

Postpartum Support Resource List

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 treatment.



We suggest that you see your Primary Health Care Provider, Obstetrician, or Nurse-Midwife to rule out any possible medical causes for depression, including a low thyroid level, or low levels of vitamin D or B. While there are a number of therapists, counselors, and support groups, the following community resources have been recommended to us:

Support Groups

Milkworks O Mom Talk

Breastfeeding & General Support
10818 Elm St. (Rockbrook Village)
www.milkworks.org

ICAN Support Group

Support for mothers after cesarean
www.facebook.com/ICANofOmaha/

Le-Leche League

Breastfeeding support
www.llofne.org

Postpartum Support International (PSI)

www.postpartum.net/locations/nebraska

Lean In @ The Olsen Center

Family support group (partners welcome)
Call 402 559-5352 for more information.

Physicians • Counselors • Therapist

Nebraska Medicine Behavioral Health and Psychiatry

Dr. Sharon Hammer & Leigh Cook, APRN-NP
Nebraska Medicine Clinic 402-552-6007
4239 Farnam Street, Omaha {5th floor, Poynter Hall}
Accepts all major private insurance & Medicaid
Expected wait time: 4-6 weeks

Focus Therapy: Treatment Focus Postpartum Depression, Anxiety Disorders

Sharon Heckathorn, Therapist LIMHO, IADC
3520 N.163rd Plaza Suite 6, Omaha • 402-513-4416
Accepts Blue Cross Blue Shield & United Health Care
Expected wait time: within 48 hours

Butterfly Kisses Family Support Services, LLC

Kristen Treat, LMHP, CPC, IBCLC
535 Fortune Drive, Suite 150, Papillion • 402.577.0773
Accepts most private insurance plans and Tricare
Expected wait time: few days to 1 week

Underwood Counseling Services

Ashley Burke, MA, LMHP
4917 Underwood Ave Omaha • 402-915-2483
Accepts most private insurance plans
Expected wait time: 1-2 weeks with mention direct MilkWorks referral

Great Plains Mental Health Associates

Michelle Christo, APRN-NP, MSN, PMHNP-BC
4610 S 133rd Street, Suite 109, Omaha • 402.614.0010
Accepts most private insurance plans + cash pay option
Expected wait time: within 2 weeks

Laura Stoner Therapy, LLC

Laura Stoner, MS, LMHP, LPC, LADC, NCC
10840 Old Mill Rd., Suite 300, Omaha, NE 68154
402.509.8199
Accepts most private insurance plans and has a referral list for Medicaid patients; discounted self pay option for uninsured mothers directly referred from MilkWorks
Expected wait time: a few days – 1 week

Emergency Assistance

*If a mother is in need of emergency assistance
to protect herself and her baby*

Suicide Hotline 1.800.273.TALK

Immanuel Hospital-CHI Health

Information and Referral Line

402-717-HOPE

(Phone triage, counselors, outpatient,
inpatient, Immediate Care clinics)

www.chihealth.com



Wellness Groups

Studio Bliss Yoga

427 East Kaneshville Ave., Suite 100
Council Bluffs, Iowa 51503
(712) 256-5937

ZEN therapeutic massage - Carly Lyons

402.699.0694 • clyonslmt2014@gmail.com
By Appointment Only – prefer text
(Mainly work Wed-Fri)

FIT4MOM Omaha Southwest

omahasouth.fit4mom.com
Pre- and post-natal fitness classes for every
stage of motherhood.

YMCA of Greater Omaha

metroymca.org
10 locations in the Omaha metro area

One Tree Yoga Omaha

info@onetreeyoga.com
East Studio • (402) 551-5020
5020 Dodge Street, Omaha, NE 68132
West Studio • (402) 333-2420
14606 West Center Road, Omaha, NE 68130

Other

Women, Infants, and Children {WIC}

Food Assistance Program
402.444.1770
www.douglascountyhealth.com/WIC

DHHS Access Nebraska

Federal Assistance Programs
SNAP, Medicaid, Childcare Assistance, ADC
(402) 471-3121
www.dhhs.ne.gov

Nebraska Family Helpline

Parenting Support & Counseling
1-888-866-8660

Food Bank for the Heartland

Food Assistance
402.331.1213
www.foodbankheartland.org

Women's Center for Advancement {WCA}

Assists victims of domestic violence
24 hour hotline (402) 345-7273
www.wcaomaha.org