

Public Health Services	
Topic	Name/Description
<b>Breast and Cervical Cancer Screening</b>	<p><b>Every Woman Matters</b> A breast and cervical cancer screening program for women 40 years and older.</p> <p>1-800-532-2227</p> <p><a href="http://www.dhhs.ne.gov/publichealth/WMhealthh">www.dhhs.ne.gov/publichealth/WMhealthh</a></p>
<b>Cancer Helpline</b>	<p><b>Nebraska Cancer Helpline</b> For questions related to cancer diagnosis and treatment or prevention and screening.</p> <p>1-800-227-2345</p> <p><a href="http://www.cancer.org">www.cancer.org</a></p>
<b>Diabetes</b>	<p><b>Nebraska Diabetes Prevention &amp; Control Program</b></p> <p>1-800-745-9311</p> <p><a href="http://www.dhhs.ne.gov">www.dhhs.ne.gov</a></p>
<b>Family Planning</b>	<p><b>Family Planning Council of Nebraska</b></p> <p>402-471-3980</p> <p>Visit <a href="https://nefamilyplanning.org/">https://nefamilyplanning.org/</a> to find a provider near you.</p>
<b>Food and Nutrition</b>	<p><b>Women, Infants and Children (WIC)</b> Provides free food and nutrition information to pregnant women, infant and children under five.</p> <p>1-800-942-1171</p> <p><a href="http://dhhs.ne.gov/Pages/WIC.aspx">http://dhhs.ne.gov/Pages/WIC.aspx</a></p>
<b>HIV/STDs</b>	<a href="http://dhhs.ne.gov/Pages/STD-Prevention.aspx">http://dhhs.ne.gov/Pages/STD-Prevention.aspx</a>
<b>Oral Health</b>	<p><a href="https://findadentist.ada.org/">https://findadentist.ada.org/</a></p> <p><a href="http://dhhs.ne.gov/Pages/Dental-Health.aspx">http://dhhs.ne.gov/Pages/Dental-Health.aspx</a></p>
<b>Quitting Tobacco</b>	<p><b>Nebraska Tobacco Quitline</b> Assists you in quitting smoking via telephone coaching support.</p> <p>1-800-QUITNOW      1-800-784-8669</p> <p><a href="http://www.quitnow.ne.gov">www.quitnow.ne.gov</a></p>

If you find any numbers to be incorrect, please call 402-471-8370 in the Lincoln area or toll-free at 1-877-873-1876 so we can find the current number for you. Thank you!

[www.dhhs.ne.gov/prams](http://www.dhhs.ne.gov/prams)

PH-OTH-83 8/19

# Resource Directory

## For Your Family's Health



# PRAMS

Pregnancy Risk Assessment  
Monitoring System

**NEBRASKA**  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

## Emergency Services - all available

24 hours a day, 7 days a week

(if you are experiencing an emergency, call 911 for the police, firefighters, and ambulance.)

Topic	Name/Description
<b>Abuse/Neglect</b>	<p><b>Abuse/Neglect Hotline for Nebraska</b> Report suspected abuse or neglect through this hotline.</p> <p>1-800-652-1999</p> <p><a href="http://dhhs.ne.gov/Pages/Child-Abuse.aspx">http://dhhs.ne.gov/Pages/Child-Abuse.aspx</a></p>
<b>Crisis Hotline</b>	<p><b>National Crisis Hotline</b> For boys or girls feeling abused, confused, thinking about suicide or running away; or for parents seeking help.</p> <p>1-800-448-3000</p> <p><a href="http://www.boystown.org/hotline">www.boystown.org/hotline</a></p>
<b>Domestic Violence Crisis Hotline</b>	<p><b>National Domestic Violence Crisis Hotline</b> Advocates are available for confidential conversation and referrals to services and information.</p> <p>1-800-799-7233</p> <p><a href="http://www.thehotline.org">www.thehotline.org</a></p>
<b>Poison Center</b>	<p><b>Nebraska Regional Poison Center</b> For poisoning emergencies or questions.</p> <p>1-800-222-1222</p> <p><a href="http://www.nebraskapoisson.com">www.nebraskapoisson.com</a></p>
<b>Substance Abuse &amp; Mental Health</b>	<p><b>National Substance Abuse &amp; Mental Health Services Administration (SAMHSA)</b> Treatment and referral information for substance abuse and mental health services.</p> <p>1-800-662-HELP      1-800-662-4357</p> <p><a href="https://www.samhsa.gov/find-treatment">https://www.samhsa.gov/find-treatment</a></p>
<b>Suicide Prevention</b>	<p><b>Suicide Prevention Lifeline</b> Provides free and confidential emotional support to people in suicidal crisis or emotional distress.</p> <p>1-800-273-TALK      1-800-273-8255</p> <p><a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a></p>

