



# Lincoln Mental Health Resources

Trusted local & national support for the Lincoln, Nebraska community

Mental and emotional well-being matters just as much as physical health — especially for older adults and the family members who care for them. Whether you're facing stress, grief, anxiety, or a crisis, you don't have to figure it out alone. Below are trusted organizations serving Lincoln and the surrounding communities, each with phone numbers, locations, and websites so you can reach out directly.

## Need Help Right Now? Available 24/7

If you or someone you know is in crisis, help is available any time of day or night. You don't have to face it alone.

### 988 Suicide & Crisis Lifeline

Call or text 988 · 988lifeline.org/chat  
Free, confidential support 24/7/365, with specialized help for LGBTQ+ youth under 25 and Veterans.

If there is an immediate, life-threatening emergency, call 911.

### CenterPointe Crisis Line (Local)

(402) 475-6695 · Text HOME to 741741  
Local 24/7 crisis line for adults & juveniles; walk-in Mon–Fri, 8:00a–5:00p.

## Counseling & Adult Support

### CenterPointe

Crisis services for adults & juveniles with a 24/7 crisis line; walk-in Mon–Fri 8a–5p.

Main: (402) 475-6695  
Crisis text: HOME to 741741  
2202 S. 11th St, Lincoln · centerpointe.org

### Mental Health Association of Nebraska

Peer-run support, benefits help & the KEYA House respite alternative to hospitalization.

Warm Line: 402-261-5959  
mha-ne.org

### Lutheran Family Services — Health 360

Therapy, telehealth, substance-use treatment & medication management for youth & adults.

Main: 402-441-7940  
2301 O Street, Lincoln · lfsneb.org

### The Bridge Behavioral Health

Substance use & behavioral health: medical withdrawal, residential treatment & recovery support.

Main: 402-477-3951  
721 K Street, Lincoln · thebridgenebbraska.org

### NAMI Nebraska

Family & individual support groups and education programs — in person and online.

Main: 402-345-8101  
naminebraska.org

## Youth & Family Support

### Families Inspiring Families (FIF)

Support for parents & caregivers of youth facing mental, emotional or behavioral challenges.

Main: 402-441-4369  
familiesinspiringfamilies.org

### CEDARS

Respite care for youth with behavioral health concerns, plus counseling & assessments.

Main: 402-434-5437  
cedarskids.org

### HopeSpoke

Mental health therapy for children — on-site & in schools — plus support for adults.

Main: 402-475-7666  
2444 'O' Street, Lincoln · hopespoke.org

## An Educational Resource

The organizations listed here are independent third parties, provided as a community resource for **informational purposes only**. Your Home Health PT is not affiliated with them and does not provide mental health, medical, or crisis care. Please contact each organization directly to confirm current services and availability.