

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 - Jamie Heng, MS, LMHP, CDGC, PLADC	7115 Kentwell Lane #103, Lincoln, NE 402-413-8658 Accepts BCBS and Medicaid
Riverbanks Counseling - Sara Campbell, MA, PLMHP, NCC	610 J Street #300, Lincoln, NE 402-413-6247 Accepts most private insurance plans 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

“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

Melanin Mommas Breastfeeding Support

First United Methodist Church, 2723 N. 50th Street, Lincoln, NE | 402.474.1110
www.malonecenter.org/breastfeeding

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

402.474.4110
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



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_

24/7 Emergency Assistance

To protect a parent and their baby.

Bryan Health - West Campus
2300 South 16th Street

National Suicide Hotline
Dial 988

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

Nebraska Website for Moms 800-862-1889 | www.dhhs.ne.gov

National Maternal Mental Health Hotline 1-833-TLC-MAMA (1-833-852-6262)

Family Social and Food Support Services

Women Infant and Children Food (WIC) Lincoln Lancaster County Health Department 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

Foodnet List of food distribution sites | www.foodnet.org

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