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 or follow @WellBeingsOrg on Instagram, Facebook, or Twitter, 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.
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
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
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
402-451-3553
Provides healthcare and behavioral health services for individuals and families living in Douglas County.

**CHI HEALTH - BEHAVIORAL CARE**
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
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
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.

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**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
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
402-552-7400
Strengthens individuals and families through education, counseling, and support.

HOPESPOKE
www.hopespoke.org
info@hopespoke.org
402-476-9623
Inspiring families through comprehensive behavioral and mental health services.

THE KIM FOUNDATION
https://thekimfoundation.org
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
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
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
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.
NEBRASKA MENTAL HEALTH
https://nebraskamentalhealth.com
info@nebraskamentalhealth.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
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
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
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.
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
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
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.

**DIVERSITY & HEALTH EQUITY EDUCATION:**
https://www.psychiatry.org/psychiatrists/cultural-competency/education/indigenous-patients
mwoods@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:**
workplacementalhealth@psych.org
202-559-3900
We are navigating unchartered 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
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.
CALL TO MIND
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.

CREDOBIBLEMIND &
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
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
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 #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
#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 #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 | facebook.com/nami
instagram.com/namicommunicate
twitter.com/namicommunicate
NATIONAL RESOURCES

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
@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
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 otsukapatientsupport.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.stevefund.org
info@stevefund.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.
STRONG 365
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
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
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, 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
#youthmentalhealthproject
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
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.

Partners include American Public Media’s Call to Mind, PBS NewsHour Student Reporting Labs, Forbes, People, Mental Health America, and The Steve Fund.