

Magellan of Nebraska

Peer and Family Recovery E-Guide

This E-Guide is designed to provide you with easy access to advocacy and recovery resources across the state of Nebraska.

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National and Statewide Government Agencies

<p><u>Nebraska Department of Health and Human Services</u> 1-800-254-4202</p>	<p><u>Nebraska Commission for the Deaf and Hard of Hearing</u> Phone: 1-800-545-6244 V/TTY</p>
<p><u>Medical Assistance</u> Phone: 1-855-632-7633</p>	<p><u>NE Works (Employment Assistance)</u> Visit website to find location nearest to you</p>
<p><u>Economic and Food Assistance</u> Phone: 1-800-383-4278</p>	<p><u>Nebraska HUD (Housing Assistance)</u> 1-402-492-3150</p>
<p><u>Aging Services</u> Phone: 1-800-942-7830</p>	<p><u>Nebraska Office of Consumer Affairs</u> 1-402-471-7853</p>
<p><u>Developmental Disability Services</u> Phone: 1-402-471-8501</p>	<p><u>Disability Rights of Nebraska</u> 1-402-474-3274</p>
<p><u>United Way Midlands</u> Assistance in locating community resources that fit your needs Dial 211</p>	<p><u>Social Security Administration</u> 1-800-772-1213 1-800-325-0778 TTY</p>

National and Statewide Recovery Resources

National Resources			
Service Type	Organization	Organization Description	Contact Information
Crisis Intervention and Suicide Prevention	National Suicide Prevention Lifeline Lifeline Crisis Chat	Hotline is answered 24 hours a day. No matter what problems you are dealing with, we want to help you find a reason to keep living.	1-800-273-8255 1-800-799-4889 TTY 1-888-628-9454 Spanish 1-800-273-8255 Veterans Online Chat also available.
Crisis Intervention and Suicide Prevention	Boys Town	Hotline is answered 24 hours a day by specially trained counselors. Spanish speaking counselors and translation services available.	1-800-448-3000 1-800-448-1833 TDD
Crisis Intervention and Suicide Prevention LGBTQ Youth	The Trevor Project	Hotline providing crisis intervention and suicide prevention for LGBTQ youth (13-24) answered 24 hours a day.	1-866-488-7386
Crisis Intervention and Suicide Prevention Transgender	Trans Lifeline	Hotline is staffed by the true experts on transgender experience, transgender people themselves.	1-877-565-8860
Disaster Distress	Disaster Distress Helpline	National hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.	1-800-985-5990 or Text "TalkWithUs" to 66746
Domestic Violence	National Domestic Violence Hotline	Phones answered 24/7 to assist anyone affected by domestic violence. Confidential, one-on-one support to each caller, crisis intervention, options for next steps, & direct connection to sources for immediate safety.	1-800-799-7233 1-800-787-3224 TTY Online Chat is also available.
Sexual Assault	RAINN	Offering free, confidential support to anyone who has been impacted by sexual assault. It is easiest to get someone to talk to during regular business hours. Online help available 24/7.	1-800-656-4673

National Resources

Service Type	Organization	Organization Description	Contact Information
Referral Services	<u>SAMHSA's National Helpline</u>	Helpline provides 24 hour support in seeking treatment for mental health and/or addiction recovery.	1-800-662-4357 1-800-487-4889 TTY
Advance Directives	<u>National Resource Center on Psychiatric Advance Directives</u>	Psychiatric advance directives are relatively new legal instruments used to document a competent person's specific instructions or preferences regarding future mental health treatment.	Emails can be sent through the resource center website or you can Magellan for more information 1-800-424-0333
Advocacy	<u>Center for Dignity, Recovery, & Empowerment</u>	Help overcome the stigma and discrimination often associated with mental health conditions.	1-415-421-2926
Advocacy and Education	<u>The Carter Center-Mental Health Program</u>	Promote awareness, inform public policy, and achieve equity for mental health care as well as reduce stigma and discrimination.	1-404-420-5100
Advocacy and Education for Young People	<u>Young People in Recovery</u>	By creating a national network of young people in recovery, we empower young people to get involved in their communities.	1-720-401-5500
Advocacy and Support	<u>National Coalition for Mental Health Recovery</u>	Ensuring consumers and survivors have a voice in the development and implementation of state and national political policies.	1-877-246-9058
Advocacy and Support	<u>Faces and Voices of Recovery</u>	Helping individuals, families, and communities have a voice in laws and policies related to drug and alcohol recovery and have access to needed services.	1-202-737-0690
Advocacy, Collaboration, and Outreach	<u>The Family Café</u>	Provide individuals with disabilities and their families with an opportunity for collaboration, advocacy, friendship and empowerment by serving as a facilitator of communication.	1-850-224-4670
Advocacy, Support, and Education	<u>Mental Health America</u>	Promote mental health as a critical part of overall wellness, including prevention services for all.	1-800-969-6642

