

RESOURCES

This is a growing list of resources available in Nebraska, primarily in the Lincoln and Southeast Nebraska areas. If the resources have a website, they are available via the QR code. Scan with your smart phone, or type in the phone number or website listed in the description.

Resources are organized by type and/or age. If you know of a resource that should be added to this list, reach out via email to fc@jendfamilyservices.com with the subject line "New Family Resource - Name of Organization/Resource".

HOUSING + UTILITY RESOURCES



NEEDHELPPAYINGBILLS.COM

Find the charities, churches, and government Social Service organizations in Lancaster County that provide help. Everything from emergency utility bill or rental assistance is available along with free food, senior care, back to school supplies and clothing or household supplies in Lincoln. LARGE LIST.

211

CALL 211

A toll-free call to "211" connects you to a community resource specialist in your area who can put you in touch with local organizations that provide critical services. You'll find information about: supplemental food and nutrition programs, shelter and housing options and utilities assistance, emergency information and disaster relief, employment and education opportunities, services for veterans, health care, vaccination and health epidemic information, addiction prevention and rehabilitation programs, reentry help for ex-offenders, support groups for individuals with mental illnesses or special needs, a safe, confidential path out of physical and/or emotional domestic abuse.



LINCOLN HOUSING AUTHORITY (LHA)

Apply to LHA by using the application portal link and you can potentially find different options for homes, duplexes, and apartments. Availability based on income and children in the home. | They also have options for rental assistance.



DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT

Federal housing assistance and resources, including property locator, location hours and information, rental assistance, housing counseling, and additional support.



CATHOLIC SOCIAL SERVICES

402-474-1600 | 2241 O Street | cssisus.org | Help with rent and utilities (no help with deposit, 1st month's rent, or back rent); apply in person at the main office or Call Monday morning | Immigrant Resettlement Program: help with housing, education, employment, cultural orientation for new immigrants

HOUSING + UTILITY RESOURCES



COMMUNITY ACTION PARTNERSHIP PROGRAMS

402-471-4515 | 210 O | communityactionnetwork.org | **Emergency Services Program:** one-time rent, deposit and utility assistance; call CAP to apply | **Supportive Housing Program:** rapid rehousing transitional living program for homeless families; call 402-875-9341 to apply | **Tenant Support Services:** information and resources on tenant rights and obligations, eviction prevention, and mediation; no legal representation; call 402-875-9353.



CENTERPOINTE RESIDENTIAL SERVICES

1000 S 13th Street | 402-475-8717 | centerpointe.org | CenterPointe is an agency in the Lincoln Continuum of Care (CoC). The Lincoln CoC is a network of agencies and housing providers all working towards a common goal that offer housing interventions to individuals experiencing homelessness. CenterPointe offers housing assistance to individuals identified by the Lincoln CoC. Supportive services may include care management, recovery support, peer support, psychiatric services, outpatient, and primary care services.



FRIENDSHIP HOME SAFE SHELTER

402-437-9302 | PO Box 85358 Lincoln, NE 68501 | safe shelter and support for victims of domestic violence and their children; call 24 hours a day/7 days a week.



NEBRASKA ENERGY OFFICE WEATHERIZATION

neo.ne.gov | **Low Income Weatherization Assistance:** free improvements to lower bills; includes insulation, efficiency inspections, broken glass replacement, and weather stripping; automatic eligibility if you receive Supplemental Security Income or ADC; contact Community Action Partner



PEOPLE'S CITY MISSION SHELTER AND HOUSING

401 N 2nd Street | 402-475-1303 | pcmlincoln.org | **Family Shelter:** community rooms, single family rooms, dormitory beds accommodating single women, and one and two parent families (may include teenage boys); overnight housing for men seven days a week. | **Safe Place:** immediate health and safety for **youth** in crisis | **Curtis Center:** secure, supportive, transitional housing center and structured program for men



SALVATION ARMY UTILITY AND RENT ASSISTANCE

402-474-6263 | 2625 Potter | centralusa.salvationarmy.org/lincoln | utility and rent assistance; funds for home repairs



FRESH START WOMEN'S SUPPORT AND HOUSING

402-475-7777 | 6433 Havelock | freshstarthome.org | transitional residence and services for homeless women ages 19 and older; also has The Daisy, a thrift shop that supports their mission!

FOOD RESOURCES



FOOD BANK OF LINCOLN DISTRIBUTION SCHEDULE

Schedule is subject to change; check back regularly for updates.

There are downloadable schedules available as well!



FOOD BANK OF THE HEARTLAND

food resources page; access mobile pantry schedule for the month, find food bank locations across Nebraska and Iowa or by zip code



CENTER FOR PEOPLE IN NEED DISTRIBUTION SCHEDULE

Distributions are held every weekday from 10 a.m. to 1 p.m. and Tuesdays from 3 to 5 p.m. at 3901 N. 27th Street. **A Center Card is required to participate.** If you do not have a Center Card, complete an application at cfpin.org/center-card or fill out a paper application the next time you visit.



