

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:

## Omaha Postpartum Resource List

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### Therapists & Counselors in alphabetical order

**Butterfly Kisses Family Support Services, LLC – Kristen Sanchez, LMHP, CPC, IBCLC**  
535 Fortune Drive, Suite 150, Papillion • 402-577-0773 • Accepts most private insurance plans\* (no UHC), Tricare, and self pay

**Focus Therapy: Treatment – Sharon Heckathorn, LIMHP, IADC**  
3520 North 163rd Plaza, Suite 6, Omaha • 402-513-4416  
Accepts Blue Cross Blue Shield and United Health Care

**Great Plains Mental Health Associates – Michelle Christo, APRN-NP, PMHNP-BC**  
4610 South 133rd Street, Suite 109, Omaha • 402-614-0010  
Accepts most private insurance plans and self pay

**Healthy Self Omaha – Laura Stoner, MS, LMHP**  
2301 O Street, Lincoln 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

**Kay Arispe Psychotherapy, LLC – Kay Arispe, LIMHP, CMSW, LISW**  
Telehealth only • 402-577-0831 • kay.arispe@outlook.com • Accepts most private insurance plans, Nebraska Medicaid, and Medicare

**Nebraska Medicine Behavioral Health and Psychiatry – Multiple providers**  
Multiple locations in and surrounding Omaha • 402-552-6007  
Accepts most private insurance plans and Medicaid

### 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**



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

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

## { 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 • 402-476-1455  
Comprehensive health care to underserved communities. Provides services in more than 15 languages

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*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.*

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@MilkWorks



@milkworks\_

## { Online Support }

**MilkWorks Mom Talk Group** (*virtual*)  
402-502-0617  
[www.milkworks.org/calendar](http://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](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)

## { 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)