National Resources

Service Type	Organization	Organization Description	Contact Information
Education	Substance Abuse Mental Health Services Administration (SAMHSA)	Leads public health efforts to advance the behavioral health of the nation.	1-877-726-4727 1-800-487-4889 TDD
Health Education and Outreach	National Institute of Mental Health	Transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.	1-866-615-6464 1-866-415-8051 TTY
National Resource Guide	Directory of Consumer-Driven Services	Provide consumers, researchers, administrators, service providers, and others with a comprehensive central resource for information on national and local consumer-driven programs.	1-800-553-4539
Peer Support and Advocacy	Depression and Bipolar Support Alliance	Group created and led by persons living with mood disorders. Offering support and resources for others living with mood disorders.	1-800-826-3632
Peer Support and Advocacy for Youth	Youth Move National	Youth led national organization devoted to improving services and systems that support positive growth and development.	1-800-580-6199
Peer Support, Advocacy, and Education for GLBT	GLBT National Help Center	Serving gay, bisexual, transgender, and questioning people by providing free and confidential peer support.	1-888-843-4564 1-800-246-7743:Youth up to 25 Online chat is also available
Peer Support and Recovery Education	Institute for Recovery & Consumer Integration	Works to introduce and advance communities' understanding of recovery and community integration.	1-800-688-4226
Peer Support Education and Training	Academy of Peer Services	Supply practical knowledge and skills to support your role as a peer provider.	1-800-597-8481
Peer Support Network	Peers for Progress	Promote peer support as a key part of health, health care, and prevention around the world.	1-919-966-5771

National Resources

Service Type	Organization	Organization Description	Contact Information
Peer Support Network	<u>InterNational Association of Peer Supporters</u>	Dedicated to promoting the use of peer support services worldwide.	1-616-773-8866
Technical Assistance and Support for Organizations	<u>National Consumer Supporter Technical Assistance Center</u>	Helps consumer run and consumer supporter organizations with technical help with organizing, leadership, and capacity building.	1-866-439-9465
Technical Assistance, Organizational Development	<u>Peerlink National Technical Assistance Center</u>	We offer technical assistance to individuals, peer-run programs, and community partners with the goal of improving overall services for people with lived experience of mental health challenges.	1-888-820-0138 TTY: Use 711 Relay
Technical Assistance, Support and Education	<u>National Empowerment Center, Inc.</u>	We want people who are mental health consumers/survivors/ex-patients to know there is a place to turn to in order to receive the information they might need in order to regain control over their lives and the resources that affect their lives.	1-800-769-3728
Technical Assistance, Support and Education	<u>National Mental Health Consumers' Self Help Clearinghouse</u>	Foster peer empowerment through our website, up-to-date news and information announcements, a directory of peer-driven services, electronic and printed publications, training packages, and individual and onsite consultation.	1-800-553-4539
Technical Assistance, Support and Resources	<u>STAR Center</u>	The purpose of the overall program is to provide technical assistance that facilitates the restructuring of the mental health system by promoting recovery and consumer directed approaches.	1-866-537-7827
Technical Assistance, Training, and Resources	<u>Café TA Center</u>	Providing technical assistance, training, and resources that facilitate the restructuring of the mental health system through effective consumer directed approaches for adults with serious mental illnesses across the country	1-888-309-2233

