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

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

Le-Leche League
Breastfeeding support
www.lllofne.org

Postpartum Support International (PSI)
800 944 4773
www.postpartum.net/locations/nebraska

Lean In @ The Olsen Center
Family support group (partners welcome)
Call 402 559-5352 for more information.

Great Plains Mental Health Associates
Michelle Christo, APRN-NP, MSN, PMHNP-BC
4610 S 133rd Street, Suite 109, Omaha • 402.614.0010
Accepts most private insurance plans + cash pay option
Expected wait time: within 2 weeks

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, IADC
3520 N.163rd Plaza Suite 6, Omaha • 402-513-4416
Accepts Blue Cross Blue Shield & United Health Care
Expected wait time: within 48 hours

Butterfly Kisses Family Support Services, LLC
Kristen Treat, LMHP, CPC, IBCLC
535 Fortune Drive, Suite 150, Papillion • 402.577.0773
Accepts most private insurance plans and Tricare
Expected wait time: few days to 1 week

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

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 Oct 2020
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

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

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

**FIT4MOM Omaha Southwest**
omahasouth.fit4mom.com
Pre- and post-natal fitness classes for every stage of motherhood.

**YMCA of Greater Omaha**
metroymca.org
10 locations in the Omaha metro area

**One Tree Yoga Omaha**
info@onetreeyoga.com
East Studio • (402) 551-5020
5020 Dodge Street, Omaha, NE 68132
West Studio • (402) 333-2420
14606 West Center Road, Omaha, NE 68130

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

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