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**
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)

**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 Sapaurova, 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

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24/7 Emergency Assistance
To protect a parent and their baby.

Bryan Health – West Campus •• 2300 South 16th Street
National Suicide Hotline •• Dial 988
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.