National and Statewide Resources

Statewide Resources

Service Type	Organization	Organization Description	Contact Information
Advocacy and Support	Central Nebraska Council on Alcohol and Addictions, Inc.	Offering hope and changing lives by fostering healthy lifestyles.	1-308-385-5520
Advocacy and Support	The Kim Foundation	Working to lift the stigma associated with mental health as well as help people connect with resources and services.	1-402-891-6911
Advocacy and Support	NAMI Nebraska	Offering education, support, and advocacy for any individual whose life has been touched by mental illness.	1-402-345-8101 1-877-463-6264
Community Resources	Nebraska Network of Care	Linking individuals with local resources in their community.	1-800-836-7660
Education	BHECN	Educates students in behavioral health fields and trains & retains professionals already in the workforce.	1-402-552-7697
Family Crisis	Nebraska Family Helpline	Trained counselors answer phones 24 hours a day to help with family crisis situations.	1-888-866-8660 1-888-556-5117 TTY
Mother and Baby	Nebraska Healthy Mothers, Healthy Babies Helpline	24 hour helpline for information and referrals for health and social services across the state of Nebraska.	1-800-862-1889
Peer Support and Advocacy Children and Families	Nebraska Federation of Families for Children's Mental Health	Family run organization designed to create the best system of care for children with behavioral health challenges, providing support groups and supportive resources for children and families.	1-877-239-8880
Peer Support and Advocacy for Adoptive Families	Right Turn	Advocates for the special interests of adoptive families and to connect families to one another.	1-888-667-2399

Statewide Resources

Service Type	Organization	Organization Description	Contact Information
Peer Support and Advocacy for Families of Children with Disabilities	PTI Nebraska	Empowers parents and provides them the knowledge and capacity to improve the education and healthcare outcomes for their children.	1-402-346-0525
Peer Support, Advocacy, and Outreach	Mental Health Association of Nebraska	Consumer run education and advocacy group bringing together consumers, families, professionals, advocates, and concerned citizens to address mental health policy and provide resources and support through service programs.	1-402-441-4371
Peer Support and Outreach for Suicide Survivors	Nebraska LOSS Team	Provides support and outreach services to those who have had a loved one complete suicide.	1-402-440-1633
Rural Response	Nebraska Rural Response Hotline	This hotline is for farmer, rancher, and rural callers in need of resources or someone to talk to.	1-800-464-0258
Suicide Prevention	Nebraska State Suicide Prevention Coalition	A voluntary group made up of committed and passionate people representing public and private agencies, suicide survivors, and Nebraskans interested in suicide prevention.	Resources available online To talk to someone, call the National Lifeline: 1-800-273-8255
Veteran Services	Veteran's Administration Medical Center-Nebraska	Providing physical health care, behavioral health care, and community resources, as well as other programs for veterans.	1-402-346-8800
Workshops	Living Well	6-session interactive workshop that helps people who have on-going health conditions learn real-life skills for living a full, healthy life.	1-800-745-9311
Youth Services	Project Everlast	Promotes using community resources to improve a youth's opportunities and networks for housing, transportation, health care.	1-402-384-4670

Community Resources by Behavioral Health Regions

Region 1			
Service Type	Organization	Organization Description	Contact Information
Behavioral Health Authority	<u>Region 1</u>	To improve the quality of life of all residents of the Panhandle by offering effective, efficient, and culturally appropriate behavioral health services. Programs include: consumer coordination, emergency services, prevention, youth services, and housing assistance.	1-308-635-3173
Crisis/Emergency Services	<u>Panhandle Mental Health Center</u>	Emergency interventions services are available as well as a 24/7 phone service.	1-877-492-7001
Crisis/Emergency Services	<u>Human Services, Inc.</u>	This is a crisis line which is available 24/7.	1-308-762-7177
Family Services , Health & Wellness Resources, and Peer Support	<u>Western County Health Resources</u>	Collaborates with communities in the provision of quality health and human services.	1-800-717-1231
Family Services , Advocacy, Support, Education, and Peer Support	<u>S.P.E.A.K.O.U.T.</u>	Providing parents with opportunities to educate and support each other while accessing other local services, available to their children and family.	1-308-765-5413
Mental Health Advocacy, Housing, Employment, Education, and Peer Support	<u>Cirrus House</u>	Day rehabilitation, vocational rehabilitation, transportation, meals, education for persons living with mental illness, housing services, transition age program, youth and adult community support services.	1-308-635-1488
Respite Care	<u>Nebraska Lifespan Respite Network</u>	Provide short term relief for families in crisis, foster parents, care givers of adults and children with disabilities or special needs person with Alzheimer's, frail elderly, or families simply needing a break.	Western Region: Sherri Blome 1-308-432-8190

