



Suicide Prevention Resources in Nebraska

Nebraska Family Helpline is available 24/7 to parents and families. Any problem, any time. Call: 1-888-866-8660

Nebraska's Connected Youth Initiative helps young people get access to important health and wellness services and resources.

NeHelp Chat — connect to services via Central Navigation

- Text “HELP” to 402-226-5842 or 308-280-8383

Health and Wellness Support for Young People

- bit.ly/CYI-health-wellness

Nebraska and National Supports

Nebraska Youth Suicide Prevention: Immediate Help — call or text 988

- youthsuicideprevention.nebraska.edu
- 988lifeline.org

Trevor Lifeline: Support 24/7

- thetrevorproject.org or call 1-866-488-7386

The Kim Foundation — a supportive resource and compassionate voice for lives touched by mental illness and suicide

- thekimfoundation.org

