

# Resources for Mental Wellness



Suicide Prevention	Youth/Family/Parenting	Mental/Behavioral Health	Disaster Hotlines
<p><u>988 Suicide &amp; Crisis Lifeline</u> English or Spanish Call or text 988 <a href="https://988lifeline.org/">https://988lifeline.org/</a></p>	<p><u>The Nebraska Family Helpline</u> (888) 866-8660 <a href="https://dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx">https://dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx</a></p>	<p><u>The Nebraska Rural Response Hotline</u> (800) 464-0258 <a href="https://farmhotline.com/">https://farmhotline.com/</a></p>	<p><u>SAMHSA's Disaster Technical Assistance Center</u> (800) 308-3515 <a href="https://www.samhsa.gov/dtac">https://www.samhsa.gov/dtac</a></p>
<p><u>SAMHSA's National Helpline</u> English or Spanish (800) 662-4357 <a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a></p>	<p><u>Answers 4 Families</u> (800) 746-8420 <a href="https://answers4families.org/">https://answers4families.org/</a></p>	<p><u>Mental and Substance Use Treatment Locator</u> (800) 662-4357 <a href="https://findtreatment.gov/">https://findtreatment.gov/</a></p>	<p><u>SAMHSA's Disaster Distress Helpline</u> English or Spanish (800) 985-5990 Text TalkWithUs to 66746 (Text "Hablamos" al 66746) <a href="https://www.samhsa.gov/disaster-distress-helpline">DisasterDistress.samhsa.gov</a></p>
<p><u>Four Corners Local Outreach to Suicide Survivors (LOSS) Team</u> (402) 710-2161 <a href="https://nebraskaloss.org/">https://nebraskaloss.org/</a></p>	<p><u>Boys Town Parent Hotline</u> (800) 448-3000 <a href="https://www.boystown.org/hotline/Pages/hotline-parent-form.aspx">https://www.boystown.org/hotline/Pages/hotline-parent-form.aspx</a></p>	<p><u>Mental Health America Tools for Mental Wellness</u> <a href="https://www.mhanational.org">https://www.mhanational.org</a></p>	<p><u>CDC's Coping with a Disaster or Traumatic Event</u> <a href="https://www.cdc.gov/mentalhealth/tools-resources/disaster/index.htm">https://www.cdc.gov/mentalhealth/tools-resources/disaster/index.htm</a></p>
<p><u>Veterans Crisis Line</u> Text 838255, dial 988 then press 1, or chat online at <a href="https://www.veteranscrisisline.net/">https://www.veteranscrisisline.net/</a></p>	<p><u>Your Life Your Voice</u> (800) 448-3000 Text VOICE to 20121 <a href="https://www.yourlifeyourvoice.org/Pages/home.aspx">https://www.yourlifeyourvoice.org/Pages/home.aspx</a></p>	<p><u>Bryan Mental Health Online Screenings</u> <a href="https://www.bryanhealth.com/services/counseling-mental-health/mental-health-online-screenings/">https://www.bryanhealth.com/services/counseling-mental-health/mental-health-online-screenings/</a></p>	
<p><u>Nebraska Youth Suicide Prevention</u> <a href="https://youthsuicideprevention.nebraska.edu/">https://youthsuicideprevention.nebraska.edu/</a></p>	<p><u>Talk Heart2Heart</u> <a href="https://talkheart2heart.org/">https://talkheart2heart.org/</a></p>	<p><u>Nebraska Network of Care for Behavioral Health</u> <a href="https://portal.networkofcare.org/NebraskaBehavioralHealth">https://portal.networkofcare.org/NebraskaBehavioralHealth</a></p>	

Find more resources here: <https://fourcorners.ne.gov/resource-directory/>