

# Lincoln Postpartum Support Resource List (as of 4.2.2019)

MilkWorks understands 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 routinely screen mothers using the Edinburgh Postnatal Depression Scale (EPDS). If you score high, we strongly encourage you to seek support and/or treatment.

**We recommend that you see your Primary Care Provider, Obstetrician, or Nurse-Midwife to seek treatment and to rule out any possible medical causes for depression, including a low thyroid level or a vitamin deficiency.**

While there are numerous therapists, counselors, and support groups in our community, the following resources have been recommended to us:

## Counselor & Therapists\*

- **Jamie Heng, MS, LMHP, CDGC, PLADC.** 2320 South 48<sup>th</sup> Street, Suite 100. 402-413-6247.  
Jamie accepts all Medicaid and most major private insurance plans. When calling, request an appointment with Jamie. Appointments are usually available within one week.
- **Karen Marker, MA, LIMHP.** 1620 South 70<sup>th</sup> Suite 105. 402-413-9583.  
Karen accepts all Medicaid and most private insurance plans, and offers a sliding scale for private pay. You may call or text, or email [karen@intobalance.us](mailto:karen@intobalance.us) to schedule. Appointments are usually available within one week.
- **Shelley Freeman, PhD, LMHP.** 7441 O Street, Suite 402; 402.430.3555.  
Dr. Freeman does not accept Medicaid or United Health Care (she accepts affiliates like UMR, but not UHC). Call and leave a message, or text. Include type of insurance and if you are available during the day. Appointments are usually available within a week, or sooner.
- **Allyson Northrup, MS, LMFT, LIMHP.** 2900 South 70<sup>th</sup> Street, Suite 160. 402-432-5881.  
Allyson accepts most private insurance plans, as well as UHCCP and Total Care Medicaid. She does not accept Wellcare Medicaid or Tricare. She has a sliding scale for private pay. Allyson is in the office several days a week and appointments are usually available within one week.
- **Breanna Kaup, MA, LMHP, CPC.** 8101 O Street, Suite 300. 402-261-3714.  
Breanna accepts most private insurance plans. She does not accept Medicaid or Tricare. She offers a discount for private pay. Appointments are usually available within one week.
- **Jennifer Brown, PMSW, PLMHP.** 8101 O Street, Suite 300. 531-333-3759.  
Jen accepts BC/BS and UHC out of network, and has applied to be a provider for Medicaid plans. She offers a discount for private pay. Jen has day and evening hours and is usually able to schedule an appointment within days or one week.
- **Family Medicine - Behavioral Clinic.** 4500 Valley Road, Suite 200. 402-483-4571.  
Mom or baby do NOT have to be a client at LFMC. Services are provided by Karla Wiedel, MA, LMHP, LADC. They accept all Medicaid and most private insurance plans, and they offer a sliding scale for private pay. To schedule an appointment, call and ask to speak with Deb Campbell. Appointments are usually available within 1 to 2 weeks.
- **Health 360 – Behavioral Health.** 2301 O Street. 402-506-9303 or 402-506-9281.  
Mom or baby must be a patient at People’s Health Center or Health 360. Brenda Meredith usually does the consultations; she works closely with Heather Nielson, APRN-PMHNP, a psychiatric nurse practitioner, for medications. (MilkWorks may text Karina at 402-318-4612 to help facilitate an appointment. Let her know that the mom is a MilkWorks client.)

\*Please see Culturally Diverse Postpartum Support for additional counseling services.

### Nurse Practitioners who specialize in Women's Mental Health

- **Gena Foster, MSN, APRN, FNP-BC.** 4701 Bancroft Avenue. 402-730-9819.  
Gena does not accept Medicaid, UHC or TriCare. You may text or leave a phone message. (MilkWorks may also text Gena directly to help facilitate an appointment.)
- **Jill Brandl, PMHNP-BC, APHN-BC.** 2221 South 17th Street, Suite 202. 402-483-8555.  
Jill accepts all Medicaid and private insurance plans. Please let Jill's office know that you have been referred by MilkWorks.

### Hospital Based Emergency Mental Health - *If a mother is in need of emergency assistance to protect herself or her baby.*

- **Bryan Health West Campus.** 2300 South 16<sup>th</sup> Street. 24 hours a day.
- **Suicide Hotline:** 1.800.273.TALK

### Mother's Breastfeeding Support Groups – *siblings are welcome to attend!*

- **MilkWorks:** 5930 So. 58<sup>th</sup> Street. 402-423-6402. Every Tuesday and Wednesday from 9:30 -11:00 am. No cost to attend. No registration is required. Siblings are welcome.
- **La Leche League of Lincoln:** Free mother to mother breastfeeding support located at different sites around Lincoln. For dates and locations visit <http://www.llofne.org/lincoln.html>

### Culturally Diverse Postpartum Support

- **Khamisa Abdalla, Women's Program Manager, Asian Community and Cultural Center.**  
[khamisa@lincolnasiancenter.org](mailto:khamisa@lincolnasiancenter.org). Khamisa speaks Arabic and is a culturally diverse Community Breastfeeding Educator.
- **Counseling Services for Spanish speaking mothers:**
  - **Bluestem Health.** 1021 No 27<sup>th</sup> St. 402-476-1455.
  - **Assel Saparova, Presence Psychotherapy.** 5561 So 48<sup>th</sup> St, Suite 215J. (402) 430-6209.
  - **UNL Clinic.** 35<sup>th</sup> St and East Campus Loop. (402) 472-5035.

### On Line Support

- **Postpartum Support International (PSI):** [www.postpartum.net/locations/nebraska](http://www.postpartum.net/locations/nebraska)
- **Nebraska Website for Moms:** Telephone: 800.862.1889 [www.dhhs.ne.gov](http://www.dhhs.ne.gov)
- **Postpartum Progress:** [www.postpartumprogress.com](http://www.postpartumprogress.com)

### Mother and Baby Food and Social Support Services

- **Women Infant and Children Food Supplement (WIC)**
  - Lincoln Lancaster County Health Department, 3140 N Street, 402-441-6200.
  - Family Service, 501 South 7<sup>th</sup> Street, 402-441-7949.
- **Food Bank of Lincoln:** Visit [lincolnfoodbank.org](http://lincolnfoodbank.org) and click on Get Help for a list of Pantries and Kitchens. For immediate assistance, call 402 466-8170 Monday – Friday 8:00 am-4:30 pm.
- **Foodnet:** Visit [foodnet.org](http://foodnet.org) for list of distribution sites (primarily in churches).
- **Cedars Family Support:** Includes a variety of free, voluntary home visitation programs, including Healthy Families America. Text Raegan Brown at 402.617.8897.

### Exercise, Yoga & Massage

- **FitMom at Bryan LifePointe:** Punch card for 6 weeks of classes (cost \$45), day care on site for babies 6 weeks+ (\$5/child/hour), [bryanlifepointe.com](http://bryanlifepointe.com), 402-481-6300; must call to pre-register.
- **Lincoln Yoga Center:** 2127 Winthrop Road, [lincolnyogacenter.com](http://lincolnyogacenter.com), 1<sup>st</sup> class is free. \$49/month unlimited classes (let them know MilkWorks referred you).
- **Massage with Maggie Bertsch:** 4630 Antelope Creek Road, 402.770.5840.