

Nebraska Resources for Young People and Parents/Caregivers

24-Hour Crisis Help Lines

All Options Talkline

(Not 24 Hours)

M–F 10 PM–1 AM, Sa–Su 10 PM–6 AM EST

Non-judgmental info and support on pregnancy, parenting, abortion, adoption.

Call: 1-888-493-0092

Boys Town Crisis and Suicide Hotline

Call: 800-448-3000

Text: "VOICE" to 20121

Connect & Breathe After-Abortion Talkline

(Not 24 Hours)

M 7–10 PM, Tu–Th 6–9 PM, Sa 12–3 PM EST

Call: 1-866-647-1764

Euki App*

Sexual health, abortion access info.
<https://eukiapp.com/>

Exhale After-Abortion Textline

(Not 24 Hours)

Weekdays 3–9 PM, Sa 1–9 PM, Su 3–7 PM PST

Text: 617-749-2948

National AIDS Hotline*

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

TTY: 1-888-232-6348

National Human Trafficking Hotline

Call: 1-888-373-7888

TTY: 711

Text: 233733

National Runaway Safeline

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

National Sexual Assault Hotline (RAINN)*

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

National Suicide Prevention Lifeline

Call: 1-800-273-TALK (8255)

National Teen Dating Abuse Helpline

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

Text: "START" to 88788

TTY: 1-866-331-8453

Nebraska Child Abuse and Neglect Hotline (Child Protective Services)

Call: 1-800-652-1999

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

Call: 1-888-866-8660

Nebraska Spanish Helpline/ Línea de crisis*

Call: 1-877-215-0167

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

(Not 24 hours)

Clinic Locator: 1-800-230-PLAN (7526)

Chatline or Text: "PPNOW" to 774636

(PPINFO)

StrongHearts Native Helpline

Call: 1-844-762-8483

The Bridge

Support on domestic violence, dating violence and sexual assault. Serving Burt, Cuming, Dodge, Saunders and Washington Counties.

Call: 1-888-721-4340

Trans Lifeline

US: 877-565-8860

CAN: 877-330-6366

Trevor Project

LGBTQ+, suicide prevention hotline.

Call: 1-866-488-7386

Women's Center for Advancement (WCA)*

Support on domestic violence and sexual assault.

Call: 402-345-7273

Youth Emergency Services (YES) Safe Place Hotline

Serving homeless young people.

Call: 402-578-SAFE (7233)

* Denotes Spanish-Speaking Assistance

Adolescents

Boys and Girls Club

North Omaha Club

2610 Hamilton St., Omaha, NE 68131
402-342-2300
BGCOmaha.org

Boys and Girls Club

South Omaha Club

5051 S 22nd St., Omaha, NE 68107
402-733-8333
BGCOmaha.org

Collective For Youth

105 N 31 Ave. Suite 103
Omaha, NE 68131
402-932-2025
CollectiveForYouth.org

Project Everlast

Support and resources for young adults transitioning out of foster care and councils across the state.

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

2679 Farnam St. Suite 205
Omaha, NE 68131
402-345-5187
YESOmaha.org

Child Abuse and Neglect

CASA for Douglas County

2412 St Mary's 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

Omaha Children Services Center
124 S 24th St. Suite 200
Omaha, NE 68102
402-661-7100
800-267-9876
LFSNeb.org

Lutheran Family Services

North Omaha Center for Healthy Families

3040 Lake St. Suite 124
Omaha, NE 68111
402-504-1733
LFSNeb.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

Nebraska Urban Indian Health Coalition

2240 Landon Court
Omaha, NE 68102
402-346-0902
NUIHC.com

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

The Bridge

141 S Union St., Fremont, NE 68025
402-721-4340
Hotline: 402-727-7777
BridgeFromViolence.com

The Bridge

810 N 22nd St., Blair, NE 68008
402-533-4411
Hotline: 402-727-7777
BridgeFromViolence.com

LGBTQ+

ACLU Nebraska TransNebraska

TransNebraska.org

Black & Pink National

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

GLSEN Omaha

P.O. Box 540413, Omaha, NE 68164
GLSEN.org/chapter/omaha

Heartland Pride

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

OutNebraska

211 N 14th St., Lincoln, NE 68508
OutNebraska.org

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

P.O. Box 390064, Omaha, NE 68139
402-291-6781
PFLAG-Omaha.org

Professional Transgender Resource Network

PTRNNebraska.com

Proud Horizons

Youth Group for LGBTQ+ Youth (Ages 13-23)
Saturdays, 4–6 PM
Milo Bail Student Center, UNO
6203 University Dr. N., Omaha, NE 68132
ProudHorizons.Wordpress.com

