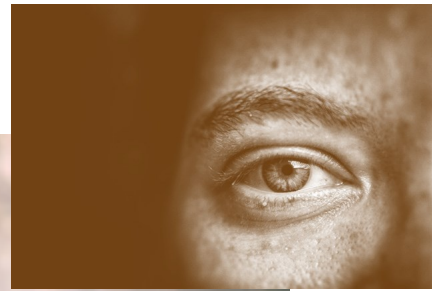


# Children's Behavioral Health Resources:



Help is only a phone call away.



## ▶ Children's Behavioral Health

(Mental Health and Substance Use)

## ▶ Family Help

## ▶ Self Help

Family Support

Community Support

School Support

Peer Support

Provider Support

Counseling Support



Reaching out is hard enough. Finding the right number shouldn't be.

This flyer is intended to help those in Washington County access the children's behavioral health assistance they need and deserve.

On the back there are helplines and organizations standing by to help you or your loved one. Separated into sections of helplines and support organizations for children and their families, you should find a program that works for you. They are ready. Are you?

Created in partnership with Region 6 Behavioral Healthcare, Memorial Community Hospital & Health System, and Washington County System of Care Team

In Washington County, we are lucky to have a large city within a half-hour drive. With many services located in Omaha, we are also fortunate to have services in our own backyard.





**ACCESS POINTS TO SERVICES**

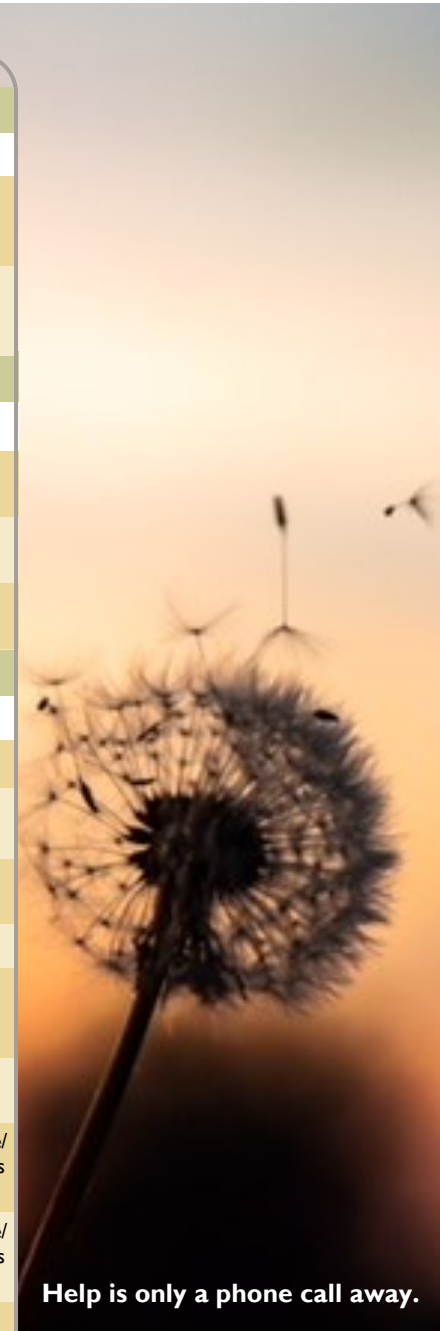
ORGANIZATION	PHONE	SERVICE	LOCATION
<b>Nebraska Family Helpline</b>	1-888-866-8660	24/7 single contact point to assess immediate safety needs and make referrals	Nebraska
<b>Nebraskamentalhealth.com</b>		Centralized access to local and regional mental health information	Nebraska

**YOUTH CRISIS LINES**

ORGANIZATION	PHONE	SERVICE	LOCATION
<b>National Suicide Prevention Lifeline</b>	800-273-8255	Suicide hotline for you or someone you love	National
<b>Crisis Text Line</b>	Text HOPE to 741-741	Accessible 24/7	National
<b>Boystown Your Life Your Voice Text Line</b>	Text VOICE to 20121	Noon-Midnight	Omaha

**SUPPORT FOR CHILDREN, YOUTH, AND FAMILIES**

ORGANIZATION	PHONE	SERVICE	LOCATION
<b>Choices Counseling</b>	402-533-3680	Counseling services	Blair
<b>Dr. Jill Reel, MD</b>	402-426-4611	Pediatrics and behavioral health services	Blair
<b>Unbridled Acres</b>	402-391-5111	Equine therapy and counseling services	Blair
<b>Transition Therapy</b>	402-426-4066	Psychologist services	Blair
<b>Lutheran Family Services</b>	402-426-5454	Counseling and assistance with mental health and substance use issues	Blair/Fremont/Omaha
<b>The Bridge</b>	1-888-721-4340	Domestic violence and sexual assault help	Blair/Fremont
<b>KVC Nebraska</b>	402-880-4926	In home, family support services through PACT and youth peer support.	Washington/Dodge/Douglas/Sarpy/Cass Counties
<b>Region 6 Behavioral Healthcare</b>	402-996-8377	Case management through Professional Partners Program	Washington/Dodge/Douglas/Sarpy/Cass Counties
<b>Fremont Family Coalition-Part of Fremont United Way</b>	402-721-4157	Counseling resources for a variety of issues	Fremont
<b>Good Neighbor Community Health Center</b>	402-721-0951	Medication management, counseling and therapy.	Fremont
<b>Three Rivers Health Department</b>	402-727-5396	Provides a public health clinic and public education	Fremont
<b>Child Saving Institute</b>	402-553-6000	Child development support and mental health services	Omaha
<b>Catholic Health Initiatives-Immanuel</b>	402-717-HOPE	Inpatient, outpatient, and substance use	Omaha
<b>Heartland Family Service</b>	402-553-3000	Education, counseling and support services	Omaha
<b>Nebraska Family Support Network</b>	402-345-0791	Offers community navigators and peer support specialists	Omaha



**Help is only a phone call away.**

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