GOOD NEIGHBOR COMMUNITY CENTER

2617 Y Street | non-perishables available by appointment (call 402.477.4173) | perishables available Monday and Wednesday 10am-12pm | Food Net Sundays 3-4pm (more programs listed—scan QR)



F STREET COMMUNITY CENTER FREE MEALS

1225 F Street | Free dinner for ages 2-18 is served for Monday - Friday at 4:30 PM. | Senior Lunch (ages 55+) is served Monday - Friday at Noon for \$3. Please call 402-441-7951 for a reservation.



MATT TALBOT KITCHEN AND OUTREACH

2121 N 27th Street | Everyone is welcome to walk through our open doors and get a hot prepared meal two times a day, every day of the year. Lunch is served from 11:30 am - 12:30 pm and dinner is served from 5:30 pm - 6:30 pm. Outreach staff available during mealtimes.



SALVATION ARMY CURE HUNGER PROGRAMS

2625 Potter Street | Food pantry is open Monday, Wednesday and Thursday 9-4 p.m. and Tuesday and Friday 9-3 p.m., with a produce and bread distribution Tuesdays and Fridays from 10-11 a.m.



CAROL M. YOAKUM FAMILY RESOURCE CENTER

5700 R Street | Friends with Food distribution program providing free food through the USDA Commodities program and the Food Bank of Lincoln on the fourth Monday of the month, 5:00-6:00 p.m. | Additional programs listed on webpage; scan QR code to view!



SNAP BENEFITS AND APPLICATION INFORMATION

The Supplemental Nutrition Assistance Program (SNAP) helps recipients buy food, which raises nutrition levels among low-income households. Check out the DHHS webpage to learn more and apply for benefits!

CLOTHING + HOME GOODS



BARNABAS COMMUNITY FREE STORE

Barnabas Community offers free clothing, books, toys, household goods — and hope and hospitality — to all that walk through our doors. They do not charge for the store's merchandise or activities in the community center, but first-time shoppers must complete minimal paperwork to be eligible to shop.



FOSTER CARE CLOSET SEASONAL CLOTHING

Clothing and other items for youth in the foster care system. Youth are provided 5 outfits, twice a year. | Schedule an appointment for your foster youth or coordinate with your Foster Care Specialist.



GOOD NEIGHBOR COMMUNITY CENTER STORE

2617 Y Street | Items given out through this program include but not limited to clothes and clothing accessories, shoes, purses, appliances, small furniture (due to lack of room), and other household items as donated. Currently, no appointment is needed before one can come in to shop but shopping is not available on Monday or Wednesday mornings. | More programs listed—scan QR code to view.



PEOPLE'S CITY MISSION HELP CENTER

6800 P Street | On most shopping days, we are able to provide: food, clothing, shoes, personal care items, furniture and household goods. As supplies allow, we also provide diapers, baby wipes, formula, children's car seats, strollers, etc. | To be eligible to 'shop' at the Help Center, individuals must: Be at 200% of the federal poverty level or below; Have or be willing to get a Clarity card



NEW HOPE METHODIST CHURCH CLOTHING

Saturdays | 9:30 am – 12:00 pm, Appointments are available if you need. | Diapers available 1 time per month; families can shop for free clothing and some household items at any time when the Closet is open.



ST. LOUISE GIFT & THRIFT STORE

402-474-1600 | 2201 O Street | low-cost clothing and home goods | If unable to afford prices, there is an application available to shop for free!



YWCA LINCOLN JOB OUTFITTERS

To utilize this program, **Monday-Wednesday** participants should visit the Goodwill Job Connection from 1:00-2:00 p.m. located at **1731 O Street** in downtown Lincoln. **Thursday-Friday** participants should visit YWCA Lincoln from 1:00 - 2:00 p.m. located at **5631 S. 48th St. Suite 410 Lincoln, NE.** | Eligible participants will then be issued vouchers that can be used at any Goodwill Lincoln location for employment clothing, shoes, belts, and ties. | (402) 434-3494.



THE DAISY THRIFT STORE BY FRESH STAR

402-475-7777 | 6433 Havelock Avenue | The Daisy Thrift Store is a fresh boutique for women, offering gently used clothing and accessories. Proceeds from The Daisy directly support Fresh Start, a shelter for women.

CHILD CARE RESOURCES



NEBRASKA CHILD CARE REFERRAL NETWORK

Search for child care via DHHS list of licensed child care facilities. Click "advanced search" to search by location, age-level, accreditation, subsidy acceptance, and more.



CHILD CARE AWARE RESOURCES

Would you like to know more about child care licensing in your state or resources for children with special needs? Do you need to contact someone about child support, health care for your family, or help paying for food or heat? If so, you've come to the right place. Click the tabs to find those resources and more in Nebraska.



ZERO TO THREE RESOURCES + ARTICLES

Articles and resources for parents and caregivers regarding child development, parenting issues, and relevant topics for raising children in today's world. Resources are organized by age.



