

## Behavioral Health Resources For Schools

### Nebraska Family Helpline

***Raising kids is hard. It's okay to ask for advice.***

The **Nebraska Family Helpline** makes it easier for families, schools, advocates and others working with children and youth to obtain assistance by providing a single contact point 24 hours a day, seven days a week. Trained Helpline operators screen calls to:

- Assess immediate safety needs,
- Identify the potential level of a behavioral health crisis,
- Make recommendations or referrals to appropriate resources, and
- Help callers connect to emergency resources or providers.



**Any Problem. Any Time.**

**1-888-866-8660**

The Helpline is available statewide and supervised by licensed mental health professionals.

**Family Navigator Program:** Available within 24 to 72 hours after a Helpline referral, the Navigator Program assists families in identifying family strengths, setting goals and identifying existing community-based services. The Family Navigator program provides families with support and an understanding ear.