

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:

Lincoln Postpartum Resource List



Therapists & Counselors

in alphabetical order

Better Place Counseling, LLC – Carey Kalkwarf, LICSW

830 L Street #100, Lincoln • 402-413-5450 • Accepts most private insurance plans and Medicaid

Catalyst Behavioral Health – Megan Basnett, Psy. D.

5539 S 27th. Street, Lincoln • 402-261-8313 • Accepts most private insurance plans* as well as Medicaid and Medicare (*no UHC)

Genesis Psychiatric Group – Michelle Lemon, APRN, NP

2130 S. 17th Street Suite 100, Lincoln and 2000 P Street, Lincoln • 402-454-7454
Accepts all major insurance providers

Health 360

2301 O Street, Lincoln • 402-506-9303 or 402-506-9281. • Accepts most private insurance plans, Medicaid, offers a sliding scale for private pay, and has walk in options Mondays 1-3pm and Tuesdays/Wednesdays 8-11am

Jennifer Brown, PMSW, PLMHP

1919 South 40th Street, Lincoln, NE • 531-333-3759

In network with most major private insurance plans & Medicaid (evening appointments)

Kay Arispe Psychotherapy, LLC

Telehealth only • 402-577-0831 • kay.arispe@outlook.com • Accepts most private insurance plans, Nebraska Medicaid, and Medicare

New Outlook Counseling

610 J Street #300, Lincoln, NE

- **Jamie Heng, MS, LMHP, CDGC, PLADC**

402-413-6247 • Accepts most private insurance plans and Medicaid

- **Sara Campbell, MA, PLMHP, NCC**

402-413-8658 • Accepts BCBS and Medicaid

Serenity Therapy & Wellness – Karen Marker, MA, LIMHP, Schyler Lindekugel-Sullivan, LCSW and Assel Saporova, LIMHP*

1650 S 70th Street, #100, Lincoln • 402-413-9583

Accepts all major private insurance plans and Medicaid
(*Assel speaks Spanish)

Stepping Stones

4600 Valley Road, Lincoln, NE • 402-483-4571

Accepts most private insurance plans, Medicaid, and offers a sliding scale for private pay

24/7 Emergency Assistance

To protect a parent and their baby.

Bryan Health – West Campus

2300 South 16th Street

National Suicide Hotline

Dial 988

{ Breastfeeding Support Groups }

MilkWorks Mom Talk (in person)

5930 South 58th Street, Lincoln
02-423-6402
www.milkworks.org/calendar

La Leche League of Lincoln

Peer to peer support • www.llofne.org

Melanin Mommas Breastfeeding Support

2032 U Street, Lincoln • 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

2032 U Street • 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



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



@MilkWorks

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



@milkworks_



*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.*



{ Online Support }

MilkWorks Mom Talk Group (virtual)

402-502-0617
www.milkworks.org/calendar

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

{ 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