

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:

## Lincoln Postpartum Resource List



### 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 Saporova, 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

### 24/7 Emergency Assistance

*To protect a parent and their baby.*

Bryan Health – West Campus • 2300 South 16th Street

National Suicide Hotline • Dial 988

## { Breastfeeding Support Groups }

### **MilkWorks Mom Talk (in person)**

5930 South 58th Street, Lincoln  
02-423-6402  
[www.milkworks.org/calendar](http://www.milkworks.org/calendar)

### **La Leche League of Lincoln**

Peer to peer support • [www.llofne.org](http://www.llofne.org)

### **Melanin Mommas Breastfeeding Support**

2032 U Street, Lincoln • 402.474.1110  
[www.malonecenter.org/breastfeeding](http://www.malonecenter.org/breastfeeding)

## { Culturally Diverse Postpartum Support }

### **Khamisa Abdalla, Women's Program Manager**

#### **Asian Community and Culturally Center**

[khamisa@lincolnasiancenter.org](mailto:khamisa@lincolnasiancenter.org)  
Khamisa speaks Arabic and is a Community  
Breastfeeding Educator

### **Malone Center Maternal Wellness Program**

2032 U Street • 402.474.1110  
Programs focused on decreasing Black infant  
and maternal mortality and morbidity rates

### **Bluestem Health**

1021 North 27th Street • 402-476-1455  
Health services for Spanish speaking  
individuals and families



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



@MilkWorks

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



@milkworks\_



*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.*



## { 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 }

### **Women Infant and Children Food (WIC)**

Lincoln Lancaster County Health Department  
3140 N Street • 402-441-6200

### **Family Service Lincoln**

501 South 7th Street • 402-441-7949  
Monday - Friday 8:00am - 4:30pm  
Supplemental food (WIC and CCFP), mental  
health, and housing support programs

### **Food Bank of Lincoln**

Find locations - [www.lincolnfoodbank.org](http://www.lincolnfoodbank.org)  
Immediate assistance call 402-466-8170

### **Foodnet**

List of food distribution sites • [www.foodnet.org](http://www.foodnet.org)

### **Cedars Family Support**

6601 Pioneers Boulevard, Lincoln  
402.434.5437 • For families in need of  
resources, support, and education

### **Doulas of Lincoln**

Birth and postpartum family support  
[www.doulasoflincoln.org](http://www.doulasoflincoln.org)