Region 1

Service Type	Service Type	Service Type	Service Type
Support for Low Income Individuals and Families	<u>Northwest Community Action Partnership</u>	Emergency rent and utility payments, food, head start, senior volunteer program, and weatherization.	1-800-361-3393 Serving Box Butte, Dawes, Sheridan, and Sioux counties
Support for Low Income Individuals and Families	<u>Community Action Partnership of Western Nebraska</u>	Affordable health services, housing, nutrition, child development programs, youth programs, emergency rent and utility assistance, and affordable housing.	1-308-635-3089 Serving Banner, Cheyenne, Deuel, Garden, Kimball, Morrill, Scotts Bluff counties

Region 2

Service Type	Organization	Organization Description	Contact Information
Behavioral Health Authority	Region II Human Services	We are a direct provider of services and we contract with private agencies for mental health and substance abuse services. Programs include: community support, day rehab, emergency support, outpatient services, prevention, consumer coordination, you care coordination.	1-308-534-0440 1-877-269-2079 – 24 hour emergency support line
Crisis Phone, Community Support, Day Support, Peer Support	Heartland Counseling and Consulting Clinic	Providing mental health and substance use support for adult, youth, and families. Crisis number available 24 hours a day.	1-308-534-6029 1-877-269-2079 – crisis line
Employment, Housing, Peer Support	Goodwill Industries	Goodwill Industries of Greater Nebraska serves Nebraskans experiencing developmental disabilities, mental illness, substance dependency, and acquired brain injury.	1-308-324-7277
Family Services , Advocacy, Support, Education, and Peer Support	S.P.E.A.K.O.U.T.	Providing parents with opportunities to educate and support each other while accessing other local services, available to their children and family.	1-308-539-2447
Mental Health and Substance Use Support, Treatment, and Peer Support	Lutheran Family Services	LFS provides assistance in identifying and treating abusive and addictive behaviors as well as information, support, and coping skills for all those touched by these issues.	1-308-532-0587
Respite Care	Nebraska Lifespan Respite Network	Provide short term relief for families in crisis, foster parents, care givers of adults and children with disabilities or special needs person with Alzheimer's, frail elderly, or families simply needing a break.	Southwest Region: Helena Janousek 1-308-345-4990
Support for Low Income Individuals and Families	Community Action Partnership of Mid Nebraska	Education services, employment programs, health programs, housing programs, nutrition programs, senior services, and transportation programs.	1-308-865-5675
Veteran Services	Veteran's Administration Medical Center – North Platte	Primary care and mental health services for veterans in the North Platte area.	1-308-532-6906

Region 3

Service Type	Organization	Organization Description	Contact Information
Behavioral Health Authority	<u>Region 3 Behavioral Health Services</u>	Our mission is to foster recovery and resiliency for individuals and their families who experience a behavioral health challenge. Programs include: professional partner programs, emergency community support, prevention, housing assistance, consumer advocacy, emergency coordination, and youth care coordination.	1-308-237-5113
Crisis Intervention, Prevention, Treatment, Placement, After Care Services, and Peer Support	<u>Mid-Plains Center for Behavioral Healthcare Services, Inc.</u>	Mid-Plains Center for Behavioral Healthcare Services, Inc. will support individuals and families in achieving their full potential in the community.	1-308-385-5250 1-800-515-3326- crisis line
Crisis Services/ Support	<u>Richard H. Young Access Center</u>	Facility accepts call-ins and walk-ins of people who are in crisis. Services available 24/7.	1-800-930-0031
Crisis Services/ Support	<u>Southcentral Behavioral Services</u>	Offering 24/7 crisis services for those in need of immediate assistance.	1-402-463-5684 – Hastings 1-308-237-5951 – Kearney
Employment, Housing, Peer Support	<u>Goodwill Industries</u>	Goodwill Industries of Greater Nebraska serves Nebraskans experiencing developmental disabilities, mental illness, substance dependency, and acquired brain injury.	1-308-384-7896
Family Services Offering Peer Support	<u>Families CARE</u>	Advocacy and support is provided by peers; parents who have lived experience to share with other parents.	1-308-237-1102
Mental Health and Substance Use Support, Treatment, and Peer Support	<u>Lutheran Family Services</u>	LFS provides assistance in identifying and treating abusive and addictive behaviors as well as information, support, and coping skills for all those touched by these issues.	1-308-382-4255

