

Mental Health 101 Resources

Help Finding Treatment

- **Nebraska Mental Health**
<https://nebraskamentalhealth.com>
- **Nebraska Behavioral Health Regions**
<https://dhhs.ne.gov/Pages/Addiction-Treatment-and-Recovery.aspx>
- **Psychology Today**
<https://www.psychologytoday.com/us>

Psychiatric Hospitals

Adults

- **Faith Regional - Norfolk**
(402) 644-7461
- **Richard Young - Kearney**
(308) 865-2000
- **Lasting Hope - Omaha**
(402) 717-4673
- **Mary Lanning - Hastings**
(402) 463-7711
- **Great Plains - North Platte**
(308) 696-8000

Children

- **Richard Young - 14+ years - Kearney**
(308) 865-2000
- **Immanuel - Kids of all ages - Omaha**
(402) 717-4673
- **Great Plains - 14+ years - North Platte**
(308) 696-8000

Helplines

- **Nebraska Family Helpline**
1(888) 866-8660
- **Boys Town National Hotline**
1(800) 448-3000
- **National Suicide Prevention Line**
1(800) 273-8255 (TALK)
- **Crisis Text Line**
Text START to 741741

Adult & Youth Crisis Response

Care Line open 24 hours a day/7 days a week

- **Madison, Stanton, Pierce, Antelope, Cuming, Cedar, and Knox Counties**
(888) 370-7003
- **Platte, Boone, Nance, and Colfax Counties**
(866) 758-4749
- **Boyd, Brown, Cherry, Holt, Keye Paha, and Rock Counties**
(877) 488-9928
- **Dakota, Dixon, Thurston, Burt, and Wayne Counties**
(877) 958-7776

