

# 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](http://NE211.org) (live chat available)

### 988 Suicide & Crisis Lifeline (SAMHSA)\*

**Call or Text: 988**

[988Lifeline.org](http://988Lifeline.org) (live chat available)

### Boys Town National Hotline

**Call: 800-448-3000**

**Text: "VOICE" to 20121**

[Boystown.org/child-family-services/crisis#hotline](http://Boystown.org/child-family-services/crisis#hotline)

### Community Alliance (WARM LINE)

**Call: 402-715-4226**

[Community-Alliance.org](http://Community-Alliance.org)

### Crisis Text Line

**Text: "HOME" to 741741**

[CrisisTextLine.org](http://CrisisTextLine.org)

### Euki App\*

*Sexual health, abortion access info.*

[Eukiapp.org](http://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](http://HumanTraffickingHotline.org)

### National Runaway Safeline

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

[1800Runaway.org](http://1800Runaway.org)

### National Sexual Assault Hotline (RAINN)\*

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

[Rainn.org](http://Rainn.org)

### National Teen Dating Abuse Helpline

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

**Toll Free: 866-331-9474**

**Text: "START" to 88788**

[LovelsRespect.org](http://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](http://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](http://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](http://PlannedParenthood.org/planned-parenthood-north-central-states/get-care)

### StrongHearts Native Helpline

**Call: 1-844-762-8483**

[StrongHeartsHelpline.org](http://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](http://BridgeFromViolence.com)

### Trevor Project

*LGBTQ+, suicide prevention hotline.*

**Call: 1-866-488-7386**

**Text: "START" to 678-678**

[TheTrevorProject.org/get-help](http://TheTrevorProject.org/get-help)

### Women's Center for Advancement (WCA)\*

*Support on domestic violence and sexual assault.*

**Call: 402-345-7273**

[WCAOmaha.org](http://WCAOmaha.org)

### Youth Emergency Services (YES) Safe Place Hotline

*Serving homeless young people.*

**Call: 402-578-SAFE (7233)**

[YesOmaha.org](http://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](http://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](http://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](http://ExhaleProvoice.org)

### Faith Aloud

**Call: 888-717-5010**

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

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

[FaithAloud.org/find-support/spiritualcounseling](http://FaithAloud.org/find-support/spiritualcounseling)

### HIV Consultation & Referral Hotline

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

**1-888-232-6348 (TTY)**

M - F 8AM - 8PM (ET)

[CDC.gov/hiv](http://CDC.gov/hiv)

### if/when/how Repro Legal Hotline

*Usually responds to all questions within*

*2 business days.*

**Call: 844-868-2812**

[ReproLegalHelpline.org](http://ReproLegalHelpline.org)

### Miscarriage & Abortion Helpline

**Call or Text: 833-246-2632**

7AM - 12AM (CT)

[MAHotline.org](http://MAHotline.org)

### Omaha Community Foundation Pathways Community Hub

**Call: 402-342-3458**

**Toll Free: 800-794-3458**

[OmahaFoundation.org/pathways-community-hub](http://OmahaFoundation.org/pathways-community-hub)

### Trans Lifeline

**Call: 1-877-565-8860**

M - F 12PM - 8PM (CT)

[TransLifeline.org](http://TransLifeline.org)

*\*Denotes Spanish-Speaking Assistance*

## Adolescents

### Boys and Girls Club

[BGCOmaha.org](http://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](http://BridgeToIndependence.info)

### CEDARS

6601 Pioneers Blvd.

Lincoln, NE 68506

**402-434-KIDS (5437)**

[CedarsKids.org](http://CedarsKids.org)

### Collective For Youth

105 N 31 Ave., Suite 103

Omaha, NE 68131

**402-932-2025**

[CollectiveForYouth.org](http://CollectiveForYouth.org)

### Omaha Home for Boys

4343 N 52nd St.

Omaha, NE 68104

**402-457-7000**

[OHB.org](http://OHB.org)

### Project Everlast

314 S 26th St.

Omaha, NE 68131

**402-384-4670**

[ProjectEverlast.org](http://ProjectEverlast.org)

### The HUB Lincoln

1037 S 12th St.

Lincoln, NE 68508

**402-471-8526**

[HUBLincoln.org](http://HUBLincoln.org)

### The Hope Center For Kids

2200 N 20th St.

Omaha, NE 68110

**402-341-4673**

[HopeCenterForKids.com](http://HopeCenterForKids.com)

### Youth Emergency Services (YES) House

2566 Farnam St., Suite 301

Omaha, NE 68131

**402-345-5187**

[YESOmaha.org](http://YESOmaha.org)

