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No matter what you are facing,
there are resources that can help.

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You are not alone.

No matter what type of mental health issue you or a loved one is facing, you are not alone. There are resources and people in your community that are available to help. Mental health problems have solutions.

Many people seek mental health care.

Most have experienced some of the same feelings that you may have right now.

I feel embarrassed to talk about this.

There is no need to be ashamed or embarrassed about seeking mental health care. Mental health professionals provide services just like other health care professionals. You will be treated with respect and your privacy will be protected.

I don't want people to think I am weak.

Mental illnesses are not character flaws or signs of personal or moral weakness. They are conditions that have a variety of causes, symptoms, and treatments. You would not consider yourself weak if you needed treatment for other medical conditions such as diabetes or arthritis – and you are not weak if you seek treatment for a mental health condition, either.

Maybe this will just pass.

That is possible. But if this is something that is worrying you, whether about yourself or a loved one, it is best to talk with a professional. If what you or your loved one is experiencing will pass with time, the mental health professional will be able to confirm this. If not, they will be able to guide you to the right treatments. Either way, you will be on the road to feeling better.

How can I help my friend or loved one?

Share this information with them.

If you are concerned that a loved one might be facing a mental illness but are not comfortable discussing it with them, offer them this information. It will give them the opportunity to take steps and seek help privately. If you believe your loved one is in crisis or suicidal, call one of the crisis hotlines below for immediate help.

Educate yourself.

Visit the Project Relate website at www.projectrelate.org to learn more about mental illnesses, their symptoms, and resources available for those that need mental health care. You'll also find support and information for those who, like you, care about someone with a mental health problem.



There are resources that can help



The following is a partial list of mental health care providers serving Nebraska. For a comprehensive list of resources, visit www.projectrelate.org.

▲ ★ Alegent Health Center for Mental Health
402.717.HOPE (4673)
or 1.800.523.7294

▲ Boys Town Hotline
Referrals to local services
1.800.448.3000
TDD – 1.800.448.1833

★ BryanLGH Medical Center
Mental Health Services
402.481.5991
or 1.800.742.7845

Catholic Charities
Counseling services for all faiths
402.554.0520

Community Alliance
Community based rehabilitation
402.341.5128

Lutheran Family Services
Counseling services for all faiths
402.342.7007
or 1.800.267.9876

★ National Alliance for the Mentally Ill
NAMI – Nebraska
402.345.8101
or 1.877.463.6264

▲ = Spanish speaker available

Nebraska Advocacy Services
Advocacy and referrals
1.800.422.6691

Nebraska Health and Human Services
Referrals to local services
402.471.3121

Uta Halee/Cooper Village
Residential and day services for teens
402.453.0803/402.451.3100

★ = Spanish materials available

IN A CRISIS

If you are suicidal, call 911 or go to your nearest Emergency Department. Or call 1.800.SUICIDE (1.800.784.2433)