



Mitchell Berry, MS, PLMHP, CGCS
Mindful And Behavioral Connection, Compassion & Counseling

Great Oaks Counseling LLC
13906 Gold Circle, Suite 202
Omaha Nebraska 68144

531 230-8010 x 105

LOCAL EMERGENCY SERVICES AND RESOURCES

If you or your loved one are currently experiencing a mental health emergency, I encourage you to contact one or more of the following resources for the Omaha metro area:

Emergency:

- Call WCA Domestic Violence 24/7 Hotline at 402-345-7273
- Text Crisis Text Line: Text HOME to 74741
- Call Lifeline at (800) 273-8255 (National Suicide Prevention Line)
- Call 911
- Go to the emergency room of your choice

Youth Services:

- Call Youth Emergency Services at 402-578-SAFE (7233) or the Emergency Youth Shelter at 402-345-5187
- Call Nebraska Family Helpline at 888-866-8660
- Call Nebraska Child and Adult Protective Services at 800-652-1999

LGBTQIA+ Resources:

- Call the Trans Lifeline at 1-877-565-8860
- Call the Trevor Project 24/7 Crisis Intervention Lifeline at 1-866-488-7386
- Call the LGBTQ National Youth Talkline 800-246-7743

Homelessness Resources:

- Call the Lydia House (Women and Families) 402-829-1531
- Call the Garland Thompson Men's Center at 402-829-1500 x2100
- Call the Sienna Francis House at 402-341-1821