NEBRASKA RESOURCE AND REFERRAL SYSTEM (NRRS)

Statewide database created with input from Nebraska Families, service providers and organizations. The NRRS provides 1-800 numbers as well as web sites and email contacts to help you connect faster to the services you are seeking. This database provides individuals the opportunity to have a real choice in the diverse selection of service providers by allowing users to more easily locate and compare services of local and state agencies.



COMMUNITY ACTION EARLY CHILDHOOD EDUCATION

Early Head Start and Head Start early childhood education programs, family outreach programming, and more. Reach out to case manager and listed application contact to inquire about Head Start for your child.



LINCOLN PUBLIC SCHOOLS CHILDHOOD RESOURCES

List of resources, definitions, and opportunities to partake in low-cost to free child resources through the Lincoln Public School system. You can also call your child's school to see what is available at the building-level, such as food, clothing, and mentoring!



ROSTER OF LICENSED CHILD CARE AND PRESCHOOL PROGRAMS

For assistance, call 1-800-600-1289 (toll free in Nebraska) or 402-71-9278 (in Lincoln).



NEBRASKA DHHS CHILD CARE RESOURCES WEBPAGE

List of resources, definitions, and benefit applications to help ease the burden of child care costs.

DIAPERS + INFANT RESOURCES



CENTER FOR PEOPLE IN NEED DIAPERS

You can pick up diapers once per month from The Center for People in Need. | Distributions are held every weekday from 10 a.m. to 1 p.m. and Tuesdays from 3 to 5 p.m. at 3901 N. 27th Street. **A Center Card is required to participate.** If you do not have a Center Card, complete an application at cfpin.org/center-card or fill out a paper application the next time you visit.



GOOD NEIGHBOR COMMUNITY CENTER DIAPERS

2617 Y Street | GNCC offers diapers size 1 - 5 once a month per child in the family. Wipes are also available and can be requested when getting diapers. | More programs listed—scan QR code to view.



NEW HOPE METHODIST CHURCH DIAPER DEPOT + CLOTHING

Saturdays | 9:30 am – 12:00 pm, Appointments are available if you need. | One package of diapers per month per family, | Families can shop for free clothing and some household items at any time when the Closet is open.



FORWARD DIAPERS, WIPES + BABY FOOD

Forward is a ministry of Trinity Lutheran Church that seeks to help families in our community by supplementing consumable goods for their children. Families receive a monthly supplement of diapers and wipes for each child using diapers and/or pull-ups. | Forward is open every Monday except holidays from 10AM-2PM at the Trinity House, **733 S. 13th St., Lincoln, NE 68508.**



NEBRASKA DIAPER BANK

List of partner agencies organized by Nebraska county that provide diapers and other infant items.



MILKWORKS LACTATION + NEWBORN SUPPORT

402-423-6402 | 5930 South 58th Street (additional location in Omaha) | "Research shows families who receive lactation support and education are more likely to reach their breastfeeding goals. This is why we exist. For over 20 years, we have been an expert resource for breastfeeding support, consultations, information, and supplies in Nebraska and surrounding areas." | Breastmilk and breastfeeding supplies, counseling, consultation, and more.



NEBRASKA WIC NUTRITION AND SUPPORT

WIC helps eligible families with: Healthy Food, Breastfeeding Support, Nutrition Education, Health and community resources | **Who can apply?** Pregnant Women, Breastfeeding women, New mothers, Infants, Children—up to age 5, Foster children—up to age 5.

YOUTH PROGRAMS + RESOURCES



THE MALONE CENTER

Education programming, youth athletics, family and community outreach programs, holiday support, haircuts, and investment in youth leadership. Programs and events are updated regularly on their website!



LINCOLN PARKS AND RECREATION YOUTH PROGRAMS

Explore and register for events, athletics, child care for days LPS is not in-session, and more!



YMCA YOUTH PROGRAMMING

There are a variety of structured and unstructured programming for youth and their families available at your local YMCA. Membership is required, however there is financial assistance for those who qualify.



F STREET COMMUNITY CENTER FREE MEALS

1225 F Street | Free dinner for ages 2-18 is served for Monday - Friday at 4:30 PM. | Drop-in activities for youth include access to the gym, weight room, and more. Day camps are also available for registration.



LINCOLN LIGHTHOUSE AFTER SCHOOL PROGRAM

Available to middle and high school students. | Safe space to socialize and exist after school is released, access to tutoring and support, afternoon snack and dinner is served, fitness programs, enrichment activities.



BRIGHT LIGHTS DAY CAMPS AND PROGRAMS

Variety of day camps and half-day camps for youth from kindergarten to eighth grade. Need-based scholarships issued on first-come, first-serve basis.



BOYS AND GIRLS CLUB

Boys & Girls Clubs of Lincoln/Lancaster County offers tested, proven and nationally recognized programs in five Core Program Areas that closely align with the developmental needs of all young people. | If this is your first time enrolling in Boys & Girls Club, please visit one of the program pages for instructions to register. Feel free to contact Club staff with any questions!



