

Nebraska Resources for Young People and Parents/Caregivers

24/7 Crisis Helplines

211 Nebraska (Aging Disability Resource Center)*

Call: 211

Text: Your zip to 898211

NE211.org (live chat available)

988 Suicide & Crisis Lifeline (SAMHSA)*

Call or Text: 988

988Lifeline.org (live chat available)

Boys Town National Hotline

Call: 800-448-3000

Text: "VOICE" to 20121

Boystown.org/child-family-services/crisis#hotline

Community Alliance (WARM LINE)

Call: 402-715-4226

Community-Alliance.org

Crisis Text Line

Text: "HOME" to 741741

CrisisTextLine.org

Euki App*

Sexual health, abortion access info.

Eukiapp.org

Nebraska Spanish Helpline/ Línea de crisis*

Call: 1-877-215-0167

National Human Trafficking Hotline*

Call: 1-888-373-7888

TTY: 711

Text: 233733

HumanTraffickingHotline.org

National Runaway Safeline

Call: 1-800-RUNAWAY (786-2929)

1800Runaway.org

National Sexual Assault Hotline (RAINN)*

Call: 1-800-656-HOPE (4673)

Rainn.org

National Teen Dating Abuse Helpline

Call: 1-800-799-SAFE (7233)

Toll Free: 866-331-9474

Text: "START" to 88788

LovelsRespect.org (live chat available)

Nebraska Child Abuse and Neglect Hotline (Child Protective Services)

Call: 1-800-652-1999

NebraskaCACS.com/how-to-help/report-abuse.html

Nebraska Family Helpline (Dept. of Health and Human Services)

Call: 1-888-866-8660

DHHS.Ne.gov/Pages/Nebraska-Family-Helpline.aspx

Planned Parenthood of North Central States (IA, NE, ND, SD, MN)

Clinic Locator:

1-800-230-PLAN (7526)

Text: "PPNOW" to 774636 (PPINFO)

PlannedParenthood.org/planned-parenthood-north-central-states/get-care

StrongHearts Native Helpline

Call: 1-844-762-8483

StrongHeartsHelpline.org

The Bridge

Support on domestic violence, dating violence and sexual assault.

Serving Burt, Cuming, Dodge, Saunders and Washington Counties.

Call: 1-888-721-4340

BridgeFromViolence.com

Trevor Project

LGBTQ+, suicide prevention hotline.

Call: 1-866-488-7386

Text: "START" to 678-678

TheTrevorProject.org/get-help

Women's Center for Advancement (WCA)*

Support on domestic violence and sexual assault.

Call: 402-345-7273

WCAOmaha.org

Youth Emergency Services (YES) Safe Place Hotline

Serving homeless young people.

Call: 402-578-SAFE (7233)

YesOmaha.org

*Denotes Spanish-Speaking Assistance

Crisis Helplines

All Options Talkline

Pregnancy, Parenting, Abortion & Adoption.

Call: 1-888-493-0092

M - F 10AM - 1AM (ET)

Sat. - Sun. 10AM - 6PM (ET)

All-Options.org

Connect & Breathe After-Abortion Talkline

Call: 1-866-647-1764

Monday 7AM - 10PM (ET)

Tue. & Thurs. 6AM - 9PM (ET)

Saturday 12PM - 3PM (ET)

ConnectandBreathe.org

Exhale Pro-Voice After-Abortion Textline*

Text: 1-617-749-2948

Weekdays 3PM - 9PM (PT)

Saturday 1PM - 9PM (PT)

Sunday 3PM - 7PM (PT)

ExhaleProvoice.org

Faith Aloud

Call: 888-717-5010

M, W & F 10AM - 1PM (CT)

Sat. & Sun. 11AM - 2PM (CT)

FaithAloud.org/find-support/

spiritualcounseling.org

HIV Consultation & Referral Hotline

Call: 1-800-CDC-INFO (232-4636)

1-888-232-6348 (TTY)

M - F 8AM - 8PM (ET)

CDC.gov/hiv

if/when/how Repro Legal Hotline

*Usually responds to all questions within
2 business days.*

Call: 844-868-2812

ReproLegalHelpline.org

Miscarriage & Abortion Helpline

Call or Text: 833-246-2632

7AM - 12AM (CT)

MAHotline.org

Omaha Community Foundation Pathways Community Hub

Call: 402-342-3458

Toll Free: 800-794-3458

OmahaFoundation.org/pathways-community-hub

Trans Lifeline

Call: 1-877-565-8860

M - F 12PM - 8PM (CT)

