



YOUTH

Resource Directory

24-Hour Crisis Lines

- National Suicide Prevention Lifeline **988**
- Boys Town National Hotline **1-800-448-3000**
- CHI Health Behavioral Health Crisis Line **402-717-HOPE (4673)**
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Nebraska Family Helpline 1-888-866-8660

Any problem. Any time. Raising kids is hard. The Nebraska Family Helpline is here to help. Its OK to ask for advice. Resources for parents & families available 24/7.

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



Crisis Text Line (National)

Text **HOME to 741741** to connect with a Crisis Counselor.
Free 24/7 support at your fingertips.

Boys Town National Text Line

Text **VOICE to 20121** (text charges from your phone carrier may apply)

Safe2Help Nebraska 531-299-SAFE (7233)

Safe2Help Nebraska is an anonymous and secure hotline and cell phone app to share safety related information or concerns to the appropriate school, crisis counselor or law enforcement agency. They are here to help keep you, your school and community safe.

www.safe2helpne.org



Stop Overdose Nebraska - Find Free Narcan/Naloxone

Stop Overdose Nebraska works to educate the public about life-saving NARCAN / NALOXONE, a fast-acting drug that can save someone who is experiencing an opioid overdose. <https://stopodne.com/>



NAMI Nebraska 402-345-8101

NAMI is the National Alliance on Mental Illness. NAMI Nebraska provides statewide support to families and friends of individuals with mental illness. Consumers, family members, professionals, and friends come together and take comfort in the commonality of their experiences and to educate the community about brain disorders. <https://naminebraska.org>



Youth Counseling and Mental Health Services

Inpatient Services:

Lincoln, NE:

Bryan Counseling Center **402-481-5991**

Omaha, NE:

Boys Town - Child and Adolescent Psychiatric Inpatient Center..... **531-355-1234**

Boys Town Residential Treatment Center..... **531-355-5210**

CHI Health Immanuel **402-572-2121**

McDermott At Mercy Council Bluffs (CHI Health) **712-328-5985**

Northpoint Nebraska **402-685-9479**

NOVA's Psychiatric Residential Treatment Facility **402-455-8303**

Outpatient Services:

Nebraska City, NE and surrounding area:

Arbor Psychiatric & Wellness Center **402-713-0110**

Behavioral Health Solutions **402-216-0561**

Blue Valley Behavioral Health **402-873-5505**

Complete Behavioral Health **402-590-2947**

Green Ribbon Mental Wellness & Family Health (Elmwood, NE)..... **402-840-9896**

Lincoln, NE:

Bryan Counseling Center..... **402-481-5991**

Lutheran Family Services..... **402-441-7940**

Omaha Metro Area:

Boys Town's Child and Adolescent Psychiatry..... **531-355-1449**

Capstone Behavioral Health..... **402-614-8444**

CHI Health Clinic Psychiatric Associates (Bellevue)..... **402-717-7681**

Children's Hospital & Medical Center Behavioral Health..... **402-955-3900**

Heartland Family Service..... **402-552-7400**

Northpoint Nebraska **402-685-9479**

Other Resources:

Cedars Youth Services (Lincoln) **402-436-5437**

Families Inspiring Families (Lincoln)..... **402-441-4369**