TEAMMATES MENTORING PROGRAM

The TeamMates Mentoring Program serves students in grades 3-12 who would benefit from having an additional caring adult in their lives. Students are referred to as mentees. | Contact your child's school or case manager to work on enrolling them in the Teammates Mentoring Program!



LINCOLN CITY LIBRARIES

Rotating programs and activities for youth of all ages and their families.

YOUTH PROGRAMS + RESOURCES



COMMUNITY ACTION EARLY CHILDHOOD EDUCATION

Early Head Start and Head Start early childhood education programs, family outreach programming, and more. Reach out to case manager and listed application contact to inquire about Head Start for your child.

YOUTH MENTAL HEALTH RESOURCES



JENDA FAMILY SERVICES OUTPATIENT CLINIC

4600 Valley Road Suite 350 | 402.474.0011, option #3 | jendafamilyservices.com/outpatient-clinic | adult, adolescent, and child services for mental health, substance abuse recovery, parent-child interaction, various assessments, and more | call or visit website to get started with a mental health professional | multiple insurances and Medicaid accepted



BRYAN MEDICAL CENTER—WEST CRISIS + EMERGENCY

2300 S. 16th Street #201 | 402.481.5991 | Crisis Help: 24/7 mental health emergency department (call or visit Emergency Room) | Mental Health Screenings: free anonymous, online at www.bryanhealth.org/online-screenings



MY COMPANION APP FOR MENTAL HEALTH SUPPORT

My Companion has a variety of features divided into four primary tabs: reflections, connections, resources and emergency. Users will be able to log daily reflections, input contacts who could be reached in an emergency, access resources, submit anonymous tips and easily reach hotlines.



THE TREVOR PROJECT 24/7 SUPPORT

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ young people. We provide information & support to LGBTQ young people 24/7, all year round. | Text Us: 678-678 | Call us: [1-866-488-7386](tel:1-866-488-7386)



AL-ANON AND ALATEEN MEETINGS

Use this meeting finder to identify groups and meetings in your area and their schedules. Al-anon and Alateen are for the families and friends of individuals working through alcoholism looking for support. Explore the website to learn more.



LINCOLN ALCOHOLICS ANONYMOUS MEETING FINDER

Meeting finder managed by Lincoln A.A. Sort by type, meeting time, location, and more! Select type: "Young People" to find youth AA meetings. AA meetings are for individuals who are recovering from addiction and/or alcoholism. Nonalcoholics are welcome to attend open meetings as an observer.

If you are in a mental health emergency, you can call or text 988 for mental health support.

TRANSPORTATION RESOURCES



CITY OF LINCOLN GENERAL TRANSPORTATION

Variety of transportation resources available through the city of Lincoln that are low to no-cost depending on eligibility; typically for general or medical appointment transportation.



LINCOLN BIKE KITCHEN

Earn-a-Bike: a dependable bike and the knowledge, skills, and resources to maintain it in exchange for 10 hours of volunteer time and refurbishing of the donated bike Open Shop: free self-service bike shop with volunteer experts and bike-specific tools. | Free Wheels for Kids: a bike for your child by working with us on a case-by-case basis | Safety Equipment: free helmets, lights and locks for children



MATT TALBOT KITCHEN AND OUTREACH GAS VOUCHERS

2121 N 27th Street | \$20 gas vouchers available; one every six months per driver; requires proof of insurance valid driver's license, and current automobile registration.



STARTRAN BUS SERVICE BUS PASSES

Low income discounts for 31-day StarTran Passes; see website for purchase options.



CHARITY AUTOS REPAIRS + MAINTENANCE

Charity Autos Repair is a program that provides light mechanical repair to folks in our community here in Lincoln, Nebraska who may be struggling with financial resources to keep their cars on the road. We are able to provide work on vehicles for a suggested donation of \$20. The rest of the labor provided is free.

PRISONER RE-ENTRY RESOURCES



BRIDGES TO HOPE

402.420.5696 | 3107 S. 6th Street Suite 107 | free basic household furnishings, clothing and personal hygiene products for ex-offenders, men and women released from incarceration in the previous 12 months; verification of status through prison ID number or discharge papers; service twice only in 18-month period



CENTER FOR PEOPLE IN NEED OPENING DOORS

Opening Doors, formerly known as TRADE, is a community reentry program for current and formerly incarcerated individuals. The program focuses on providing practical training to translate new and existing abilities into reentry success. All participants are trained on effective communication, workplace etiquette, workplace diversity, basic computers, job readiness (including resume writing and mock interviews), goal setting, boundaries, core values, empathy and communication and conflict resolution. | For more information about Opening Doors, contact program staff at openingdoors@cfpin.org or 402.476.4357.