TransLifeline.org

**Denotes Spanish-Speaking Assistance*

Adolescents

Boys and Girls Club

BGCOMaha.org

North Omaha

2610 Hamilton St.

Omaha, NE 68131

402-342-2300

South Omaha

5051 S 22nd St.

Omaha, NE 68107

402-733-8333

Bridge to Independence

6311 Ames Ave. #1162

Omaha, NE, 68144

531-600-3779

BridgeToIndependence.info

CEDARS

6601 Pioneers Blvd.

Lincoln, NE 68506

402-434-KIDS (5437)

CedarsKids.org

Collective For Youth

105 N 31 Ave., Suite 103

Omaha, NE 68131

402-932-2025

CollectiveForYouth.org

Omaha Home for Boys

4343 N 52nd St.

Omaha, NE 68104

402-457-7000

OHB.org

Project Everlast

314 S 26th St.

Omaha, NE 68131

402-384-4670

ProjectEverlast.org

The HUB Lincoln

1037 S 12th St.

Lincoln, NE 68508

402-471-8526

HUBLincoln.org

The Hope Center For Kids

2200 N 20th St.

Omaha, NE 68110

402-341-4673

HopeCenterForKids.com

Youth Emergency Services (YES) House

2566 Farnam St., Suite 301

Omaha, NE 68131

402-345-5187

YESOmaha.org

Child Abuse and Neglect

CASA for Douglas County

2412 St Marys Ave.
Omaha, NE 68105
402-932-5683
CASAOmaha.org

Heartland Family Service

2101 S 42nd St.
Omaha, NE 68105
402-553-3000
HeartlandFamilyService.org

Lutheran Family Services

7929 West Center Road
Omaha, NE 68124
402-342-7038
OneLFS.org

Nebraska Health and Human Services Child Abuse and Neglect Hotline

1-800-652-1999

Project Harmony Child Advocacy Center

11949 Q St.
Omaha, NE 68137
402-595-1326
ProjectHarmony.com

Counseling, Support and Advocacy

Child Saving Institute

Adolescent and Youth Counseling
4545 Dodge St.
Omaha, NE 68132
402-553-6000
Toll Free: 1-866-400-4274
ChildSaving.org

Community Alliance

7150 Arbor St.
Omaha, NE 68106
402-341-5128
Community-Alliance.org

Heartland Family Service

2101 S 42nd St.
Omaha, NE 68105
402-553-3000
HeartlandFamilyService.org

Nebraska Coalition to End Sexual and Domestic Violence

245 S 84th St., Suite 200
Lincoln, NE 68510
402-476-6256
NebraskaCoalition.org

Nebraska Urban Indian Health Coalition (Omaha)

2226 N St.
Omaha, NE 68107
402-346-0902
NUIHC.org

PsychologyToday

Online source for finding therapy.
PsychologyToday.com/us

Sex Trafficking

National Human Trafficking Resource Center (24/7)

Ask for a safety planning specialist in Nebraska:
888-373-7888
HumanTraffickingHotline.org

Nebraska Coalition to End Sexual and Domestic Violence

245 S 84th St., Suite 200
Lincoln, NE 68510
402-476-6256
NebraskaCoalition.org

Project Harmony Child Advocacy Center

11949 Q St.
Omaha, NE 68137
402-595-1326
ProjectHarmony.com

LGBTQ+

ACLU of Nebraska TransNebraska

TransNebraska.org

Black & Pink National

2406 Fowler Ave., Suite 316
Omaha, NE 68111
531-466-3346
BlackAndPink.org

Heartland Pride

P.O. Box 8273
Omaha, NE 68108
HeartlandPride.org

Omaha ForUs

3337 N 107th St.
Omaha, NE 68134
531-466-1839
OmahaForUs.org

OutNebraska

211 N 14th St.
Lincoln, NE 68508
402-488-1130
OutNebraska.org

Parent, Families and Friends of Lesbians and Gays (PFLAG)

Omaha
402-291-6781
PFLAG-Omaha.org

Pride Health Clinic

4905 S 107th Ave.
Omaha, NE 68127
402-243-1526
PrideHealthClinic.com

Proud Horizons Youth Group

Youth Group for LGBTQ+ Youth (Ages 13-23)
P.O. Box 8273
Omaha, NE 68108
Email: proudhorizons@yahoo.com
ProudHorizons.Wordpress.com

Rainbow Parents of Nebraska

RainbowParentsofNE.org

River City Gender Alliance

P.O. Box 284
Boys Town, NE 68010
Email: info@rcga.co
RCGA.co

Trans Stitchin' (located inside of Omaha ForUs)

3337 N 107th St.
Omaha, NE 68134
[Instagram.com/trans_stitchin/?hl=en](https://www.instagram.com/trans_stitchin/?hl=en)

Trans Student Educational Resources

TransStudent.org

Legal

Abrahams Legal Clinic (Creighton University)

Email: clinic@creighton.edu
402-280-3068
M - F 8:30AM - 4PM (CT)
Creighton.edu/law/clinics/abrahams-legal-clinic

