

LINCOLN POSTPARTUM RESOURCE LIST

We understand that pregnancy and childbirth can result in depression and/or anxiety, which may make it harder for you to breastfeed and mother your baby. We recommend that you see your healthcare provider to seek treatment and to rule out any possible medical causes for depression. While there are many therapists, counselors, and support groups, the following resources have been recommended to us:



Therapists & Counselors alphabetical order

Better Place Counseling, LLC Carey Kalkwarf, LICSW	7115 Kentwell Lane #104, Lincoln, NE 402-413-5450 Accepts most private insurance plans, Medicare, and Medicaid
Health 360	2301 O Street, Lincoln, NE 402-476-1455 Accepts most private insurance plans, Medicaid, and offers a sliding scale for private pay
Kay Arispe Psychotherapy, LLC	Telehealth only 402-577-0831 kay.arispe@outlook.com Accepts most private insurance plans, Nebraska Medicaid, and Medicare
Lincoln Wellness Group Jennifer Brown, PMSW, PLMHP Ashlee Reed, LIMHP, LMHP, CPC, PMH-C	1919 South 40th Street, Lincoln, NE 531-333-3759 Accepts most major private insurance plans & Medicaid (evening appointments)
Megan Basnett, Psy. D.	7115 Kentwell Lane #1, Lincoln, NE 402-413-5663 Accepts most private insurance plans*, Medicaid, and Medicare (*no UHC)
New Outlook Counseling	610 J Street #300, Lincoln, NE 402-416-9415 Accepts most private insurance plans and Medicaid
Riverbanks Counseling - Sara Campbell, MA, PLMHP, NCC	7115 Kentwell Lane #103, Lincoln, NE 402-413-8658 Accepts BCBS and Medicaid
Stepping Stones	4600 Valley Road, Lincoln, NE 402-483-4571 Accepts most private insurance plans, Medicaid, and offers a sliding scale for private pay
Wholehearted Healthcare Gena Foster, APRN	4701 Bancroft Avenue, Lincoln, NE 402-739-9819 Email wholeheartedhealthcare@gmail.com to set up an appointment
Meadowlark Counseling, LLC Jennifer Rokeby-Mayeux, CMSW, LIMHP, PMH-C	4344 North 62nd Street, Lincoln, NE 402-405-4815 Accepts most major private insurance plans and Medicaid

“Mothers cannot give from a depleted source. Every mother needs emotional, mental, physical and spiritual validation, nourishment, and support. When a mother is respected and well cared for, she and her whole family will benefit.”

Breastfeeding Support Groups

MilkWorks Mom Talk (in person)

5930 South 58th Street, Lincoln
402-423-6402 | www.milkworks.org/calendar

La Leche League of Lincoln

Peer to peer support | www.llofne.org

24/7 Emergency Assistance

To protect a parent and their baby.

Bryan Health - West Campus
2300 South 16th Street

National Suicide Hotline
Dial 988

Culturally Diverse Postpartum Support

Khamisa Abdalla, Women's Program Manager Asian Community and Culturally Center

khamisa@lincolnasiancenter.org
Khamisa speaks Arabic and is a Community Breastfeeding Educator

Malone Center Maternal Wellness Program

402-474-1110
Programs focused on decreasing Black infant and maternal mortality and morbidity rates

Bluestem Health

1021 North 27th Street | 402-476-1455
Health services for Spanish speaking individuals and families

Online Support

Postpartum Support International

800-944-4773
#1 En Español or #2 English
Text "Help" to 800-944-4773 (EN)
Text en Español to 971-203-7773
www.postpartum.net

Postpartum Progress

www.postpartumprogress.com

National Maternal Mental Health Hotline

1-833-TLC-MAMA (1-833-852-6262)

Family Social and Food Support Services

Lincoln Lancaster Health Department

Programs: Women, Infant, and Children (WIC), Family Connects Home Visitation, & Healthy Families America
3140 N Street | 402-441-6200

Family Service Lincoln

501 South 7th Street | 402-441-7949
Monday - Friday 8:00am - 4:30pm
Supplemental food (WIC and CCFP), mental health, and housing support programs

Food Bank of Lincoln

Find locations - www.lincolnfoodbank.org
Immediate assistance call 402-466-8170

Cedars Family Support

6601 Pioneers Boulevard, Lincoln
402.434.5437 | For families in need of resources, support, and education

Doulas of Lincoln

Birth and postpartum family support
www.doulasoflincoln.org



10818 Elm Street
Omaha, NE 68144
(P) 402.502.0617
(F) 402.502.4676



@MilkWorks

5930 S. 58th Street
Lincoln, NE 68516
(P) 402.423.6402
(F) 402.423.6422



@milkworks_