PRISONER RE-ENTRY RESOURCES



RELEASED AND RESTORED PROGRAMS

Tools and support for inmates and ex-offenders | 402.806.0565 | Life Skills/Re-entry Prep: two week course in how to obtain and maintain gainful employment, manage money, and build resumes | Planning with Purpose: 20 week course on thinking and acting positively and constructively while creating a plan for living a moral, ethical, and legal life. | Job Readiness/Life Skills: basic money management skills, landlord/tenant rights and responsibilities. | Re-Entry Support: help finding jobs, work ethics, living on a budget, personal appearance, workplace behavior, non-violent conflict resolution



RISE RE-ENTRY PROGRAMMING

Graduates of RISE programming while incarcerated have access to RISE Re-Entry programming and support. The RISE In-Prison Program is an intensive six-month character development and job readiness program facilitated inside the Nebraska Department of Corrections. Ask case manager for more information.

LEGAL SUPPORT RESOURCES



LEGAL AID OF NEBRASKA

402.435.2161 | 941 O St Ste 325 | legallaidofnebraska.org free legal representation, counseling and information on civil matters to low income citizens; call or apply online. Check out the website to see schedules for specific hotlines and topic support.



NEBRASKA STATE BAR ASSOCIATION VOLUNTEER LAWYERS PROJECT

402-475-7091 | 635 S 14 suite 200 | **Self Help Center:** basic legal and legal process information; Lancaster County Courthouse 575 S 10th; Thurs 11 am-12 pm; no appointment required | **Referral to Volunteer Lawyer:** information, assistance and representation for non-criminal legal problems; apply | **NEFree Legal Answers:** online legal advice clinic; www.NE.FreeLegalAnswers.org | **VLP Automated Information Line:** 402-742-8136



UNIVERSITY OF NEBRASKA LAW SCHOOL

402-472-3271 | Civil Law Clinic: representation for low-income residents in variety of civil cases | Immigration Law Clinic: representation for certain types of cases



CENTER FOR LEGAL IMMIGRATION ASSISTANCE

(402) 471-1777 | 3047 N 70th Street | Community-based nonprofit organization which provides quality, affordable legal immigration related services to immigrants and refugees making Lincoln, NE their home.



VOICES OF HOPE LEGAL ADVOCACY

402-476-2110 | 2545 N Street | information, support and advocacy for victims of: relationship violence, sexual assault and related forms of abuse. | Legal Advocacy & Referral: referral to attorneys in the Lincoln area and accompaniment to court hearings to provide support and information.

HEALTH CARE RESOURCES

MEDICAL AND DENTAL



AGING PARTNERS ADAPTIVE EQUIPMENT

402.441.7070 | 600 S 70th Street, Lincoln | durable Medical Equipment: canes, crutches, bath chairs, toilet risers and more for people age 60 and over; long and short term use; call to schedule pickup



BIRTHRIGHT PRENATAL CARE REFERRALS AND RESOURCES

5625 O Street #4 | 402.466.2609 | 24/7 Helpline: 1.800.550.4900 | free pregnancy tests, maternity and baby clothes, referrals to community resources; information on pregnancy and childbirth, prenatal development and care, parenting skills, child care; referrals for medical support, financial resources, housing, social assistance and counseling



BLUESTEM MEDICAL CLINICS

402.476.1455 | bluestemlincoln.com | medical, dental and behavioral health care for individuals/families with limited resources or other barriers; Medicaid and Medicare accepted; sliding fee scale to those without insurance | visit website for clinic locations + services



CLINIC WITH A HEART MEDICAL AND DENTAL CLINIC

1701 S 17th Street Suite 4G | 402.421.2924 | clinicwithaheart.org | free, walk-in medical and dental clinic; no ID or proof of income required; patients under age 19 must be accompanied by parent or legal guardian; Mon-Thurs first come-first served; waiting room open at 2 pm, clinic open at 4 pm, patient seen 5:30-7 pm; see online schedule for services provided each night



FAMILY HEALTH SERVICES, INC. REPRODUCTIVE HEALTH

630 N. Cotner Boulevard Suite 204 | 402.466.1012 | fhsi.org | reproductive health care, birth control, STD and HIV testing, pregnancy testing; fees on sliding scale; for men and women; focus on teenage patients



LINCOLN E.D. CONNECTIONS

402.481.4165 (Bryan) or 402.219.5205 (St Elizabeth's) | help for uninsured or underinsured people to find alternatives to emergency room care and manage long-term health problems; call to make appointment!



PEOPLE'S CITY MISSION HEALTH CARE RESOURCES

401 N 2nd Street | 402.817.0980 | peoplescitiymission.org | Free Clinic: dental, chiropractic, podiatry, and mental wellness; no insurance or payment needed; just north of the Mission | Mon 1-5 dental only; Wed 8-12; Wed 1-5 dental only; Thurs 8-12 dental only; Fri 8-12; Fri 1-4 dental only; appointment required



PLANNED PARENTHOOD REPRODUCTIVE HEALTH

5631 S. 48th Street Suite 100 | 1.877.811.7526 | abortion, birth control, general health care, HIV testing, LGBT services, men's health care, emergency contraception (morning-after pill), pregnancy testing & services, STD testing, treatment and vaccines, and women's health care; most services walk-in; appointments available | Mon, Wed, Fri 9-5, Tues 8-4, Thurs 11-7

