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:

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**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, IABC
3520 N.163rd Plaza Suite 6, Omaha NE 402-513-4416
Accepts Blue Cross Blue Shield
Expected wait time: within 48 hours

**Butterfly Kisses Family Support Services, LLC**
Kristen Treat, LMHP, CPC, IBCLC
535 Fortune Drive, Suite 150, Papillion NE 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, NE 68132 402-915-2483
Accepts most private insurance plans
Returns from mat leave early May
Expected wait time: 1-2 weeks with mention
direct MilkWorks referral

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**Postpartum Support International (PSI)**
www.postpartum.net(locations/Nebraska)

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**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

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**Postpartum In Person Support Group**
General Support
Email omahabutterfly@gmail.com for details

**ICAN Support Group**
Support for mothers after cesarean
www.facebook.com/ICANofOmaha/

**Le-Leche League**
Breastfeeding support
www.lllofne.org

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**Milkworks O Mom Talk**
Breastfeeding & General Support
10818 Elm St. (Rockbrook Village)
www.milkworks.org

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**Support Groups**

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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

**Mommy Fitness**
www.mommyfitnessomaha.com
2527 S 140th Ave Omaha NE
402-657-4577

**Well Mama**
www.wellmamastudio.com
11043 Prairie Brook Rd, Omaha, NE 68144
(402) 614-3440

**Studio Bliss Yoga**
427 East Kanesville Ave., Suite 100
Council Bluffs, Iowa 51503
(712) 256-5937

**Private & Group Restorative Yoga**
Tuesdays, Wednesdays, & Thursdays
9:30 a.m.-1 p.m.
Taking appointments now:
email taron@thetaomaha.com

**ZEN therapeutic massage - Carly Lyons**
402.699.0694
clyonslmt2014@gmail.com
By Appointment Only – prefer text
(Mainly work Wed-Fri)

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

Creating a healthier community by helping mothers breastfeed their babies

5930 South 59th Street, Lincoln 402.423.6402 | 10818 Elm Street, Omaha 402.502.0617
Information updated as of Jan 2019