River City Gender Alliance

P.O. Box 284, Boys Town, NE 68010
RCGA.co

Trans Stitchin'

7701 Pacific St. Suite 208
Omaha, NE 68114
[Instagram.com/trans_stitchin/?hl=en](https://www.instagram.com/trans_stitchin/?hl=en)

Trans Student Educational Resources

TransStudent.org

UNO Gender and Sexuality Resource Center

Milo Bail Student Center, UNO
6203 University Dr. N.
Omaha, NE 68132
402-554-2384
UNOmaha.edu/student-life/inclusion/gender-and-sexuality-resource-center/

Legal

American Civil Liberties Union (ACLU)

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

Immigrant Legal Center

4223 Center St.
Omaha, NE 68105
402-898-1349
ImmigrantLC.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 STD testing and treatment for all genders ages 15 to 24.

*** = Free birth control (all sites with free birth control listed on TakeControlNebraska.com)**

Access Granted

Full listings of locations for free STD testing and no-cost birth control, with a resource page for parents and caregivers of young adults.

Text ACCESS to 844-958-FREE (3733)
GetAccessGranted.com

Charles Drew Health Center* (AG)
2915 Grant St., Omaha, NE 68111
402-451-3553
CharlesDrew.com

Children's Hospital & Medical Center (AG)
8200 Dodge St.
Omaha, NE 68114
800-833-3100
ChildrensOmaha.org

Choice Family Health Care* 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
ChoiceFamilyHealthcare.org/home.aspx

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* 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
FHSI.org

Good Neighbor Community Health Center* Columbus Clinic
4321 41st Ave.
Columbus, NE 68601
402-562-7500

Fremont Clinic
2740 N Clarkson St.
Fremont, NE 68025
402-721-0951
GoodNeighborCommunityHealthCenter.com

Mary Lanning Community Health Center*
715 N St. Joseph Ave.
Hastings, NE 68901
402-463-4521
MaryLanning.org/medical-clinics/family-medicine/community-health-center/

Midtown Health Center* Norfolk Clinic
302 W Phillip Ave.
Norfolk, NE 68701
402-371-8000

Madison Clinic
222 Main St.
Madison, NE 68748
402-371-8000

Midtown Health Center* West Point Clinic
303 Plaza Dr., West Point, NE
402-313-3735
MidtownHealthNE.org

Nebraska AIDS Project (AG)
250 S 77th St. Suite A
Omaha, NE 68114
402-552-9260
NAP.org

Nebraska Medicine at Girls Inc. (AG)
2811 N 45th St., Omaha, NE 68104
402-552-9555
NebraskaMed.com/girls-inc

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)
2240 Landon Court
Omaha, NE 68102
402-346-0902
NUIHC.com

OneWorld Community Health Centers* (AG) Livestock Exchange Bldg. Campus
4910, 4920, 4930 S 30th St.
Omaha, NE 68107
402-734-4110
OneWorldOmaha.org

OneWorld Teen & Young Adult Center South* (AG)
4310 S 24th St.
Omaha, NE 68107
402-502-8880
OneWorldOmaha.org/for-patients/services-programs/tya

OneWorld Teen & Young Adult Center West* (AG)
2520 S 130th Ave.
Omaha, NE 68144
402-769-7077
OneWorldOmaha.org/for-patients/services-programs/tya

People's Family Health Services* 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
WICAndFamilyPlanning.com

Planned Parenthood North Central States* (AG) Northwest Health Center
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

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

Shelters

Heartland Family Service (Safe Haven and Transitional)

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

Omaha Home For Boys

919 N 48th St.
Omaha, NE 68132
402-457-7133
OHB.org

Youth Emergency Services (YES) House

2679 Farnam St. Suite 205
Omaha, NE 68131
402-345-5187
YESOmaha.org

Lydia House (Women and Families)

2809 N 20th St. E
Omaha, NE 68110
402-829-1531
OpenDoorMission.org

Siena Francis House

1701 Nicholas St.
Omaha, NE 68102
402-341-1821
SienaFrancis.org

Sex Trafficking

National Human Trafficking Resource Center

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

Project Harmony Child Advocacy Center

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

Nebraska Coalition to End Sexual and Domestic Violence

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

Women's Center for Advancement (WCA) and Youth Emergency Services (YES) INDIGO Program

402-345-6555 ext. 282
WCAOmaha.org

The resources listed in this document were compiled by the Women's Fund of Omaha with intentionality to include organizations that are LGBTQ+ inclusive, provide sexual and reproductive health options, and are ethically and culturally responsive. Inclusion on this list is not an endorsement of any organization.