HEALTH CARE RESOURCES

ADDICTION AND MENTAL HEALTH



ALCOHOLICS ANONYMOUS LINCOLN

2748 S Street; Suite AA | 402.438.5214 (24/7) | lincaa.org | fellowship of men and women who share their experience, strength and hope that they may solve their common problems and help others to recover from alcoholism; no dues or fees | call or go online for meeting list



ST. MONICA'S WOMEN'S SUBSTANCE USE TREATMENT

120 Wedgewood | 402.441.3768 | stmonicas.com | residential treatment, outpatient therapy, early childhood development, community support and training for women with substance abuse and/or related health issues; sliding fee scale with no one turned away



CENTERPOINTE ADULT SERVICES

1000 S 13th Street | 402.475.8717 | centerpointe.org | crisis response, treatment, rehabilitation, housing and peer support for people with mental health and substance abuse concerns; numerous programs | Crisis Helpline: 402-475-6695; available 24/7 | Walk-in Crisis Help: 1000 S 13th St location | SOAR Program: help with disability applications for those with mental health or substance abuse concerns; eligibility screening required



THE BRIDGE BEHAVIORAL HEALTH

721 K Street | 402.477.3951 (24/7) | Treatment for alcoholism and drug addiction, particularly for limited financial resources | **Withdrawal Services:** safe, medically supervised environment during a difficult transition. Registered nurses and counselors provide medical care and support during withdrawal. | **Evaluations:** evaluations of substance use and a recommendation for treatment; entering a treatment program is required. | Residential and outpatient treatment options. Treatment plans address a range of substance abuse and mental health issues. Residential treatment is for men only. Outpatient treatment serves men and women. | Recovery Support: Variety of special programs and events including daily meetings. AA, NA and Al-Anon meet regularly and the public is invited to attend.



JENDA FAMILY SERVICES OUTPATIENT CLINIC

4600 Valley Road Suite 350 | 402.474.0011, option #3 | jendafamilyservices.com/outpatient-clinic | adult, adolescent, and child services for mental health, substance abuse recovery, parent-child interaction, various assessments, and more | call or visit website to get started with a mental health professional | multiple insurances and Medicaid accepted



BRYAN MEDICAL CENTER—WEST CRISIS + EMERGENCY

2300 S. 16th Street #201 | 402.481.5991 | Crisis Help: 24/7 mental health emergency department (call or visit Emergency Room) | Mental Health Screenings: free anonymous, online at www.bryanhealth.org/online-screenings

HEALTH CARE RESOURCES

ADDICTION AND MENTAL HEALTH



LIFE AFTER BET FREE PROBLEM GAMBLING TREATMENT AND RESOURCES

24/7 Helpline: 1-833-BETOVER (238-6837) | helpline support, education for individuals and their families, and additional resources to help support you on your journey



NATIONAL COUNCIL ON PROBLEM GAMBLING

If gambling is causing a problem in your life we encourage you to ask questions, gather information and conduct research on the type of help that is most appropriate for your situation. This information is intended to be a starting point—it is not a complete list of information or services.

GAMBLERS ANONYMOUS MEETINGS

Lincoln – Gamblers Anonymous

Bryan LGH Medical Plaza

1500 S 48 St Lincoln, NE

Second floor of the Medical Plaza

- **12-STEP BASED SUPPORT GROUP MEETINGS**
 - Every Saturday @ 10 am
- **GAMBLERS ANONYMOUS:** Classroom 1A
- **GAMANON:** Classroom 1B
 - 1st Saturday of each month GA & Gamanon meet together

Grand Island – Gamblers Anonymous

St. Francis Medical Center,

2116 West Faidley Ave.,

Room A, Lower Level

- Friday, 7pm (GA) Open Meeting - Family Members Welcome
 - Phone Contact: Connie 308-390-6398

Hastings– Gamblers Anonymous

Mary Lanning Medical Services Bldg

(Basement), 1715 North St Joseph Ave.

- Monday, 6:30pm (GA) Open Meeting- Family Members Welcome
 - Phone Contact: Connie 308-390-6958

Kearney– Gamblers Anonymous (12 Step)

Crossroads Rescue Mission

1404 East 39th Street

- Wednesday, 7:30pm (Gamblers 12 Step) Open Meeting- Family Members Welcome
 - Phone Contact: Geoff 308-293-8156, Patrick 308-293-4782

Scottsbluff – Gamblers Anonymous (12 Step)

18 West 16th Street

- Thursday, 6:30 pm (Gamblers 12 Step) Open Meeting - Family Members Welcome
 - Phone Contact: Lisa 308-641-8070

(LINCOLN NE) GAMBLERS ANONYMOUS: 402-473-7933

NEBRASKA FREE GAMBLING HELPLINE: 1-833-BETOVER (238-6837)