Region 3

Service Type	Service Type	Service Type	Service Type
Respite Care	<u>Nebraska Lifespan Respite Network</u>	Provide short term relief for families in crisis, foster parents, care givers of adults and children with disabilities or special needs person with Alzheimer's, frail elderly, or families simply needing a break.	<u>Central Region</u> : Lydia Hovie 1-308-745-0780 Ext. 145 Serving all counties except Furnas <u>Southwest Region</u> : Helena Janousek 1-308-345-4990 Serving Furnas County
Support for Low Income Individuals and Families	<u>Central Nebraska Community Services, Inc.</u>	Early childhood development, affordable housing, emergency rent and utility assistance, food, and nutrition.	1-303-745-0780 Serving Blaine, Colfax, Custer, Garfield, Greeley, Hall, Hamilton, Howard, Loup, Merrick, Platte, Sherman, Valley, and Wheeler counties
Support for Low Income Individuals and Families	<u>Community Action Partnership of Mid Nebraska</u>	Education services, employment programs, health programs, housing programs, nutrition programs, senior services, and transportation programs.	1-308-865-5675 Serving Adams, Buffalo, Clay, Franklin, Furnas, Harlan, Kearney, Nuckolls, and Phelps counties
Veteran Services	<u>Veteran's Administration Medical Center - Holdrege</u>	Providing primary care and mental health services for veterans from the Holdrege area, central Nebraska, and north-central Kansas.	1-308-995-3760
Youth Empowerment	<u>MY LIFE</u>	Through regular meetings, local and national workshops, presentations and events the group empowers youth by giving them a voice in helping to improve youth and young adult programs and services in their communities. Meetings are held monthly and dinner is provided.	Meetings are held in Kearney and Grand Island. Call Amy, 1-402-437-4221, for more information or if you would like to attend.

Region 4

Service Type	Organization	Organization Description	Contact Information
Behavioral Health Authority	Region 4 Behavioral Health System	Our mission is to ensure affordable, accessible, quality mental health and substance abuse services that meet the needs of the residents of the Region 4 Behavioral Health System. Programs include: care coordination, professional partner, and emergency community support.	1-402-370-3100
Crisis Services, Mental Health Support, Treatment, Advocacy, Peer Support	Rainbow Center, Inc.	Crisis Navigators offer a 24/7 phone service for individuals in crisis, law enforcement, and the medical community. Through participation in this program our participants begin the process of recovery. By learning about their mental illness they begin a process leading to successful community living.	1-402-564-6622 1-402-564-3264 – Crisis Navigators
Crisis Services/Support	Behavioral Health Specialists	Offering CARE Line, which is a 24/7 service to provide crisis intervention and connection with community services. Open to individuals, families, law enforcement personnel, hospitals, and health care professionals.	1-888-370-7003
Peer Support for Parents	Parent to Parent	To empower families to embrace life in a positive, whole, and self-valuing manner.	1-402-379-2268
Respite Care	Nebraska Lifespan Respite Network	Provide short term relief for families in crisis, foster parents, care givers of adults and children with disabilities or special needs person with Alzheimer's, frail elderly, or families simply needing a break.	Northern Region: Lydia Hovie 1- 308-745-0780 x. 145
Support for Low Income Individuals and Families	Central Nebraska Community Services, Inc.	Early childhood development, affordable housing, emergency rent and utility assistance, food, and nutrition.	1-303-745-0780 Serving Brown, Boone, Boyd, Holt, Keya Paha, Nance, and Rock counties

Region 4

Service Type	Service Type	Service Type	Service Type
Support for Low Income Individuals and Families	<u>Northeast Nebraska Community Action Partnership</u>	Head start, weatherization, job training, housing, food pantry, emergency rent and utility assistance, and financial education.	1-402-385-6300 Serving Antelope, Burt, Cedar, Cuming, Dakota, Dixon, Knox, Madison, Pierce, Stanton, Thurston, and Wayne counties
Support for Low Income Individuals and Families	<u>Northwest Community Action Partnership</u>	Emergency rent and utility payments, food, head start, senior volunteer program, and weatherization.	1-800-361-3393 Serving Cherry County
Veteran Services	<u>Veteran's Administration Medical Center - Norfolk</u>	Primary care and mental health services for veterans in the Norfolk area.	1-402-370-4570
Veteran Services	<u>Veteran's Administration Medical Center – O'Neill</u>	Primary care services for veterans in the Holt County and surrounding areas. Mental health services available through telehealth.	1-402-336-2982

