com/uploads/re-)

This resource includes Common Sense strategies for adult & college age mental health from Julie K. Hersh. Julie Hersh is President of the Hersh Foundation, an organization committed to education and leadership programs in research and prevention of mental illness.

## HOPE SQUAD

[hopesquad.com](http://hopesquad.com) #hopesquads

support@hopesquad.com

801-342-3447

A peer-to-peer suicide prevention program for grades 4–12. Members are trained to promote mental wellness, recognize signs of crisis, and refer at-risk peers to trusted adults.

## KAISER PERMANENTE THRIVING SCHOOLS

<https://thrivingschools.kaiserpermanente.org>

Thriving Schools is an all-in engagement to improve health for students, staff, and teachers. On this site, you'll find the tools and ideas to help you create healthier school environments, build habits for healthy eating and active lifestyles, and support social and emotional well-being.

## MENTAL HEALTH FIRST AID

<https://www.mentalhealthfirstaid.org>

Mental Health First Aid is a course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Mental Health First Aid is provided by the National Council for Behavioral Health.

## MOVEMBER CONVERSATIONS

[conversations.movember.com](http://conversations.movember.com)

#Movember

A free interactive online tool, Movember Conversations offers practical guidance on how to start a difficult conversation with someone who might be struggling. Movember Conversations uses simulations to explore different scenarios and demonstrates the changing ways your response can lead to deeper conversations. You can't fix someone else's problems, but a listening ear can make all the difference.

## NAMI - THE NATIONAL ALLIANCE ON MENTAL ILLNESS

[www.nami.org](http://www.nami.org) #NotAlone

Call the NAMI Helpline at

800-950-6264 M-F, 10 am-6pm, ET

Or in a crisis text "NAMI" to 741741

for 24/7, confidential free counseling

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. Join the conversation at

[nami.org](http://nami.org) | [facebook.com/nami](https://facebook.com/nami)

[instagram.com/namiconnnect](https://instagram.com/namiconnnect)

[twitter.com/namiconnnect](https://twitter.com/namiconnnect)



# NATIONAL RESOURCES

## NAMI Basics OnDemand

### [NAMI Basics OnDemand](#)

NAMI Basics is a 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others. NAMI Basics is available both in person and online through NAMI Basics OnDemand.

[The OnDemand program](#) is also guided by parents and family members with lived experience but is self-paced and available 24/7. OnDemand offers the flexibility of participating in the course on your schedule. Both formats provide identical information, strategies and the opportunity to connect with other parents and caregivers.

## NEST HEALTH

### <https://www.nesthealth.io>

One on one support when you want it. Nest Health provides a complete support system to make life easier. This includes private, personalized guidance, online events and group classes that focus on an individual's unique needs, wants, and goals. Come with a problem. Leave with a personalized action plan.

## ONE MIND PSYBERGUIDE

### <https://onemindpsyberguide.org/>

[info@psyberguide.org](mailto:info@psyberguide.org)

@PsyberGuide

One Mind PsyberGuide is a non-profit project providing guidance to people interested in using technology to live mentally healthier lives. There are thousands of publicly available mental health apps, but few have been vetted in any way. We provide expert reviews of apps, free of preference, bias, or endorsement, to help people make informed decisions.

## OTSUKA PATIENT SUPPORT

### [OtsukaPatientSupport.com](https://OtsukaPatientSupport.com)

1-855-242-7787 (M-F, 8am-8pm ET)

"In the midst of a global crisis, our purpose at Otsuka becomes more meaningful. To help our patients defy the limitations that COVID-19 has forced on our world, we are pleased to announce cost-free Otsuka medication to patients in the US experiencing hardships." - Kabir Nath, President and CEO, Otsuka North America Pharmaceutical Business

If you lost your job or insurance status due to the COVID-19 crisis, your prescribed Otsuka medication in the US can be provided at no cost. Please visit [otsukapatientssupport.com](https://otsukapatientssupport.com) or call 1-855-242-7787 (M-F, 8am-8pm EDT) for more information.

## SUTTER HEALTH

### <https://www.sutterhealth.org/about/mental-health>

24-Hour Crisis Support Call

(800) 273-TALK(8255)

Text Crisis Line

Text MHA to 741741 for support.

Sutter Health strives to be an industry innovator by integrating physical and mental health to care for each person's total health and wellbeing. Sutter care centers have experienced therapists, psychologists and psychiatrists who can assess and treat a wide range of behavioral health issues, including the most complex disorders.

## THE STEVE FUND

### [www.stevelfund.org](https://www.stevelfund.org)

[info@stevelfund.org](mailto:info@stevelfund.org)

401-249-0044

The Steve Fund works with colleges and universities, non-profits, researchers, mental health experts, families, & young people to promote programs & strategies that build understanding and assistance for the mental and emotional health of the nation's young people of color. The Fund holds an annual conference series, Young, Gifted & @Risk, and offers a Knowledge Center with curated expert information along with on-campus and on-site programs and services for colleges and non-profits.



# NATIONAL RESOURCES

## STRONG 365

[strong365.org](https://strong365.org) #URstrong

@strong365community

(Facebook, Instagram)

@strong365 (Twitter)

Enter code “strong” to connect with trained listeners for free, 24/7:

[7cups.com/p/strong365/?wla=strong365](https://7cups.com/p/strong365/?wla=strong365)

[info@strong365.org](mailto:info@strong365.org)

A project of the non-profit organization One Mind, Strong 365 aims to shorten the path to effective, life-saving help by connecting young people in the earliest stages of psychosis to both online and community-based support.

## THE TREVOR PROJECT

[www.TheTrevorProject.org](https://www.TheTrevorProject.org)

If you or someone you know needs help or support, contact The Trevor Project’s TrevorLifeline 24/7 at 1-866-488-7386. Counseling is also available 24/7 via chat every day at [TheTrevorProject.org/Help](https://TheTrevorProject.org/Help), or by texting 678-678. The Trevor Project is the world’s largest suicide prevention and crisis intervention organization for LGBTQ young people.

## THE YOUTH MENTAL HEALTH PROJECT

### The Parent Support Network™

[ymhproject.org/parent-support-network](https://ymhproject.org/parent-support-network)

#youthmentalhealthproject

[parentsupportnetwork@ymhproject.org](mailto:parentsupportnetwork@ymhproject.org)

773-501-9548

The Parent Support Network™, a program of The Youth Mental Health Project™, offers free and confidential support meetings run by and for parents who are concerned about the mental health of their children, teens, and young adults.

## THIS IS MY BRAVE

<https://thisismybrave.org>

This is my brave enables high school and college aged students to use storytelling to combat stigma around mental health. This Is My Brave brings stories of mental illness and addiction out of the shadows and into the spotlight.

## WORK2BEWELL

[Work2BeWell](https://work2bewell.org)

The #Work2BeWell digital wellness and empowerment program focuses on positively impacting the emotional well-being of teens and promoting mental health. Here you will find free curriculum, programs, and assets that can be used to help educate teens about mental health and wellness.

# WELL BEINGS

Support provided by Otsuka America Pharmaceutical, Inc., Kaiser Permanente, Bank of America, American Psychiatric Association Foundation, One Mind, Movember, National Alliance on Mental Illness, Dana Foundation, Dauten Family Foundation, The Hersh Foundation, Mental Health Services Oversight & Accountability Commission, John & Frances Von Schlegell, Sutter Health, Robina Riccitiello, and Jackson Family Enterprises.

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## SUPPORT PROVIDED BY



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## PARTNERS