(OMAHA NE) GAMBLERS ANONYMOUS: 402-978-7557

NATIONAL HELPLINE FOR COMPULSIVE GAMBLING: 1-800-522-4700

HEALTH CARE RESOURCES

ADDICTION AND MENTAL HEALTH
SPECIFIC ADDICTION RESOURCES

NA/AA MEETINGS + RESOURCES

One Promise NA Group

2225 Washington St, Lincoln, NE 68502

- Thursdays, 7 pm

SCAN TO VIEW LIST OF ALL
NA GROUPS IN LINCOLN



AA 24hr Line

2748 S St., Suite AA Lincoln NE 68503

- 402-438-5214
- <http://lincaa.org/>

SCAN TO VIEW LIST OF ALL AA
DAILY MEETINGS IN LINCOLN



NARCOTICS ANONYMOUS HOTLINE
402-474-0405 | 24/7 INFO LINE: 888-347-446
ALCOHOLICS ANONYMOUS HOTLINE
1-877-226-3632

SEX ADDICTION MEETINGS + RESOURCES

Sex Addicts Support Hotline

- [402-476-9668](tel:402-476-9668)

Sexaholics Anonymous

24hr contact info and recovery meetings

- [402-441-0266](tel:402-441-0266)

YOU CAN CALL OR TEXT 988 FOR SUPPORT DURING A MENTAL HEALTH CRISIS. IF THERE IS A NEED FOR EMERGENCY SERVICES, TRAINED PROFESSIONALS CAN PROVIDE DISPATCH WITH RELEVANT INFORMATION TO PROTECT EVERYONE'S SAFETY.

HEALTH CARE RESOURCES

ADDICTION AND MENTAL HEALTH

SUBSTANCE USE TREATMENT OPTIONS

WOMEN'S EMPOWERING LIFELINE

Provides intermediate Residential treatment services to women with their children. Mothers must meet criteria for a substance use disorder and require 24/7 treatment services to maintain abstinence from substances. This program is long term, so mothers and their children will remain in residential treatment for approximately 4-9 months.

1-402-371-0220 | donnyl@womenslifeline.net | 910 W Park Ave, Norfolk, NE 68701

THE BRIDGE BEHAVIORAL HEALTH

Mental health and substance abuse treatment and resources

402-477-3951 | 712 K St, Lincoln NE 68508 | info@thebridgenebraska.org

BRYAN INDEPENDENCE CENTER

Substance use evaluation and treatment for adults, youths and their families

402-481-5268 | <http://www.bryanhealth.com/alcohol-drug-treatment>

BAART PROGRAMS, LINCOLN, NE

Outpatient opioid addiction treatment facility - accepts Medicaid

402.488.2122 | 4305 O St., Lincoln, NE 68510

PINE LAKE BEHAVIORAL HEALTH & MEDICINE

Mental health, medical and substance use treatment; does accept Medicaid but **only** the UHC Community Plan

402-434-2730 or 402-GET-HELP | 9100 Andermatt Dr., Suite 1, Lincoln, NE 68526

info@pinelakebh.com

TOUCHSTONE SHORT TERM RESIDENTIAL – SUBSTANCE ABUSE TREATMENT PROGRAM

Accepts Medicaid and private health insurance

402-474-4343 | 2633 P Street, 1st Floor, Lincoln, NE 68503

ST. MONICA'S BEHAVIORAL HEALTH SERVICES

Accepts Medicaid, State insurance and private health insurance

402-441-3768 | info@stmonicas.com | 120 Wedgewood Dr, Lincoln, NE 68510

CHOICES TREATMENT CENTER

substance abuse evaluations and treatment, DWI/DUI education programs, budgeting classes and counseling, mental health treatment, counseling, gambling addiction

Office and 24hr helpline: 402-476-2300 | 127 S 37th St. Suite B, Lincoln, NE 68510

DOMESTIC VIOLENCE AND ABUSE RESOURCES



FRIENDSHIP HOME

402-437-9302 | PO Box 85358 Lincoln, NE 68501 | safe shelter and support for victims of domestic violence and their children; call 24 hours a day/7 days a week.



VOICES OF HOPE VICTIM SERVICES

402-476-2110 | 2545 N Street | information, support and advocacy for victims of: relationship violence, sexual assault and related forms of abuse. | Free, confidential to victims and families. | 24 Hour Crisis Line: 402-475-7273 | Daily Walk-in Crisis Services: safety planning, protection-order assistance, crisis counseling, financial assistance (limited), and basic needs provision, referral to other community resources. 8 Community Resources • Revised Jan. 2020 Center for People in Need • 3901 N. 27th Street #1 402.476.4357 • info@cfpin.org • cfpin.org | Parent/child Advocate: Parent/child/teen advocate available for victims and their children on the impact on children who witness violence. | Legal Advocacy and Referral: referral to attorneys and accompaniment to court hearings to provide support and information. | Support and Education Groups: weekly drop-in support groups for victims of domestic violence and sexual assault; English and Spanish | On-Campus Advocates: advocates for students on the University of Nebraska Lincoln and Nebraska Wesleyan University campuses; call 402-465-2533



