



RESOURCES

Family/Individual Resources

Capstone Behavioral Health (402)614-8444 Cost: accepts Medicaid, private insurance and sliding scale (based on ability to pay). Individual, couples and family therapy and counseling for seniors 65+ / psychological evaluations / substance abuse counseling / group therapy / in office or telehealth

Center for Holistic Health (402) 502-9788 Cost: Medicaid, private insurance. Free screenings to determine risk for depression, Bi-Polar, anxiety, PTSD and alcohol abuse. Mental health counseling for individuals, couples and families. Family support: parenting program and intensive in-home family services. Youth programs.

Catholic Charities (402)554-0520 or (531) 213-7396 Cost: sliding scale. MH counseling for children, teens and adults. Individual, couples and family counseling. Substance abuse evaluations. Their 24 hour crisis line for victims of domestic violence (402) 558-5700 Support for survivors of DV, sexual assault, stalking. Shelter available for parent and children. Help finding employment and housing. In person and Telehealth counseling available.

Heartland Family Service (402)552-7400 Cost: sliding scale. Early childhood education programs to therapeutic intervention for troubled teens. Mental health services, counseling all ages. Housing assistance to individuals and families experiencing homelessness. Nutritional services for seniors.

Teen Resources

YLYV.org (yourlifeyourvoice.org) wonderful website for teens and young adults through BTNHL (Boys Town National Hotline) 800-448-3000 open 24-7

Abide (402)455-7807 Cost: free. Faith based youth leadership program for grades 3-12 /meets on a weekly basis. Also Abide has a food pantry called "Better Together"

Big Brothers Big Sisters of the Midlands (402) 330-2449 Mentoring program for ages 7-14-mentors are 19 or older

Boys & Girls Club (402)342-1600- North Omaha office (402)733-8333 Cost information not provided. Programs help at risk youth ages 6-18 avoid gang violence. Teaches life-skills , assistance with homework, tutoring, mentoring, sports and other activities

One World teen and young adult center (402) 769-7077 Cost: Medicaid and sliding scale and private insurance. Serves ages 12-24 / Behavioral health services, counseling. Testing and treatment for pregnancy and STD's. Primary health care clinic. Health care to fit needs of LGBTQIA community

Senior Resources

Catholic Charities (402)939-4681 Cost: free "Sazzy senior program" socialization, classes, outings and meals through the St Martin de Porres Center. Drive through and walk-up food pantry / delivery to homebound seniors.

ENOA- Eastern Nebraska Office on Aging (402) 444-6536 Ext 1009 Cost: Sliding scale (based on ability to pay) Helps with legal issues, income taxes, respite care and offers financial assistance. In-home services to elderly needing more assistance to stay in their homes. Help to grandparents raising their grandchildren- support groups-finding low cost child care and free legal services.

Comfort Keepers (402)991-9880 Cost: Medicaid and private insurance Home care services for seniors and their families. Alzheimer's, Dementia and respite care along with end of life care. Companionship services: meal prep, laundry, housekeeping, shopping and live-in services.

Help Adult Services (402)341-6559 Cost: free Trained volunteers call weekly to help seniors remain independent, combat depression, anxiety and loneliness