

## Omaha 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

<b>Butterfly Kisses Family Support Services, LLC - Kristen Sanchez, LMHP, CPC, IBCLC</b>	535 Fortune Drive, Suite 150, Papillion   402-577-0773 Accepts most private insurance plans* (no UHC), Tricare, and self pay
<b>Focus Therapy: Treatment - Sharon Heckathorn, LIMHP, IADC</b>	3520 North 163rd Plaza, Suite 6, Omaha   402-513-4416 Accepts Blue Cross Blue Shield and United Health Care
<b>Great Plains Mental Health Associates - Michelle Christo, APRN-NP, PMHNP-BC</b>	4610 South 133rd Street, Suite 109, Omaha   402-614-0010 Accepts most private insurance plans and self pay
<b>Healthy Self Omaha - Laura Stoner, MS, LMHP</b>	11717 Burt Street, Suite 101, Omaha   402-206-2232 Accepts most private insurance plans; maintains a referral list for Medicaid patients; offers a discounted self pay option for uninsured patients directly referred from MilkWorks
<b>Kay Arispe Psychotherapy, LLC</b>	Telehealth only   402-577-0831   kay.arispe@outlook.com Accepts most private insurance plans, Nebraska Medicaid, and Medicare
<b>Nebraska Medicine Behavioral Health and Psychiatry - Multiple providers</b>	Multiple locations in and surrounding Omaha   402-552-6007 Accepts most private insurance plans and Medicaid

“

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

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### 24/7 Emergency Assistance

*To protect a parent and their baby.*

#### **Immanuel Hospital - CHI Health**

402-717-HOPE (4673)

Phone triage, counselors, outpatient, inpatient, and immediate care clinics

6901 North 72nd Street, Omaha

[www.chihealth.org](http://www.chihealth.org)

**National Suicide Hotline • Dial 988**

## Breastfeeding Support Groups

### **MilkWorks Mom Talk** *(in person)*

10818 Elm Street, Omaha  
402-502-0617  
[www.milkworks.org/calendar](http://www.milkworks.org/calendar)

### **La Leche League of Omaha**

Peer to peer support  
[www.llofne.org](http://www.llofne.org)

### **Lean In at the Olsen Center**

4400 Emile Street, Omaha  
402-559-5352  
[www.nebraskamed.com/patients/support-groups/pregnancy-and-postpartum-support-group](http://www.nebraskamed.com/patients/support-groups/pregnancy-and-postpartum-support-group)

## Culturally Diverse Postpartum Support

### **Baby Cafe - Breastfeeding Group**

One World Community Health Center  
4920 South 30th Street, Omaha  
402-734-2028 | [oneworldomaha.org](http://oneworldomaha.org)  
Health services focused on Spanish speaking individuals and families.

### **Malone Center Maternal Wellness Program**

5425 North 103rd Street, Suite 5, Omaha  
[www.malonecenter.org](http://www.malonecenter.org)  
Programs focused on decreasing Black infant and maternal mortality and morbidity rates

### **Charles Drew Health Center**

1021 North 27th Street, Omaha | 402-476-1455  
Comprehensive health care to underserved communities. Provides services in more than 15 languages

### **I Be Black Girl**

2306 North 24th, Omaha | [ibeblackgirl.com](http://ibeblackgirl.com)  
Reproductive justice organization that leads with boldness, innovation and inspiration, actively creating a radical change-making culture that centers Black women, femmes and girls.



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

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

## 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](http://www.postpartum.net)

### **Postpartum Progress**

[www.postpartumprogress.com](http://www.postpartumprogress.com)

### **Nebraska Website for Moms**

800-862-1889  
[www.dhhs.ne.gov](http://www.dhhs.ne.gov)

### **National Maternal Mental Health Hotline**

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

## Family Social and Food Support Services

### **Nebraska Family Helpline**

Parenting support and counseling  
1-888-866-8660

### **Food Bank of the Heartland**

Food Pantry  
402-331-1213 | [www.foodbankheartland.org](http://www.foodbankheartland.org)

### **DHHS Access Nebraska**

Federal Financial Assistance Programs  
SNAP, CHIP, TANF, Unemployment,  
402-471-3121 | [www.dhhs.ne.gov](http://www.dhhs.ne.gov)

### **Women, Infants, and Children (WIC)**

Supplemental food program  
402-444-1770 | Multiple locations  
[www.douglascountyhealth.com/87-wic/571-wic-clinics-2](http://www.douglascountyhealth.com/87-wic/571-wic-clinics-2)

### **Women's Center for Advancement (WCA)**

Assists victims of domestic violence  
24 hour hotline - 402-345-7273  
[www.wcaomaha.org](http://www.wcaomaha.org)