HOPE CRISIS CENTER SOUTHEAST NEBRASKA

Hope Crisis Center is a non-profit organization that is committed to reintroducing survivors of domestic violence and sexual assault to their own power by providing advocacy and confidential emergency services. These services include emergency shelter, 24-hour hotline assistance, one-on-one advocacy, bilingual advocacy, legal advocacy, medical advocacy, and financial assistance for survivors throughout Fillmore, Gage, Jefferson, Saline, Seward, Thayer, and York Counties in Southeast Nebraska. | **24/7 Crisis line: +1 877-388-HOPE (4673)**



FAMILY VIOLENCE COUNCIL LIST OF PHONE NUMBERS

List of phone numbers available for victims to from 24/7 hotlines, law enforcement, protection orders, etc.



NEBRASKA DHHS DOMESTIC VIOLENCE WEBPAGE

Information about definitions, hotline numbers, victim's rights, guides to the Nebraska Judicial System (the courts).



NEBRASKA DHHS CHILD ABUSE WEBPAGE

Information about definitions, hotline numbers, victim's rights, trainings, and guides for what to expect if a report was made.



PONCA TRIBE OF NEBRASKA DOMESTIC VIOLENCE RESOURCES

The PTN's DV Department assists Native American clients in identifying a safe living environment and provides survivor support. Services may vary by location, but help is given to all. | The Domestic Violence Program provides crisis and emergency services for victims of sexual assault, stalking, human trafficking, elder abuse, dating violence, domestic violence, and trauma.

LGBT*QIA+ RESOURCES



THE TREVOR PROJECT 24/7 SUPPORT

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ young people. We provide information & support to LGBTQ young people 24/7, all year round. | Text Us: 678-678 | Call us: [1-866-488-7386](tel:1-866-488-7386)



TRANS LIFELINE HOTLINE AND RESOURCE LIBRARY

Trans Lifeline is a grassroots hotline and microgrants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community. |

Hotline: (877) 565-8860



TRANS NEBRASKA RESOURCES AND ASSISTANCE

This resource is ran by the ACLU of Nebraska and has a compilation of information, resources, and ways to take action in Nebraska.



UNL GENDER AND SEXUALITY CENTER RESOURCES

Multiple resources, support groups, and informative articles organized by the University of Nebraska-Lincoln Gender and Sexuality Center. Lincoln and Omaha areas.



OUT NEBRASKA

Resources and events hosted by one of the largest LGBTQIA+ support organizations in Nebraska.



NEBRASKA GENDER-AFFIRMING CARE FACTSHEET

Information about Nebraska's legislation regarding gender-affirming care provided by Nebraska Appleseed.



ACLU NEBRASKA

ACLU Nebraska fights to defend individual rights in Nebraska through litigation, legislation, and public education.



NEBRASKA APPLESEED LEGAL ASSISTANCE

If you are or expect to be experiencing difficulty accessing or providing gender-affirming care as a result of LB574, Nebraska Appleseed would be interested in speaking to you about your experiences and rights. Please reach out via the Community Assistance Line at neappleseed.org/gethelp or (402) 438-8853 ext 205.



OUTCARE HEALTHCARE RESOURCES

OutCare is the nation's first comprehensive resource for LGBTQ+ healthcare offering provider and healthcare resource directories, mentorship, medical education reform, and cultural competency training.

NATIVE AMERICAN SPECIFIC RESOURCES



PONCA TRIBE PROGRAMS AND SERVICES GUIDE

Information and resources for Native Americans and their families | Resources include but are not limited to education, culture, youth services, health care, food, and legal assistance.



LEGAL AID OF NEBRASKA NATIVE AMERICAN RESOURCES

Links to tribe-specific guidebooks and information, as well as local, state, and federal agencies that can support Native Americans as they navigate the legal system.



UNL NATIVE AMERICAN COALITION EDUCATIONAL RESOURCES

Curriculum, college resources, language and cultural education, and more available through the University of Nebraska-Lincoln Native American Coalition.



PONCA TRIBE OF NEBRASKA DOMESTIC VIOLENCE RESOURCES

The PTN's DV Department assists Native American clients in identifying a safe living environment and provides survivor support. Services may vary by location, but help is given to all. | The Domestic Violence Program provides crisis and emergency services for victims of sexual assault, stalking, human trafficking, elder abuse, dating violence, domestic violence, and trauma.



FAMILY GUIDE TO ICWA (INDIAN CHILD WELFARE ACT)

A factsheet for families whose foster children or biological children may or do qualify under ICWA. There are certain guidelines and requirements for foster homes and Nebraska DHHS if ICWA is involved!



AMERICAN INDIANS IN CHILDREN'S LITERATURE BOOK LISTS

Established in 2006 by Dr. Debbie Reese of Nambé Pueblo, American Indians in Children's Literature (AICL) provides critical analysis of Indigenous peoples in children's and young adult books. Find book recommendations, books to avoid, and additional resources on how to help educate children in a culturally appropriate and sensitive way!