



Resource Guide for Parents & Students

Resource	Contact Information	Service Description
Safe2HelpNE	<ul style="list-style-type: none"> • safe2helpne.org • 531-299-7233 • App available – Google Play & Apple Store • Available 24/7 	24/7 – Trained crisis counselors to assist Douglas County students, parents and community members with school safety related concerns. Your information can be submitted anonymously to a crisis center. The information is triaged by trained crisis counselors and can be shared with school officials or law enforcement to address school safety related concerns. The information can be related to harmful, dangerous or violent activity that is directed at schools, students, or staff members or even the threat of these activities.
Your Life Your Voice	<ul style="list-style-type: none"> • Yourlifeyourvoice.org • Boys Town National Hotline 800-448-3000 • Text “Voice” to 20121 12p-12a • “My Life My Voice” mood app 	24/7 – A struggling youth does not have to face their problem alone. Trained Crisis Counselors available to assist young people with various issues and emotions this can include abuse, anger, anxiety feeling of depression, relationship issues, stress, thoughts of suicide and self-harm, and any other issue they may be struggling with.
Nebraska Family Helpline	<ul style="list-style-type: none"> • 888-866-8660 	24/7 - Trained Helpline operators help families by assessing immediate safety needs, identifying the potential level of a behavioral health crisis, making recommendations or referrals to appropriate resources, and helping callers connect to emergency resources. They also connect eligible families to the Family Navigator Service to help them move through Nebraska's child- and family-care system more efficiently.
211 Helpline	<ul style="list-style-type: none"> • https://www.unitedwaymidlands.org/ • 211 or 402-444-666 • Text: Your zip code to 898211 	24/7 - Rent & Utility Assistance, other base needs
Nebraska DHHS COVID-19 Information Line	<ul style="list-style-type: none"> • 402-552-6645 (8am-8pm, 7 days a week) • http://dhhs.ne.gov/pages/Coronavirus.aspx 	Covid-19 Hotline and website with - Nebraska Health measures, case information, State Overview, Traveler Recommendations, Protection & CDC Information, Take Action Tools & Resources
Nebraska Total Care website	<ul style="list-style-type: none"> • https://nebraskatotalcare.auntbertha.com/ 	Search by Zip Code for free or reduced cost services like medical care, food, job training, and more.
Food Bank for the Heartland	<ul style="list-style-type: none"> • 855-444-5556 • https://foodbankheartland.org/covid-19/ 	For Nebraska food locations & safety protocol
Disaster Distress Hotline	<ul style="list-style-type: none"> • 800-985-5990 • Text ‘TalkWithUs’ to 66746 	24/7 - Trained crisis counselors offer help and support for any distress that you or someone you care about may be feeling related to any disaster.
Unemployment	<ul style="list-style-type: none"> • https://dol.nebraska.gov/UIBenefits 	Department of Labor
Transportation	<ul style="list-style-type: none"> • http://www.ometro.com/index.php/alert/covid-19/ 	Covid-19 Updates related to bus and MOBY services
Legal	<ul style="list-style-type: none"> • 844-268-5627 • https://lawhelpne.legalaidofnebraska.org/ 	Disaster Relief Hotline is available to Nebraskans affected by COVID-19 and in need of legal assistance. When connected to the hotline voicemail, callers should leave their name, phone number, brief details of the assistance needed and in which county they are located.