

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:



Physicians • Counselors • Therapist

Support Groups

Milkworks O Mom Talk

Breastfeeding & General Support
10818 Elm St. (Rockbrook Village)
www.milkworks.org

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.llofne.org

Postpartum Support International (PSI)

www.postpartum.net/locations/nebraska

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

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

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



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

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 Kaneshville 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)