American Civil Liberties Union (ACLU) of Nebraska

134 S 13th St. #1010
Lincoln, NE 68508
Email: gethelp@aclunebraska.org
ACLUNebraska.org

CIRA (Center for Immigrant and Refugee Advancement)

4223 Center St.
Omaha, NE 68105
402-898-1349
Hotline: 855-307-6730
M-F 9AM-3PM
CiraConnect.org

Lambda Legal (LGBT legal organization)

South Central Regional Office
214-219-8585
LambdaLegal.org/helpdesk

Legal Aid of Nebraska

209 S 19th St., Suite 200
Omaha, NE 68102
402-348-1069
Toll Free: 1-888-991-9921
LegalAidOfNebraska.org

Sexual and Reproductive Health

Access Granted (AG) =

Free STI testing and treatment for all genders ages 15 to 24.

Confidential, free or low cost birth control available statewide at these Title X Clinics.

InControlNebraska.com

Access Granted

Full listings of locations for free STI testing, free condoms and low-cost emergency contraception—with a resource page for parents and caregivers of young adults.

1111 N 13th St., Suite #106

Omaha, NE 68102

GetAccessGranted.com

Bluestem Health Main Clinic

1021 N 27th St.

Lincoln, NE 68503

402-476-1655

BlueStemLincoln.com

Charles Drew Health Center

2915 Grant St.

Omaha, NE 68111

402-451-3553

CharlesDrew.com

Children's Nebraska Adolescent Medicine

8552 Cass St.

Omaha, NE 68114

800-333-8100

ChildrensNebraska.org/department/adolescent-medicine/

Choice Family Health Care

ChoiceFamilyHealthcare.org/home.aspx

Grand Island Clinic

217 E Stolley Park Rd. Suite E

Grand Island, NE 68801

308-384-7625

Kearney Clinic

4503 2nd Ave., Suite 209

Kearney, NE 68847

308-234-9140

Community Action Partnership of Western Nebraska

3350 10th St.

Gering, NE 69341

308-635-3089

Toll Free: 888-448-9665

CAPWN.org

Douglas County Health Department (AG)

1111 S 41st St., Suite 205

Omaha, NE 68105

402-444-7471

DouglasCountyHealth.com

Family Health Services

FHSI.org

Beatrice Clinic

301 S 6th St., Suite 8

Beatrice, NE 68310

402-335-2988

Lincoln Clinic

630 N Cotner Blvd., Suite 204

Lincoln, NE 68505

402-466-1012

Tecumseh Clinic

509 Broadway St., P.O. Box 279

Tecumseh, NE 68450

402-335-2988

Good Neighbor Community Health Center

GoodNeighborCommunityHealthCenter.com

Columbus Clinic

4321 41st Ave.

Columbus, NE 68601

402-562-7500

Fremont Clinic

2740 N Clarkson St.

Fremont, NE 68025

402-721-0951

Mary Lanning Community Health Center

715 N Kansas Ave., Suite 208

Hastings, NE 68901

402-463-4521

MaryLanning.org/medical-clinics/family-medicine/community-health-center/

Midtown Health Center

MidtownHealthNE.org

Norfolk Clinic

302 W Phillip Ave.

Norfolk, NE 68701

402-371-8000

Madison Clinic

222 Main St.

Madison, NE 68748

402-371-8000

West Point Clinic

303 Plaza Dr.

West Point, NE 68788

402-313-3735

Nebraska AIDS Project (AG)

NAP.org

Omaha

6220 Maple St.

Omaha, NE 68104

402-552-9260

Lincoln

127 S. 37th St., Suite A

Lincoln, NE 68510

402-476-7000

Scottsbluff

120 E. 16th St.

Scottsbluff, NE 69361

308-672-0794

Nebraska Medicine at Girls Inc. (AG)

2811 N 45th St.

Omaha, NE 68104

402-552-9555

NebraskaMed.com/girls-inc

Sexual and Reproductive Health

Nebraska Medicine – University Health Center at UNL (AG)

550 N 19th St., P.O. Box 880618
Lincoln, NE 68588

402-472-5000

Health.UNL.edu

Nebraska Medicine – UNO Health Center (AG)

6001 Dodge St., 102 H&K
Omaha, NE 68182

402-554-2374

UNOmaha.edu/student-life/wellness/health-services/index.php

Nebraska Urban Indian Health Coalition (AG)

NUIHC.org

Omaha

2226 N St.
Omaha, NE 68107

402-346-0902

Lincoln

2331 Fairfield St., Suite 1
Lincoln, NE 68521

402-434-7177

OneWorld Community Health Centers (AG)

Livestock Exchange Bldg. Campus

4920 S. 30th St.
Omaha, NE 68107

402-734-4110

OneWorldOmaha.org

OneWorld Teen & Young Adult Center (AG)