## Child Abuse and Neglect

### CASA for Douglas County

2412 St Marys Ave.  
Omaha, NE 68105  
**402-932-5683**  
[CASAOmaha.org](http://CASAOmaha.org)

### Heartland Family Service

2101 S 42nd St.  
Omaha, NE 68105  
**402-553-3000**  
[HeartlandFamilyService.org](http://HeartlandFamilyService.org)

### Lutheran Family Services

7929 West Center Road  
Omaha, NE 68124  
**402-342-7038**  
[OneLFS.org](http://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](http://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](http://ChildSaving.org)

### Community Alliance

7150 Arbor St.  
Omaha, NE 68106  
**402-341-5128**  
[Community-Alliance.org](http://Community-Alliance.org)

### Heartland Family Service

2101 S 42nd St.  
Omaha, NE 68105  
**402-553-3000**  
[HeartlandFamilyService.org](http://HeartlandFamilyService.org)

### Nebraska Coalition to End Sexual and Domestic Violence

245 S 84th St., Suite 200  
Lincoln, NE 68510  
**402-476-6256**  
[NebraskaCoalition.org](http://NebraskaCoalition.org)

### Nebraska Urban Indian Health Coalition (Omaha)

2226 N St.  
Omaha, NE 68107  
**402-346-0902**  
[NUIHC.org](http://NUIHC.org)

### PsychologyToday

*Online source for finding therapy.*  
[PsychologyToday.com/us](http://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](http://HumanTraffickingHotline.org)

### Nebraska Coalition to End Sexual and Domestic Violence

245 S 84th St., Suite 200  
Lincoln, NE 68510  
**402-476-6256**  
[NebraskaCoalition.org](http://NebraskaCoalition.org)

### Project Harmony Child Advocacy Center

11949 Q St.  
Omaha, NE 68137  
**402-595-1326**  
[ProjectHarmony.com](http://ProjectHarmony.com)

## LGBTQ+

### ACLU of Nebraska TransNebraska

[TransNebraska.org](http://TransNebraska.org)

### Black & Pink National

2406 Fowler Ave., Suite 316  
Omaha, NE 68111  
**531-466-3346**  
[BlackAndPink.org](http://BlackAndPink.org)

### Heartland Pride

P.O. Box 8273  
Omaha, NE 68108  
[HeartlandPride.org](http://HeartlandPride.org)

### Omaha ForUs

3337 N 107th St.  
Omaha, NE 68134  
**531-466-1839**  
[OmahaForUs.org](http://OmahaForUs.org)

### OutNebraska

211 N 14th St.  
Lincoln, NE 68508  
**402-488-1130**  
[OutNebraska.org](http://OutNebraska.org)

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

**Omaha**  
**402-291-6781**  
[PFLAG-Omaha.org](http://PFLAG-Omaha.org)

### Pride Health Clinic

4905 S 107th Ave.  
Omaha, NE 68127  
**402-243-1526**  
[PrideHealthClinic.com](http://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](mailto:proudhorizons@yahoo.com)**  
[ProudHorizons.Wordpress.com](http://ProudHorizons.Wordpress.com)

### Rainbow Parents of Nebraska

[RainbowParentsofNE.org](http://RainbowParentsofNE.org)

### River City Gender Alliance

P.O. Box 284  
Boys Town, NE 68010  
**Email: [info@rcga.co](mailto:info@rcga.co)**  
[RCGA.co](http://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](http://TransStudent.org)

## Legal

### Abrahams Legal Clinic (Creighton University)

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

### American Civil Liberties Union (ACLU) of Nebraska

134 S 13th St. #1010  
Lincoln, NE 68508  
**Email: [gethelp@aclunebbraska.org](mailto:gethelp@aclunebbraska.org)**  
[ACLUNebraska.org](http://ACLUNebraska.org)

### Immigrant Legal & Refugee Empowerment Center

4223 Center St.  
Omaha, NE 68105  
**402-898-1349**  
**Hotline: 855-307-6730**  
M-F 9AM-3PM  
[ImmigrantLC.org](http://ImmigrantLC.org)

### Lambda Legal (LGBT legal organization) South Central Regional Office

**214-219-8585**  
[LambdaLegal.org/helpdesk](http://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](http://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.

[https://nefamilyplanning.org/  
clinic-locator-new/](https://nefamilyplanning.org/clinic-locator-new/)

### 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](http://GetAccessGranted.com)

### Bluestem Health Main Clinic

1021 N 27th St.  
Lincoln, NE 68503  
**402-476-1655**  
[BlueStemLincoln.com](http://BlueStemLincoln.com)

### Charles Drew Health Center

2915 Grant St.  
Omaha, NE 68111  
**402-451-3553**  
[CharlesDrew.com](http://CharlesDrew.com)

### Children's Nebraska Adolescent Medicine

8552 Cass St.  
Omaha, NE 68114  
**800-333-8100**  
[ChildrensNebraska.org/department/  
adolescent-medicine/](http://ChildrensNebraska.org/department/<br/>adolescent-medicine/)

