

Omaha area Resource Guide for Free & Low Cost Assistance

When you need assistance Dial 211

Mental Health Services

- **Douglas County Mental Health Center**
4102 Woolworth Avenue 402-444-7931
- **Community Alliance**
4001 Leavenworth Street 402-341-5128
- **Lutheran Family Services**
Urgent Mental Health Care
120 South 24th Street, Suite 100
(By referral only) 402-342-7007
- **Lasting Hope Recovery Center**
415 South 25th Street 402-717-4673
- **VA Mental Health Clinic**
4101 Woolworth Avenue 402-449-0621

Emergency Assistance

- **Salvation Army**
3612 Cuming Street 402-898-5900

Medical Services

- **Baright Shelter Clinics**
Siena Francis House 1111 North 17th St.
 - **Charles Drew Satellite Clinic**
M-F 8am-5pm 402-345-9860
(By appointment only, no fee; documentation of homelessness required)
 - **Women's Clinic**
Wednesday: 9am-Noon (by appointment only) 402-345-9860
 - **Magis Clinic**
Saturday: 2pm-6pm (Staffed by Creighton University staff and students) 402-346-8701
- **Charles Drew: Campus for Hope**
1490 North 16th Street 402-345-9860
Mon-Thurs: 8-11:45am
Tues & Thurs: 1-5pm
(By Appointment through shelter, no fee; documentation of homelessness)
- **Nebraska Health and Human Services**
Multiple locations 402-595-3400
- **Renaissance Clinic**
3612 Cuming Street
2nd Floor 402-345-3198
(\$10 co-pay or sliding fee; by appointment only)
- **Nebraska Aids Project**
250 South 77th Street 402-552-9260
Testing (walk-in): Weds & Thurs 5-8pm

- **Douglas County Health Center**
4102 Woolworth Avenue 402-444-6215
- **Sarpy County Department of Health and Wellness** 402-339-4334
- **One World Health Center**
4920 South 30th Street 402-734-4110
(By appointment only- sliding fee based on documentation of homeless status)
Multiple locations – Se habla espanol

Prescription Assistance

- **Partner for Prescription Assistance**
Visit the easy to navigate website
<http://www.pparx.org>
Or call toll free 1-888-477-2669

Nebraska Resource and Referral Service

- <http://nrns.ne.gov>
This website is full of multiple resources and referrals for all types of services

Emergency Phone Numbers

If you are considering suicide there are resources available

- **The Boys Town national Hotline**
1-800-448-3000
24-hour crisis, resource and referral line.
- **The National Suicide Prevention Lifeline**
1-800-273-TALK
They have trained volunteers and counselors who can help locate programs in the local community where you can seek counseling.
- **For psychiatric emergencies**
402-717-HOPE (4673)
- **Veterans Outreach Program**
402-346-8800 Ext 5574
- **Together Inc.**
(Clothing and Financial Assistance)
402-345-8047
- **Holy Family Door Ministry**
(Clothing and Financial Assistance)
402-341-6561
- **Metro Area Food Pantry Services**
Dial 21

Lincoln area Resource Guide for Free & Low Cost Assistance
When you need assistance Dial 211

Medical/Health Care Assistance

- **Child Guidance Center**
2444 O St. 475-7666
Mental health clinic for families in which violence and/or sexual abuse occurred
- **Lincoln Lancaster County Health Department**
3140 N St. 441-6200
For **Dental Service** appointments, call 441-8015.
For the **Minority Health Office**, call 441-6207.
For the **Public Health Clinic**, call 441-8065.
- **Community Mental Health Center**
2201 S. 17th St. 441-7940
- **Lincoln Public Schools Counseling**
5901 O St. 436-1000
Consultation, short-term family counseling and support
- **People's Health Center**
1021 N. 27th St. 476-1455
Medical and dental services for uninsured clients
- **UNL Psychological Consultation**
325 Burnett Hall 472-2351
Family mental health services
- **Nebraska AIDS Project**
1921 S. 17th St. 476-7000
Help is available for those with AIDS or HIV.
- **People's City Mission Medical Clinic**
110 Q St. 817-0980
Monday 1 p.m. – 7 p.m.
Tuesday-Friday 8 a.m. – 11 a.m. / 1 p.m. – 5 p.m.
Second Thursday of each month 5 p.m. – 9 p.m.
- **Community Health Services/Health Department**
3140 N St. 441-8065
Lincoln, NE 68510-1514
Area Served - Lancaster County

Prescription Assistance

- **Medication Assistance Program of Lincoln 483-4800**
5625 O St, Suite 3, 68510
Call for details and an appointment. To meet the requirements of the program you need to be NOT covered by any medical prescription plan and your income needs to be \$19,000 or lower for a single individual and no more than \$25,000 for a couple. Your medications need to be for a chronic or ongoing illness since once accepted you are enrolled for a year at a time. It is best if your medication dosage is stable. Not all medications are covered by the National Pharmaceutical Assistance program. An \$8 fee is charged to cover postage and handling but can be waived depending on individual circumstances.
- **LancasterRx Prescription Discount Card**
Available courtesy of the Lancaster County Board of Commissioners offers up to 20% off of most prescriptions at most pharmacies. *Ask for a card at the Neighborhood Food or pick one up at Center for People in Need office at 3901 N. 27th St.*
- **Partner for Prescription Assistance**
Visit the easy to navigate website <http://www.pparx.org>
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Iowa/Council Bluffs area Resource Guide for Free & Low Cost Assistance
When you need assistance Dial 211

Medical Health Services

- **Pottawattamie County Mental Health**
712-328-5643

Emergency Assistance

- **Salvation Army**
28 North 7th Street
Council Bluffs, IA 712-328-2088

Medical Services

- **Pottawattamie County Medicaid
Department of Human Services**
417 East Kaneshville Blvd
Council Bluffs, IA
712-328-4875
- **All Care Health Center**
900 South 6th Street
Council Bluffs, IA 712-325-1990

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