OneWorldOmaha.org/for-patients/services-programs/tya

South Omaha

4310 S 24th St.
Omaha, NE 68107

Call: 402-502-8880

Text: 402-913-8630

West Omaha

2520 S 130th Ave.
Omaha, NE 68144

402-769-7077

Text: 402-913-8630

People's Family Health Services

WICAndFamilyPlanning.com

North Platte Clinic

102 S Elm St.
North Platte, NE 69101

308-534-3075

McCook Clinic

111 W C St.
McCook, NE 69001

308-345-3626

Planned Parenthood of North Central States (AG)

3105 N 93rd St.
Omaha, NE 68134

877-859-0589

PlannedParenthood.org/planned-parenthood-north-central-states

Pottawattamie County Public Health Department (AG)

600 S 4th St. #100
Council Bluffs, IA 51503

712-242-1155

PublicHealth.PottCounty-IA.gov

Pride Health Clinic (AG)

4905 S 107th Ave.
Omaha, NE 68127

402-243-1526

PrideHealthClinic.com

Reproductive Health Collaborative Nebraska

115 S 49th Ave.
Omaha, NE 68132

402-506-9624

Rhcnebraska.org

Three Rivers Public Health Department

2400 N Lincoln Ave.
Fremont, NE 68025

402-727-5396

ThreeRiversPublicHealth.org

Western Community Health Resources

300 Shelton St.
Chadron, NE 69337

308-432-8979

WCHR.net

Sexual Health Vending Machines

Convenient and affordable access to emergency contraception and pregnancy tests. Project initiative from the Women's Fund of Omaha.

Mercury

329 S 16th St. #3
Omaha, NE 68102

402-999-7448

Mercury-Omaha.com

Nebraska AIDS Project (AG)

(Available 24/7)

6220 Maple St.
Omaha, NE 68104

402-552-9260

NAP.org

Nite Owl

3902 Farnam St.
Omaha, NE 68131

402-991-6767

NiteOwlOmaha.com

Shelters & Homeless Services

If you're alone and under 18 in Nebraska seeking shelter, you are only allowed to go to YES.

Street Outreach

If you are experiencing homelessness and living on the streets in our community, Street Outreach can meet where you are with resources.

Omaha: 402-957-1747

Lincoln: 402-782-1199 ext. 356

CEDARS Street Outreach and Youth Opportunity Center

6601 Pioneers Blvd.

Lincoln, NE 68506

402-434-KIDS (5437)

CedarsKids.org

Community Action of Nebraska

211 N 14th St.

Lincoln, NE 68508

402-471-3714

CanHelp.org

Friendship Home

P.O. Box 85358

Lincoln, NE 68501

Crisis Line: 402-437-9302

Deaf/Hard of Hearing:

402-261-0545

FriendshipHome.org

Heartland Housing Sanctuary

24-hour: 402-597-1009

402-672-8608

HeartlandFamilyService.org

Matt Talbot Kitchen & Outreach

2121 N 27th St.

Lincoln, NE 68503

402-477-4116

MTKO.org

Micah House

1415 Ave. J.

Council Bluffs, IA 51501

712-323-4416

TheMicahHouse.org

New Visions Homeless Services

1435 N 15th St.,

Council Bluffs, IA 51501

712-322-7570

NewVisionsHS.org

Protégé House

Women ages 19-28. Girls Inc. alumnae receive priority with applications.

Email: info@girlsincomaha.org

GirlsIncOmaha.org/What-We-Do/

Independent-Living

Safe Haven

Concealed emergency shelter.

402-553-3000

HeartlandFamilyService.org

Siena Francis House

1701 Nicholas St.

Omaha, NE 68102

402-341-1821

SienaFrancis.org

Stephen Center

2723 Q St.

Omaha, NE 68107

Shelter Office: 402-715-5464

StephenCenter.org

The Phoenix House

Council Bluffs, IA

712-328-0266

Together

Housing Stability Clinic available

M - TH 9AM - 3PM (CST)

812 S 24th St.

Omaha, NE, 68108

402-345-8047

TogetherOmaha.org

Youth Emergency Services (YES) House

2566 Farnam St., Suite 301

Omaha, NE 68131

402-345-5187

YESOmaha.org

Pregnancy Assistance & Housing

Bethlehem House

2301 S. 15th St.

Omaha, NE 68108

402-502-9224

BethlehemHouseOmaha.org

Carole's House of Hope

7815 Harney St.

Omaha, NE 68114

402-991-4673

CarolesHouseofHope.org

I Be Black Girl Anarcha Center

2306 N 24th St.

Omaha, NE 68110

IBeBlackGirl.com

Fresh Start Home

402-475-7777

FreshStartHome.org