FREE HELP NEAR YOU

Omaha Metro · Omaha, Bellevue, Papillion & Fremont

Omaha · Bellevue · Papillion · La Vista · Ralston · Elkhorn · Gretna · Bennington · Blair · Fremont · Valley · Springfield

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

Eastern Nebraska Community Action (ENCAP)
Omaha · emergency help & energy
402-453-5656

ACCESSNebraska – Omaha
Energy help, SNAP & benefits
402-595-1258

Shelter

Siena Francis House
Omaha · adults, low-barrier
402-341-1821

Open Door Mission
Omaha
402-422-1111

Stephen Center
Omaha · families
402-731-0238

Care Corps
Fremont
402-721-3125

Veterans

Omaha VA Medical Center
VA health care
402-346-8800

Health Care

OneWorld Community Health Centers
Omaha · sliding fee, with or without insurance
402-734-4110

Safety From Abuse (24 hours)

Catholic Charities – The Shelter
Omaha · 24 hours
402-558-5700

Heartland Family Service
Papillion / Sarpy · 24 hours
1-800-523-3666

The Bridge
Fremont · 24 hours
1-888-721-4340

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

Omaha Police non-emergency
402-444-5600

Nebraska State Patrol – Troop A
402-331-3333

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