

If you or a loved one needs help,
these resources are here for you:

National Resources

Crisis Text Line:

Text HOME to 741741
to connect with a Crisis Counselor.

Disaster Distress Helpline:

Call 1-800-985-5990
(press 2 for Spanish)

Text TalkWithUs to 66746
(English)

Text Hablanos to 66746
(Spanish)

National Suicide Prevention Lifeline:

Call 1-800-273-TALK (8255)
for English

Call 1-888-628-9454

National Domestic Violence Hotline:

Call 1-800-799-7233
Text LOVEIS to 22522

National Sexual Assault Hotline: Call 1-800-656-HOPE (4673)

NAMI HelpLine:

Call 1-800-950-NAMI (6264)

*Available Monday through Friday
from 9 a.m. to 7 p.m. CT

Email info@nami.org

LGBT National Hotline:

Call 888-843-4564

*Available Monday through Friday 3 p.m. to 11
p.m. CT. Available Saturday from 11 a.m. to 4
p.m. CT

Email help@LGBTHotline.org

Local Resources

Your Life Your Voice from Boys Town:

Call 1-800-448-3000
Text VOICE to 20121

The Nebraska Family Helpline:

Call 1-888-866-8660

*Available 24 hours a day, seven days a week.
Interpreters are available.

The Rural Response Hotline:

Call 1-800-464-0258

*Offers connections to mental health
counseling and information regarding
legal assistance, financial clinics,
mediation, and emergency assistance.
Interpreters are available.