### Choice Family Health Care

[ChoiceFamilyHealthcare.org/  
home.aspx](http://ChoiceFamilyHealthcare.org/<br/>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](http://CAPWN.org)

### Douglas County Health Department (AG)

1111 S 41st St., Suite 205  
Omaha, NE 68105  
**402-444-7471**  
[DouglasCountyHealth.com](http://DouglasCountyHealth.com)

### Family Health Services

[FHSI.org](http://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

[GoodNeighborCommunity  
HealthCenter.com](http://GoodNeighborCommunity<br/>HealthCenter.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/](http://MaryLanning.org/medical-clinics/<br/>family-medicine/community-health-<br/>center/)

### Midtown Health Center

[MidtownHealthNE.org](http://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](http://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**

## Sexual and Reproductive Health

### Nebraska Medicine at Girls Inc. (AG)

2811 N 45th St.  
Omaha, NE 68104  
**402-552-9555**  
[NebraskaMed.com/girls-inc](http://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](http://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](http://UNOmaha.edu/student-life/wellness/health-services/index.php)

### Nebraska Urban Indian Health Coalition (AG)

[NUIHC.org](http://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](http://OneWorldOmaha.org)

### OneWorld Teen & Young Adult Center (AG)

[OneWorldOmaha.org/for-patients/services-programs/tya](http://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](http://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](http://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](http://PublicHealth.PottCounty-IA.gov)

### Pride Health Clinic (AG)

4905 S 107th Ave.  
Omaha, NE 68127  
**402-243-1526**  
[PrideHealthClinic.com](http://PrideHealthClinic.com)

### Three Rivers Public Health Department

2400 N Lincoln Ave.  
Fremont, NE 68025  
**402-727-5396**  
[ThreeRiversPublicHealth.org](http://ThreeRiversPublicHealth.org)

### Western Community Health Resources

300 Shelton St.  
Chadron, NE 69337  
**308-432-8979**  
[WCHR.net](http://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](http://Mercury-Omaha.com)

### Nebraska AIDS Project (AG)

6220 Maple St.  
Omaha, NE 68104  
**402-552-9260**  
[NAP.org](http://NAP.org)

### Nite Owl (available 24/7)

3902 Farnam St.  
Omaha, NE 68131  
**402-991-6767**  
[NiteOwlOmaha.com](http://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](http://CedarsKids.org)

### Community Action of Nebraska

211 N 14th St.

Lincoln, NE 68508

**402-471-3714**

[CanHelp.org](http://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](http://FriendshipHome.org)

### Safe Haven

Concealed emergency shelter.

**402-553-3000**

[HeartlandFamilyService.org](http://HeartlandFamilyService.org)

### Heartland Housing Sanctuary

**24-hour: 402-597-1009**

**402-672-8608**

[HeartlandFamilyService.org](http://HeartlandFamilyService.org)

### Matt Talbot Kitchen & Outreach

2121 N 27th St.

Lincoln, NE 68503

**402-477-4116**

[MTKO.org](http://MTKO.org)

### Micah House

1415 Ave. J.

Council Bluffs, IA 51501

**712-323-4416**

[TheMicahHouse.org](http://TheMicahHouse.org)

### New Visions Homeless Services

1435 N 15th St.,

Council Bluffs, IA 51501

**712-322-7570**

[NewVisionsHS.org](http://NewVisionsHS.org)

### Siena Francis House

1701 Nicholas St.

Omaha, NE 68102

**402-341-1821**

[SienaFrancis.org](http://SienaFrancis.org)

### Stephen Center

2723 Q St.

Omaha, NE 68107

**Shelter Office: 402-715-5464**

[StephenCenter.org](http://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](http://TogetherOmaha.org)

### Youth Emergency Services (YES) House

2566 Farnam St., Suite 301

Omaha, NE 68131

**402-345-5187**

[YESOmaha.org](http://YESOmaha.org)

## Pregnancy Assistance & Housing

### Bethlehem House

2301 S. 15th St.

Omaha, NE 68108

**402-502-9224**

[BethlehemHouseOmaha.org](http://BethlehemHouseOmaha.org)

### Carole's House of Hope

7815 Harney St.

Omaha, NE 68114

**402-991-4673**

[CarolesHouseofHope.org](http://CarolesHouseofHope.org)

### Fresh Start Home

**402-475-7777**

[FreshStartHome.org](http://FreshStartHome.org)

### I Be Black Girl Anarcha Center

2306 N 24th St.

Omaha, NE 68110

[IBeBlackGirl.com](http://IBeBlackGirl.com)

### Vita Nova Maternity Community

12550 S 114th St.

Papillion, NE 68046

**402-637-3787**

[VitaNovaMaternity.org](http://VitaNovaMaternity.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.