

## Local Resources

### Community Response

Family Support, parenting and basic needs assistance  
(402) 443-8163

### Community Action

Early Childhood Education, Homelessness Prevention, Financial and Family Well-Being, and Hunger Relief and Healthy Food Access.  
(402) 277-7330  
Saunders County Office

### KVC Nebraska

In-home, family support  
(402) 498-4700

### Blue Valley

Counseling, support services, Wahoo  
(402) 443-4414

### Region V Systems

Community behavioral health services  
(402) 441-4343

### Nebraska Family Support Network

Community navigators and peer support specialists, Omaha  
(402) 345-0791

### Nebraska Mental Health Center

Wahoo, individual counseling and support  
(402) 483-6990

### Future Focus Counseling

Wahoo, individual counseling and support  
(402) 443-0150

### Bryan Medical Center

Lincoln, inpatient, outpatient and substance abuse  
(402) 481-1111

### The Bridge

Domestic Violence and sexual assault  
888 721-4340

### Catholic Health Initiatives

Inpatient, outpatient and substance abuse, Omaha  
(402) 717-HOPE  
(402) 717-4673

### Child Saving Institute

Child development support, Omaha  
(402) 553-6000

### Good Neighbor Community Health Center

Medication management, counseling and therapy, Fremont  
(402) 721-0951

### Heartland Family Service

Education, counseling and support, Omaha  
(402) 553-3000

### Targeted Adult Services (TASC)

Support for emergency levels of care  
(402) 474-0419  
Boystown Outpatient Therapeutic Services

### Boys Town Center for Behavioral Health

Boystown.org/parenting/guides  
(800) 448-3000  
Text VOICE to 20121

## Kids & Teens

### Boys Town National Hotline

Boystown.org  
(800) 448-3000  
Text VOICE to 20121

### Crisis Text Line

24/7 access to a Crisis Counselor  
Text HOME to 741741

### The Trevor Project Hotline

(866) 488-7386

## Parent Resources

### Boys Town National Hotline

Staffed 24/7 by specially-trained Boys Town Counselors and accredited by the American Association of Suicidology

Boystown.org  
(800) 448-3000  
Text VOICE to 20121

### Substance Abuse & Mental Health Admin

samhsa.gov/find-help/national-helpline  
(800) 662-4357

### Munroe-Meyer Institute

Free tele-behavioral health consultations for families.  
(402) 559-6408

### Nebraska Childrens Home Society

nchs.org  
(402) 451-0787

### Substance Abuse & Mental Health Admin

samhsa.gov/find-help/national-helpline  
(800) 662-4357

### Your Life Your Voice

Avatars, tools and much more  
YourLifeYourVoice.org  
YLYV.org

### Saunders Youth Services

Resources for children and families  
(402) 443-8107

### Preventing Motor Vehicle Injuries in Children

SafeKids.org/car-seat  
WestonsWish.org/resources/strategies/

### VIDEOS

#### • Behavioral Health

Boys Town Center for Behavioral Health, more than 20 topics addressed including: Anxiety, Adolescent Discipline, Eating Disorders, How Kids Learn

#### • Crisis Videos

Munroe Meyer Institute Family support during a crisis video series—  
www.unmc.edu/mmi/family-resources/covid-19/videoseries.html

#### • Think PBS Videos

Topics include Social-Emotional Learning, Self Management, Responsible Decision Making, Relationship Skills, Social Awareness, Future Self

## Adults

### Boys Town National Hotline

Boystown.org  
(800) 448-3000  
Text VOICE to 20121

### Crisis Text Line

24/7 access to a Crisis Counselor  
Text HOME to 741741

### 988 Suicide & Crisis Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.  
988lifeline.org  
Call 3-digit code 988

### Nebraska Family Help Line

Any problem. Any time. Resources for parents & families available 24/7. Raising kids is hard. The Nebraska Family Helpline is here to help. It's OK to ask for advice.  
(888) 866-8660

### BHECN Serenity Project

These are brief YOGA and Wellness Videos that can be accessed on-demand for stress management and self-care.

www.unmc.edu/bhecn/education/the-bhecn-serenity-project.html

### Unite Nebraska

Food, housing, transportation, peer support, and more.  
nebraska.uniteus.com/get-help/



Go online to see these and more resources for teachers, farmers +  
**SaundersMedicalCenter.com/wellbeing**



**Behavioral Health Resources**  
*Solutions are available.  
Reach out today.*



**988**  
SUICIDE  
& CRISIS  
LIFELINE

### 988 Suicide & Crisis Lifeline

We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

**Call or Text 988 Anytime.**

Go online to see these and more resources for teachers, farmers, parents, kids, and more—  
**SaundersMedicalCenter.com/wellbeing**

*Where do I turn to?  
Who can I ask for help?*



Go online to the Wellbeing Resources (*Behavioral Health and beyond*) for information for —

- Kids • Teens • Adults • Seniors**
- Parents • Community • Educators**
- First Responders • Healthcare**
- Ag Industry & Farmers**

**SaundersMedicalCenter.com/wellbeing.html**



1760 County Road J | Wahoo, NE 68066  
Main Line (402) 443-4191  
After Hours Nurse Care Line (402) 443-1448  
[SaundersMedicalCenter.com](http://SaundersMedicalCenter.com)

# Behavioral Health Resources



**Care for you and  
your family.**



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