

<i>Phone line</i>	<i>Hours</i>	<i>Days Closed</i>	<i>Staff</i>	<i>Services Provided</i>	<i>Phone counseling provided</i>	<i>Mail info</i>	<i>Offer help to Consumers or Providers</i>	<i>Foreign Languages</i>	<i>Sponsoring Organization</i>
<b>National Hispanic Perinatal Helpline</b>  <b>1-800-504-7081</b>	7 am-10 pm (CT)	Sat, Sun & Federal Holidays	Health Info Specialists w/BA & phone training	Referrals to free or low income clinics (some of which don't require insurance), mental health providers, substance abuse specialists and primary care providers.	No	Yes	Both	Yes, Spanish	Nat'l Alliance for Hispanic Health  www.hispanichealth.org/resource/help.aspx
<b>Nebraska Healthy Mothers/ Healthy Babies Helpline</b>  <b>1-800-862-1889</b>	24 hours/day	None	Certified information & referral specialists	Referrals to services, health information	No	Yes	Both	Spanish & tele-interpreter line	Nebraska Health & Human Services  www.hhs.state.ne.us
<b>Postpartum Support International (PSI)</b>  <b>1-800-944-4PPD</b> <b>1-800-944-4733</b>	8 am-3 pm (PT) messages checked every half hour	None	Doctors, clinicians & volunteers (some that have experienced PD) Trained in phone support	Referrals to doctors, therapists and local support groups as well as referral to the PS online support group at <a href="http://www.postpartum.net">www.postpartum.net</a>  PSI is located in 49 states (including NE) and 25 countries	Call one of the counselors in your state, and your call will be returned within 24 hours.	Yes	Both	Yes	N/A
<b>Postpartum Stress Center</b>  <b>610-525-7527</b>	24 hours by voicemail (beeper number given for emergencies)	Sundays	Voicemail Clinicians (Master's level or PhD) return phone calls directly	Referrals to support groups, individual counseling, couples counseling and web site at <a href="http://www.postpartumstress.com">www.postpartumstress.com</a>  Referrals to mental health providers when appropriate	Under specific circumstances	No, info on web site	Both	No	N/A
<b>Nebraska 211</b>  <b>211</b>	24 hours/day	None	Certified information & referral specialists	Information & referrals, local resources to 38 counties, web site is statewide at <a href="http://www.ne211.com">www.ne211.com</a>	No	No, info on web site	Both	Spanish & tele-interpreter line	Hosted by United Way of the Midlands
<b>Lancaster County Mental Health Center</b>  <b>402-441-7940</b>	24 hours/day	None	Daytime hrs-Master's level therapist; Night hrs-BA level with experience	Crisis intervention, assess & problem solve, phone counseling during day, Information and referral source statewide	Yes	Yes	Both	Limited	Community Mental Health Center of Lancaster County
<b>Boystown National Hotline</b>  <b>1-800-448-3000</b>	24 hours/day	None	99.9% are at least BA level in Social Services	Crisis intervention, assess & counsel, information and referral source statewide	Yes	Yes	Both	Spanish @ all times, others if crisis	Boystown
<b>Magellan – Behavioral Health</b>  <b>1-800-424-0333</b>	8 am – 5 pm	Sat. & Sun.	Customer service representatives, doctors, and clinicians	Referral to mental health providers  <a href="http://www.magellanofnebraska.com/">http://www.magellanofnebraska.com/</a>	No, unless a call is an emergency	No, info on web	Both	Yes	NE Department of Health and Human Services