

## 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

<b>Better Place Counseling, LLC</b> <b>Carey Kalkwarf, LICSW</b>	7115 Kentwell Lane #104, Lincoln, NE   402-413-5450 Accepts most private insurance plans, Medicare, and Medicaid
<b>Health 360</b>	2301 O Street, Lincoln, NE   402-476-1455 Accepts most private insurance plans, Medicaid, and offers a sliding scale for private pay
<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>Lincoln Wellness Group</b> <b>Jennifer Brown, PMSW, PLMHP</b> <b>Ashlee Reed, LIMHP, LMHP, CPC, PMH-C</b>	1919 South 40th Street, Lincoln, NE   531-333-3759 Accepts most major private insurance plans & Medicaid (evening appointments)
<b>Megan Basnett, Psy. D.</b>	7115 Kentwell Lane #1, Lincoln, NE   402-413-5663 Accepts most private insurance plans*, Medicaid, and Medicare (*no UHC)
<b>New Outlook Counseling - Jamie Heng, MS, LMHP, CDGC, PLADC</b>	610 J Street #300, Lincoln, NE   402-413-6247 Accepts most private insurance plans and Medicaid
<b>Riverbanks Counseling - Sara Campbell, MA, PLMHP, NCC</b>	7115 Kentwell Lane #103, Lincoln, NE   402-413-8658 Accepts BCBS and Medicaid
<b>Stepping Stones</b>	4600 Valley Road, Lincoln, NE   402-483-4571 Accepts most private insurance plans, Medicaid, and offers a sliding scale for private pay
<b>Wholehearted Healthcare</b> <b>Gena Foster, APRN</b>	4701 Bancroft Avenue, Lincoln, NE   402-739-9819 Email wholeheartedhealthcare@gmail.com to set up an appointment

“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](http://www.milkworks.org/calendar)

### **La Leche League of Lincoln**

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

### **Melanin Mommas Breastfeeding Support**

First United Methodist Church, 2723 N. 50th Street, Lincoln, NE | 402.474.1110  
[www.malonecenter.org/breastfeeding](http://www.malonecenter.org/breastfeeding)

## Culturally Diverse Postpartum Support

### **Khamisa Abdalla, Women's Program Manager Asian Community and Culturally Center**

[khamisa@lincolnasiancenter.org](mailto: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](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

### **Lincoln Lancaster Health Department**

Programs: Women, Infant, and Children (WIC),  
Family Connects Home Visitation, & Healthy Families America  
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](http://www.lincolnfoodbank.org)  
Immediate assistance call 402-466-8170

### **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](http://www.doulasoflincoln.org)