Region 5

Service Type	Organization	Organization Description	Contact Information
Behavioral Health Authority	<u>Region 5 Behavioral Health Authority</u>	The mission of Region V Systems is to encourage and support the provision of a full range of mental health, alcoholism, and drug abuse programs and services to the youth and adults of the region. Programs include: consumer and family coordination, emergency system coordination, prevention, rental assistance, and network provider links.	1-402-441-4343
Crisis Services/Support	<u>Blue Valley Behavioral Health</u>	Crisis line available 24/7 for any resident in the 16 county service area.	1-877-409-6600
Crisis Services/Support	<u>Bryan Medical Center West</u>	Offering 24/7 crisis assistance and intervention. Services are available by going directly to the Bryan West Campus emergency department, 2300 S. 16 th .	1-402-481-1111
Crisis Services/Support	<u>CenterPointe</u>	This helpline is available 24/7 for women, men, and teens in Lincoln/Lancaster County.	1-402-475-6695
Mental Health and Peer Support Services for Women	<u>St. Monica's</u>	We give women a safe place and the skills they need to change their own lives.	1-402-441-3768
Mental Health and Substance Use Support, Treatment, & Peer Support	<u>Lutheran Family Services</u>	LFS provides assistance in identifying and treating abusive and addictive behaviors as well as information, support, and coping skills for all those touched by these issues.	1-402-441-7940
Parent Peer Mentors	<u>Healthy Families Project</u>	Provides assistance to families with youth who have behavior, emotional or substance abuse issues. Provided by family members who have been through similar situations.	1-402-441-3805
Peer Support	<u>Keya House</u>	Peers helping peers with crisis prevention and diverting from psychiatric distress that may lead to hospitalization.	1-402-261-5959

Region 5

Service Type	Organization	Organization Description	Contact Information
Peer Support for Families	<u>Families Inspiring Families</u>	Families encourage other families through advocacy and positive communication.	1-402-441-4369
Respite Care	<u>Nebraska Lifespan Respite Network</u>	Provide short term relief for families in crisis, foster parents, care givers of adults and children with disabilities or special needs person with Alzheimer's, frail elderly, or families simply needing a break.	Southeast Region: Mary Shada 1- 402-434-3494 x. 103
Support for Low Income Individuals and Families	<u>Community Action Partnership of Lancaster and Saunders Counties</u>	Food, nutrition, child and family development, employment & education services, housing, emergency rent and utility assistance, and financial education.	1-402-471-4515 Serving Lancaster and Saunders counties
Support for Low Income Individuals and Families	<u>Southeast Nebraska Community Action</u>	Housing, weatherization, youth services, emergency rent and utility assistance, meal programs, nutrition classes, and financial education.	1-402-862-2411 Serving Johnson, Nemaha, Otoe, Pawnee, and Richardson counties
Support for Low Income Individuals and Families	<u>Blue Valley Community Action Partnership</u>	Emergency rent and utility payments, housing, early education and youth services, health & nutrition, food, and transportation.	1-402-729-2278 Serving Butler, Fillmore, Gage, Jefferson, Polk, Saline, Seward, Thayer, and York counties
Support for Low Income Individuals and Families	<u>Center for People in Need</u>	Assist other human service agencies; direct service to families; advocate for changes in policy; develop and support education programs.	1-402-476-4357 Serving Lancaster County
Veteran Services	<u>Veteran's Administration Medical Center - Lincoln</u>	Primary care and behavioral health services including individual, group, and family counseling for veterans in the Lincoln area.	1-402-489-3802
Youth Empowerment	<u>MY LIFE</u>	Through regular meetings, local and national workshops, presentations and events the group empowers youth by giving them a voice in helping to improve youth and young adult programs and services in their communities. Meetings are held monthly and dinner is provided.	Meetings are held in Lincoln. Call Amy, 1-402-437-4221, for more information or if you would like to attend.