## Access to Services Across Nebraska

Topic	Name/Description
<b>Child Care</b>	<p><b>Childcare Toll Free Number</b> Compliance Reviews &amp; information on subsidies for low-income families. A list of Childcare Providers across the state can be found online.</p> <p>1-800-600-1289</p> <p><a href="http://www.dhhs.ne.gov/children_family_services/ChildCare">www.dhhs.ne.gov/children_family_services/ChildCare</a></p>
<b>Child Support</b>	<p><b>Child Support Hotline</b></p> <p>1-877-631-9973</p> <p><a href="http://www.childsupport.nebraska.gov">www.childsupport.nebraska.gov</a></p>
<b>Connection to Services</b>	<p><b>2-1-1 Human Services in Nebraska</b> Provides information about available services and programs across the state.</p> <p>211</p> <p><a href="http://www.ne211.org">www.ne211.org</a></p>
<b>Developmental Needs</b>	<p><b>Nebraska ChildFind</b> Hotline to connect families to support for children with development needs.</p> <p>1-888-806-6287</p> <p><a href="http://www.childfind.ne.gov">www.childfind.ne.gov</a></p>
<b>Family Support for Children with Disabilities</b>	<p><b>Parent Training and Information for Families of Children with Disabilities</b> Provide training, information and support for children who receive or who might need special education or related services.</p> <p>1-800-284-8520 V/TTY</p> <p><a href="http://www.pti-nebraska.org">www.pti-nebraska.org</a></p>
<b>Medicaid and Economic Assistance</b>	<p><b>ACCESSNebraska</b> The Department of Health and Human Services administers and manages eligibility for Medicaid and Economic Assistance programs through ACCESSNebraska.</p> <p><b>Economic Assistance:</b> 1-800-383-4278</p> <p><b>Medicaid Eligibility:</b> 1-855-632-7633</p> <p><a href="http://dhhs.ne.gov/pages/accessnebraska.aspx">http://dhhs.ne.gov/pages/accessnebraska.aspx</a></p>

## Support for Families with Infants

Topic	Name/Description
<b>Breastfeeding</b>	<p>Provides information about the benefits.</p> <p><a href="http://dhhs.ne.gov/Pages/Breastfeeding.aspx">http://dhhs.ne.gov/Pages/Breastfeeding.aspx</a></p>
<b>Child Safety</b>	<p>Safety information and supportive programs exist to help protect your child. Visit these sites for more information.</p> <p><a href="https://www.womenshealth.gov/pregnancy/childbirth-and-beyond/newborn-care-and-safety">https://www.womenshealth.gov/pregnancy/childbirth-and-beyond/newborn-care-and-safety</a></p> <p><a href="https://www.safekidsnebraska.org/">https://www.safekidsnebraska.org/</a></p>
<b>Home Visiting</b>	<p>Home visiting is a service provided by professionals within the home to provide parents with support for the child-parent relationship.</p> <p><a href="http://dhhs.ne.gov/Pages/Maternal-Infant-Early-Childhood-Home-Visiting.aspx">http://dhhs.ne.gov/Pages/Maternal-Infant-Early-Childhood-Home-Visiting.aspx</a></p>
<b>Postpartum Depression and Anxiety</b>	<p><b>Postpartum Support International</b> Provides referrals to local resources (including emergency services) for postpartum depression and anxiety.</p> <p>1-800-944-4773</p> <p><a href="http://www.postpartum.net">www.postpartum.net</a></p>
<b>Safe Sleep</b>	<p><b>Nebraska SIDS Foundation</b> Gives support to families who have suffered the loss of a baby to SIDS.</p> <p>402-935-1911</p> <p><a href="http://www.nebraskasidsfoundation.org/">http://www.nebraskasidsfoundation.org/</a></p> <p><a href="http://dhhs.ne.gov/MCAH/MI-Re-ABCss-Eng.pdf">http://dhhs.ne.gov/MCAH/MI-Re-ABCss-Eng.pdf</a></p> <p><a href="http://dhhs.ne.gov/Pages/Safe-Sleep-Campaign-Toolbox.aspx">http://dhhs.ne.gov/Pages/Safe-Sleep-Campaign-Toolbox.aspx</a></p>
<b>Vaccines and Immunizations</b>	<p><a href="https://www.cdc.gov/vaccines/">https://www.cdc.gov/vaccines/</a></p>