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FREE HELP NEAR YOU

Central Nebraska · Grand Island, Kearney, Hastings & Lexington

Grand Island · Kearney · Hastings · Lexington · Cozad · Holdrege · Aurora · Central City · St. Paul · Broken Bow · Loup City · Minden

Not sure where to go?
Tell us what's going on and where you are. We'll point you to the right place.

REAP AMERICA · 24 HOURS
1-877-341-REAP
(1-877-341-7327) · Text: 775-235-8765

911 Police · Fire · Ambulance

988 Mental health crisis call or text

211 Nebraska 211 · dial 2-1-1

Food, Bills & Emergencies

Central Nebraska Community Action
Grand Island
308-385-5500

Community Action Partnership of Mid-Nebraska
Kearney
308-865-5675

Community Action Partnership of Mid-Nebraska
Hastings
402-463-7679

Nebraska Energy Assistance (LIHEAP)
Statewide · ACCESSNebraska
1-800-383-4278

Safety From Abuse (24 hours)

Willow Rising
Grand Island · 24 hours
1-866-995-4422

S.A.F.E. Center
Kearney · 24 hours
1-877-237-2513

enCourage Advocacy Center
Hastings · 24 hours
1-877-322-7272

Parent-Child Center
Lexington · 24 hours, en español
1-800-215-3040

Healing Hearts & Families
Broken Bow · 24 hours
1-800-942-4040

Veterans

Grand Island VA Medical Center
VA health care
308-382-3660

Holdrege VA Clinic
VA health care
308-995-3760

Health Care

Heartland Health Center
Grand Island · sliding fee
308-382-4297

Shelter

Hope Harbor
Grand Island · individuals & families
308-385-5190

Crossroads Center Rescue Mission
Hastings
402-462-6460

POLICE, FIRE & GAS · Emergency? Call 911 · Smell gas? Get out first, then call

Nebraska State Patrol – Troop C (Grand Island)
308-385-6000

NATIONAL HOTLINES · FREE · 24/7

Poison Help
1-800-222-1222

Crisis Text Line
Text HOME to 741741

Child Abuse Hotline (Childhelp)
1-800-422-4453 · call or text

Runaway & Homeless Youth (Safeline)
1-800-786-2929

Suicide & Crisis Lifeline
Call or text 988

Domestic Violence Hotline
1-800-799-7233 · Text START to 88788

Drug & Alcohol Help (SAMHSA)
1-800-662-4357

Veterans Crisis Line
Dial 988, press 1 · Text 838255

Sexual Assault Hotline (RAINN)
1-800-656-4673

Human Trafficking Hotline
1-888-373-7888 · Text 233733