Region 6

Service Type	Organization	Organization Description	Contact Information
Behavioral Health Authority	Region 6 Behavioral Healthcare	The mission of Region 6 Behavioral Healthcare is to organize and provide an effective and efficient system of quality behavioral health services for the people of the region. Programs include: network of providers, professional partner, youth services, prevention, emergency services, housing services, and disaster behavioral health services.	1-402-444-6573
Crisis Diversion, Peer Support	Safe Harbor Peer Run Crisis Diversion Program	Peer run program for those experiencing mental health crisis.	1-402-884-9044 1-402-715-4226 – Warm Line
Crisis/Emergency Services for Detoxification and Mental Health	Catholic Charities Omaha	Detox program is open 24 hours a day and seven days a week. Detox program is located in Omaha. Urgent Care services are offered in each of the five counties and are available 24 hours per day. This service offers a timely and responsive mental health assessment and intervention to non-insured adults in crisis.	1-402-554-0520
Crisis/Emergency Services	Douglas County Community Mental Health Center	Offering a 24/7 crisis line for mental health emergency care.	1-402-717-4673 or 1-402-546-0770
Crisis Intervention/Emergency Services	Lasting Hope Assessment Center	Call in or walk in 24/7 for individuals of all ages who are in need of crisis intervention services.	1-402-717-4673
Education, Counseling, and Support Services	Heartland Family Service	Strengthening the lives of individuals and families in our community. Providing essential services to vulnerable children and families including children removed from the home, teens dealing with drugs, alcohol, or criminal justice, and low-income families who are experiencing homelessness.	1-402-552-7400

Region 6

Service Type	Organization	Organization Description	Contact Information
Mental Health and Substance Use Support, Treatment, and Peer Support	Lutheran Family Services	LFS provides assistance in identifying and treating abusive and addictive behaviors as well as information, support, and coping skills for all those touched by these issues.	1-402-342-7007
Mental health Support and Peer Support for Adults	Community Alliance	Helping individuals with mental illness achieve their unique potential and to live, work, learn, and contribute in a community of mutual support.	1-402-341-5128
Mental health Support, Aging Support, and Peer Support for Adults	Friendship Program	Community-based agency dedicated to providing quality services for adults with aging and mental health needs.	1-402-393-6911
Peer Mentoring and Support	Nebraska Family Support Network	Empower Nebraska children and families affected by mental, emotional, or behavioral health issues through peer mentoring, education, and advocacy.	1-402-345-0791
Peer Support for Grieving Adults, Youth, and Families	Ted E. Bear Hollow	Offers premier grief support by utilizing only the most passionate, caring, trained volunteer support group facilitators.	1-402-502-2773
Respite Care	Nebraska Lifespan Respite Network	Provide short term relief for families in crisis, foster parents, care givers of adults and children with disabilities or special needs person with Alzheimer's, frail elderly, or families simply needing a break.	<p><u>Southeast Region:</u> Mary Shada 1- 402-434-3494, x. 103 Serving Cass County</p> <p><u>Eastern Region:</u> Ellen Bennett 1-402-996-8444 Serving Douglas and Sarpy counties</p> <p><u>Northern Region:</u> Lydia Hovie 1- 308-745-0780 x. 145 Serving Dodge and Washington counties</p>

Region 6

Service Type	Service Type	Service Type	Service Type
Services for Adults, Youth, and Families, Peer Support	<u>NOVA Treatment Community</u>	Providing substance use, mental health, and co-occurring treatment services, education programs and foster care services for children, adolescents, adults, and families.	1-402-455-8347
Substance Use Treatment for Women, Peer Support	<u>Santa Monica House</u>	Provides a holistic treatment experience that utilizes proven practices to improve women's mental, physical, and spiritual health.	1-402-558-7088
Support for Low Income Individuals and Families	<u>Northeast Nebraska Community Action Partnership</u>	Head start, weatherization, job training, housing, food pantry, emergency rent and utility assistance, and financial education.	1-402-385-6300 Serving Dodge and Washington counties
Support for Low Income Individuals and Families	<u>Eastern Nebraska Community Action Partnership</u>	Emergency rent and utility payments, financial education, food, nutrition, health care, employment training, and transportation.	1-402-453-5656 Serving Douglas and Sarpy counties
Support for Low Income Individuals and Families	<u>Southeast Nebraska Community Action</u>	Housing, weatherization, youth services, emergency rent and utility assistance, meal programs, nutrition classes, and financial education.	1-402-862-2411 Serving Cass County
Veteran Services	<u>Veteran's Administration Medical Center - Bellevue</u>	Primary care and mental health services for veterans in the Bellevue area.	1-402-591-4500
Youth Empowerment	<u>MY LIFE</u>	Through regular meetings, local and national workshops, presentations and events the group empowers youth by giving them a voice in helping to improve youth and young adult programs and services in their communities. Meetings are held monthly and dinner is provided.	Meetings are held in Omaha. Call Amy, 1-402-437-4221, for more information or if you would like to attend.