

Lincoln Postpartum Support Resource List

Compiled by MilkWorks / updated June 2021

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/or treatment. **We recommend that you see your Primary Care Provider, Obstetrician, or Nurse-Midwife to seek treatment and to rule out any possible medical causes for depression, including a low thyroid level or a vitamin deficiency.**

*While there are numerous therapists, counselors, and support groups in our community, the following resources have been recommended to us:

Counselors & Therapists

- **Jamie Heng, MS, LMHP, CDGC, PLADC.** 610 J Street #300. 402-413-6247. Jamie accepts all Medicaid and most major private insurance plans. Appointments are usually available within 1-2 weeks. Specializing in pregnancy and postpartum anxiety and depression.
- **Karen Marker, MA, LIMHP.** 1620 South 70th Suite 105. 402-413-9583. **Specializes in birth trauma.** Karen accepts all Medicaid and most private insurance plans, and offers a sliding scale for private pay. Appointments are usually available within one week.
- **Shelley Freeman, PhD, LMHP.** 7441 O Street, Suite 402; 402.483.4215. Dr. Freeman does not accept Medicaid or United Health Care (she accepts affiliates like UMR, but not UHC). Call and leave a message, or text. Include type of insurance and if you are available during the day. Appointments are usually available within a week, or sooner.
- **Allyson Northrup, MS, LMFT, LIMHP.** 2900 South 70th Street, Suite 160. 402-260-5188. Allyson accepts most private insurance plans, as well as UHCCP and Total Care Medicaid. She does not accept Medicaid or Tricare. She has a sliding scale for private pay. Allyson is in the office several days a week and appointments are usually available within one week.
- **Jennifer Brown, PMSW, PLMHP.** 8101 O Street, Suite 300. 531-333-3759. She offers a discount for private pay, does not accept Aetna or Tricare. Jen has day and evening hours and is usually able to schedule an appointment within days or one week.
- **Family Medicine - Behavioral Clinic.** 4600 Valley Road, Suite 200. 402-483-4571. Mom or baby do NOT have to be a client at LFMC. They accept all Medicaid and most private insurance plans, and they offer a sliding scale for private pay. To schedule an appointment, call and ask to speak with Deb Campbell. Appointments are usually available within 1 to 2 weeks.
- **Health 360 – Behavioral Health.** 2301 O Street. 402-506-9303 or 402-506-9281. Mom or baby must be a patient at People's Health Center or Health 360. Brenda Meredith usually does the consultations; she works closely with Heather Nielson, APRN-PMHNP, a psychiatric nurse practitioner, for medications. (MilkWorks may text Karina at 402-318-4612 to help facilitate an appointment. Let her know that the mom is a MilkWorks client.

Nurse Practitioners who specialize in Women's Mental Health

- **Gena Foster, MSN, APRN, FNP-BC.** 4701 Bancroft Avenue. 402-730-9819. Gena does not accept Medicaid, UHC or TriCare. You may text or leave a phone message.
- **Megan Basnett, PhD.** Catalyst Behavioral Health, 5539 S 27th. 402-261-8313. Specializes in perinatal mood disorders and pregnancy related issues (i.e. infertility, pregnancy loss, traumatic birth, family building, etc.).
- **Michelle Lemon, MSN, APRN-NP** Genesis Psychiatric group. 402-454-7454

Hospital Based Emergency Mental Health - *If a mother is in need of emergency assistance to protect herself or her baby.*

- **Bryan Health West Campus.** 2300 South 16th Street. 24 hours a day.
- **Suicide Hotline:** 800-273-TALK

Mother's Breastfeeding Support Groups

- **MilkWorks:** 5930 So. 58th Street. 402-423-6402. Every Tuesday and Wednesday from 9:30 -11:00 am. No cost to attend. No registration is required. Siblings are welcome.
- **La Leche League of Lincoln:** Free mother to mother breastfeeding support located at different sites around Lincoln. For dates and locations visit <http://www.llofne.org/lincoln.html>
- **Malone Center** 2032 U Street. Melanin Mommas breastfeeding support program. www.malonecenter.org

Culturally Diverse Postpartum Support

- **Khamisa Abdalla, Women's Program Manager, Asian Community and Cultural Center.** khamisa@lincolnasiancenter.org. Khamisa speaks Arabic and is a Culturally Diverse Community Breastfeeding Educator.
- **Malone Center,** maternal wellness program and post partum doula program. www.malonecenter.org
- **Counseling Services for Spanish speaking mothers:**
 - **Bluestem Health.** 1021 No 27th St. 402-476-1455.
 - **Assel Saparova, Presence Psychotherapy.** 5561 So 48th St, Suite 215J. 402-430-6209.
 - **UNL Clinic.** 35th St and East Campus Loop. 402-472-5035.

On Line Support

- **Postpartum Support International (PSI):** Phone: 800-944-4773. www.postpartum.net/locations/nebraska
- **Nebraska Website for Moms:** Phone: 800-862-1889. www.dhhs.ne.gov
- **Postpartum Progress:** www.postpartumprogress.com

Mother and Baby Food and Social Support Services

- **Women Infant and Children Food Supplement (WIC)**
 - Lincoln Lancaster County Health Department, 3140 N Street, 402-441-6200.
 - Family Service, 501 South 7th Street, 402-441-7949.
- **Food Bank of Lincoln:** Visit lincolnfoodbank.org and click on Get Help for a list of Pantries and Kitchens. For immediate assistance, call 402-466-8170, Monday – Friday, 8:00 am-4:30 pm.
- **Foodnet:** Visit foodnet.org for a list of distribution sites (primarily in churches).
- **Cedars Family Support:** Includes a variety of free, voluntary home visitation programs, including Healthy Families America. Text Raegan Brown at 402-617-8897.

Exercise, Yoga & Massage

- **FitMom at Bryan LifePointe:** Punch card for 6 weeks of classes (cost \$45), day care on site for babies 6 weeks+ (\$5/child/hour), bryanlifepointe.com, 402-481-6300, must call to pre-register.
- **Lincoln Yoga Center:** 2127 Winthrop Road, lincolnyogacenter.com, 1st class is free. \$49/month unlimited classes (let them know MilkWorks referred you)
- **5 Elements Massage and spa:** 6201 S 58th Ste A 402-617-7992. www.5elementsne.com. Prenatal and postnatal massage
- **Maggie Bertsche,** NCETMB Licensed Massage Therapist. Prenatal and Postpartum massage, available at her 1834 Ryons location by appointment only. 60, 75 and 90 minute options, 65-95\$ 402-770-5840.