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FREE HELP NEAR YOU

Lincoln & Southeast Nebraska · Lincoln, Beatrice, York & Nebraska City

Lincoln · Waverly · Hickman · Wahoo · Seward · York · Crete · Beatrice · Fairbury · Nebraska City · Auburn · Falls City

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

ACCESSNebraska – Lincoln
Energy help, SNAP & benefits
402-323-3900

Community Action Partnership of Lancaster & Saunders
Wahoo office
402-277-7330

Blue Valley Community Action
Fairbury · southeast counties
402-643-6425

Safety From Abuse (24 hours)

Voices of Hope
Lincoln · 24 hours
402-475-7273

Friendship Home
Lincoln · shelter
402-437-9302

Hope Crisis Center
Fairbury · 24 hours
1-877-388-4673

Project Response
Auburn · 24 hours
1-800-456-5764

Veterans

Lincoln VA Clinic
VA health care
402-489-3802

Health Care

Bluestem Health
Lincoln · sliding fee, with or without insurance
402-476-1455

Shelter

People's City Mission
Lincoln · men & families
402-475-1303

Living Water Rescue Mission
York
402-362-0127

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

Lincoln / Lancaster County non-emergency
402-441-6000

Nebraska State Patrol – Troop H
402-471-4680

Black Hills Energy · gas leak
1-888-890-5554

NATIONAL HOTLINES · FREE · 24/7

Poison Help
1-800-222-1222

Suicide & Crisis Lifeline
Call or text 988

Veterans Crisis Line
Dial 988, press 1 · Text 838255

Crisis Text Line
Text HOME to 741741

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

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

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

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

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

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